LIVE FIERCE

Go Red.

DC GO RED FOR WOMEN
2021 PROGRAM
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Kaiser Permanente Doctor and Survivor Story

I Go Red Video Montage
Presented by Sheehy Auto Stores

Linda Gooden
Board of Directors, American Heart Association

Chef Anita Lo
Heart Healthy Cooking Demo
We’ve taken your MISSION to heart

Kaiser Permanente thanks the American Heart Association for leading the nation in the fight against heart disease and stroke. We’re always exploring innovations so we can deliver better health outcomes for our members, and we draw inspiration from your cause. We’re honored to support you as the lead local sponsor of Go Red for Women.

Learn more about Kaiser Permanente’s innovative cardiac care at excellence-midatlantic kp.org.
Ruth Williams-Brinkley
Regional President, Kaiser Permanente

Ruth Williams-Brinkley is president of Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. In this role, Williams-Brinkley oversees all of Kaiser Permanente’s care delivery and health plan operations in Washington, D.C., and suburban Maryland, Baltimore, and Northern Virginia. The Mid-Atlantic States Region operates 34 medical office buildings and has 782,194 members.

Williams-Brinkley joined Kaiser Permanente in November 2017, serving as president of Kaiser Foundation Health Plan and Hospitals of the Northwest. She oversaw all of Kaiser Permanente’s care delivery and health plan operations in Oregon and markets in Vancouver and Longview/Kelso, Washington.

Prior to that she served as CEO of KentuckyOne Health, Kentucky’s largest integrated health system. KentuckyOne was a division of CommonSpirit Health, one of the nation’s largest nonprofit health systems. Prior to her tenure with KentuckyOne, Williams-Brinkley served as president and CEO of Carondelet Health Network in Tucson, Arizona, and as president and CEO of Memorial Healthcare System in Chattanooga, Tennessee.

Williams-Brinkley has often appeared on Modern Healthcare’s Top 25 Women in Healthcare and Top 25 Minority Executives in Healthcare, and was named one of Becker’s Most Admired CEOs.

She holds bachelor’s and Master of Science degrees from De Paul University, and an honorary doctoral degree from Spaulding University in Louisville, Kentucky.
Women face higher risk of stroke

STROKE IN U.S. WOMEN BY THE NUMBERS

One in 5 women has a stroke.
About 55,000 more women than men have a stroke each year.

Stroke is the No. 4 cause of death