



American
Heart
Association.

American Heart Association.



2024 Michiana Go Red for Women Luncheon



April 4, 2024

Go Red for Women is nationally sponsored by



Go Red for Women is locally sponsored by



Goshen Heart &
Vascular Center



Heart City Health

Letter from the Chair

Dear Go Red for Women supporters,

Welcome to the 2024 Go Red for Women Luncheon. This is a milestone year, marking both the 20th anniversary of the Go Red for Women movement and the 100th birthday of the American Heart Association.

Since 2004, the American Heart Association's signature women's initiative, Go Red for Women, has addressed the awareness and clinical care gaps of women's greatest health threat, cardiovascular disease (CVD).

Moving forward we are prepared to meet the evolving needs of women at every age, every stage, and every season of their lives as their trusted, relevant source for credible, equitable health solutions.

CVD continues to be the No. 1 killer of women — claiming more lives than all forms of cancer combined. Nearly 45% of women over age 20 are living with some form of CVD. Additionally, women experience unique life stages such as pregnancy and menopause that can increase their risk of developing CVD. Even more startling is the fact that less than half of women are aware that cardiovascular disease is their greatest health threat.

Go Red for Women is dedicated to educating and empowering women to take action to protect themselves from the threat of CVD and helping all women reduce their risk by removing the barriers they face to better health and well-being.

As the American Heart Association enters its next century, we know the future of heart health is in good hands because when women come together with passion and purpose, there is nothing they can't achieve. Thanks to your support we are working to improve the heart and brain health of all women.

With heart,

Esleen E. Fultz, MBA, CPA

2024 Executive Go Red for Women Chair
American Heart Association

Chief Executive Officer
Heart City Health





To our community:

Care for women with heart disease continues to lag behind care for men. Yet heart disease remains the leading cause of death for both women and men.

To help women reduce their risk, we encourage them to:

- Be more physically active.
- Eat balanced meals consisting of recommended servings of vegetables, fruits, grains, protein, and water.
- Manage their diabetes, if they have it.
- Get their weight within the healthy range and maintain it there.
- Quit smoking.
- Limit or avoid alcohol.
- Get adequate rest and sleep.
- Identify stress or depression and get help to address them.

Having a primary care physician who you can talk to about your heart health is important. He or she can

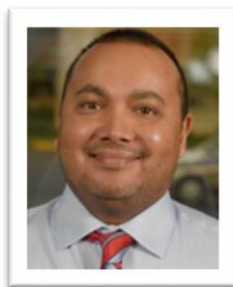
- Check your blood pressure and cholesterol – as well as monitor them over time.
- Assess your weight. And provide solutions for weight loss if needed.
- Prescribe medication to lower blood pressure or cholesterol.
- Refer you for any appropriate screenings.
- Make recommendations to help you deal with stress or depression. If you smoke, offer solutions to help you quit.
- Help you better manage diabetes.
- Evaluate and help address social determinants of health.

It is also important to get vaccinated and boosted to protect yourself, your family and your community from the effects of Influenza (the seasonal flu) and COVID-19—especially if you are living with cardiovascular risk factors or cardiovascular diseases.

If you are diagnosed with a heart or vascular condition, we're here for you. Our compassionate and experienced cardiologists, vascular surgeons, interventional radiologists and nurse practitioners will take the time to get to know you so our team can address your challenges and help you live life to the fullest.

With Heart,

Ram Khattri Chettri, MBA, MS, MATS, FNP-C
Service Line Administrator
Goshen Heart & Vascular Services





CVS Health® is here for women.

CVS Health proudly supports the American Heart Association's Go Red for Women® movement as a national sponsor committed to supporting women's heart health at every age and stage by funding lifesaving cardiovascular research and education.

CVShealth.com/Content/GoRed

Go Red for Women is nationally sponsored by



American Heart Association.



American Heart Association.



Miss America's
Scholarship Foundation

Our greatest resource is each other.

Nearly 45% of women over the age 20 are living with some form of cardiovascular disease. Together, we can change that.

Miss America and the American Heart Association's Go Red for Women

movement are proud to champion women's health at every age, stage and season of their lives.

Connect with your community at [GoRedforWomen.org](https://www.GoRedforWomen.org)

Miss America's Scholarship Foundation is a proud supporter of the American Heart Association's Go Red for Women movement.

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Meet Our Panelists

Dr. Farid Jalinous, MD, FACC, FSCAI **Interventional Cardiologist, Goshen Heart & Vascular Center**



Dr. Jalinous is a board-certified interventional cardiologist at Goshen Heart & Vascular Center. He specializes in cardiovascular disease, such as coronary artery disease, heart failure and atrial fibrillation. A cardiologist for more than 20 years, Dr. Jalinous has extensive experience with advanced, minimally invasive techniques to treat heart conditions. Prior to joining Goshen Health, Dr. Jalinous served as a co-director of the catheterization lab for St. Joseph Regional Medical Center and was the clinical director of the cardiac rehabilitation program.

Dr. Brittany Kauffman **Goshen Physicians Family Medicine**



Dr. Brittany Kauffman is a board-certified family medicine physician at Goshen Physicians Family Medicine Pro Park who treats patients from children through older adults. She provides preventive care; management of chronic diseases, including diabetes; care for women during and after pregnancy; and LGBTQ+ health-related concerns.

Jamie Lauver, MSN, MBA, RN, CCRN NPD-BC **Clinical Practice Specialist, Critical Care, Goshen Hospital**



Jamie Lauver has been a registered nurse for 17 years and is board certified in critical care. She serves as clinical practice specialist for the Progressive and Intensive Care Units at Goshen Hospital, educating nurses and other Colleagues who care for critical and cardiac patients. Jamie has a special interest in women's health due to her family history. She is a staunch supporter of promoting awareness and education around modifiable risk factors of heart disease for women. With a passion for prevention, Jamie is dedicated to empowering others to self-advocacy through her work as a nurse and educator.

Dr. Mary Pat McManmon, **Family Practice Physician, Heart City Health**



Dr. Mary Pat McManmon, is a distinguished family medicine specialist at Heart City Health in Elkhart, Indiana, boasting over 30 years of dedicated service in the medical field, and over 8 years at Heart City Health. Certified by the American Board of Medical Specialties and the American Board of Family Medicine, she's renowned for her expertise in managing chronic conditions like high blood pressure, diabetes, and a wide range of other conditions all rooted in evidence-based practice. Dr. McManmon is dedicated to delivering exceptional healthcare. Her vibrant personality and holistic approach epitomize compassionate patient care, leaving a lasting impact on the community."



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American Heart Association Michiana Go Red for Women



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American Heart Association.
You're the Cure



For more than 40 years, the American Heart Association has advocated for local, state and federal policies that support the heart health of women and their families. Join us!

You can help! Join our advocacy network,
You're the Cure. Text HEART to 46839.



The Family Smoking Prevention and Tobacco Control Act is signed into law, regulating the manufacture, distribution and marketing of tobacco products.

1993



The National Institutes of Health Revitalization Act is passed by Congress and mandates women must be included in clinical research.

2009



The USDA updates local school wellness policies, which includes aligning with improved nutrition standards for school meals, snacks and beverages

2010



The Access to Care Act passes, which includes provisions to prohibit insurance companies from charging women higher premiums than men.

2017

Ongoing Advocacy

Extending Medicaid coverage from 60 days to twelve-months postpartum to ensure low-income moms have better access to care.

Protecting SNAP in the farm bill because access to healthy food is essential to the health of families.



American Heart Association®

Healthy for Good Life's Essential 8



The science-based recipe for a longer, healthier life

Identifies the 8 most important factors for cardiovascular health.

- 4 health behaviors
- 4 health factors.

Simplifies cardiovascular health so people can better understand and manage it.



Presented By:



Goshen Heart &
Vascular Center

Susan Franger, MHA
Population Health and Business
Development, Goshen Health



M. Susan Franger, MHA, is the Vice President of Population Health and Business Development for Goshen Health. She oversees accountable care initiatives, business-to-business products and community engagement/outreach. In addition, she collaboratively oversees the heart and vascular program. The goals of population health are to provide the best preventive care to every member of the community – before they become ill – and to ensure patients receive the best evidence-based care for long-term health and well-being.



American Heart Association.

Healthy for Good™

Life's Essential 8™



Improving and maintaining cardiovascular health, or CVH, can help you enjoy a longer, healthier life. Better CVH also has been associated with decreased risk for heart disease, stroke, cancer, dementia and other major health problems.

Life's Essential 8 outlines a few easy steps you can take to live a healthier lifestyle.



✓ EAT BETTER

Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and cooking in non-tropical oils such as olive and canola.



✓ MANAGE WEIGHT

Achieving and maintaining a healthy weight has many benefits. Body mass index (BMI), a numerical value of your weight in relation to your height, is a useful gauge. Optimal BMI for most adults ranges from 18.5 to less than 25. You can calculate it online or consult a health care professional.



✓ BE MORE ACTIVE

Adults should participate in 150 minutes of moderate or 75 minutes of vigorous physical activity. Walking is great for moderate levels of activity. Kids should have 60 minutes every day, including play and structured activities.



✓ CONTROL CHOLESTEROL

High levels of non-HDL, or “bad,” cholesterol can lead to heart disease. Your health care professional can consider non-HDL cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured without fasting beforehand and is reliably calculated among all people.



✓ QUIT TOBACCO

Use of inhaled nicotine delivery products, which includes traditional cigarettes, e-cigarettes and vaping, is the leading cause of preventable death in the U.S., including about a third of all deaths from heart disease. And about a third of U.S. children ages 3-11 are exposed to secondhand smoke or vaping.



✓ MANAGE BLOOD SUGAR

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. As part of testing, monitoring hemoglobin A1c can better reflect long-term control in people with diabetes or prediabetes.



✓ GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.



✓ MANAGE BLOOD PRESSURE

Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).

Learn more at heart.org/lifes8



A proud supporter
of the American
Heart Association's
commitment to research,
education and improving
heart health.

GoshenHeartAndVascular.com
(574) 533-7476



Goshen Heart &
Vascular Center



Heart City Health

Wholehearted Healthcare

Heart City Health

Where caring for women is our heartfelt mission.

Since its opening in 2020, our Women's Health Center has been a place of inclusivity and support for women from all walks of life, embracing every stage of their journey, without any financial barriers.

We are proud supporters of the American Heart Association's Go Red for Women® movement where we all come together for the good of women, everywhere.

Esleen Fultz - Chief Executive Officer

heartcityhealth.org

ADULT & GERIATRIC CARE

CHIROPRACTIC

DENTAL

BEHAVIORAL HEALTH

WOMEN'S HEALTH

PEDIATRICS

PHARMACY

THE ALARMING REALITY OF MATERNAL HEALTH



- Cardiovascular death (CVD) continues to be the leading cause of maternal death.¹
- Major disparities exist in maternal health outcomes.
-
- CVD during pregnancy leaves women with a higher lifetime risk of CVD after delivery and an increased risk for their children.
- The majority of cardiovascular conditions can be prevented.

RISK FACTORS



Age



High Blood Pressure
(Hypertension)



Race and Ethnicity



Weight



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LEARN HANDS-ONLY™ CPR

STEP 1

**Call
911**



STEP 2

**Push
hard &
fast**



heart.org/handsonlycpr



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Circle of Red™

Circle of Red Society is a dynamic, committed group of women and men who are rallying their resources to fight heart disease and stroke. They are standing behind the women they care about - wives, mothers, daughters, sisters and friends - while influencing and inspiring communities.

Members of Circle of Red raise awareness and commit a personal gift of \$1,000+ for lifesaving programs and research that fuels the development of medications, surgical innovations, treatments and recommendations for preventing heart disease.

Circle of Red Society Members:

Esleen Fultz

Rachel Saxon

Lyn Stevens





Thank you **Martin's Super Markets**
for spearheading the first **Life is Why**
consumer campaign in Michiana!



Proud local supporter
of Life is Why

Martin's
Count On Us!



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I GO RED for my mother.
I GO RED for my daughter.
I GO RED for my sister.
I GO RED for my friend.
I GO RED for myself.

www.heart.org/michianagoesred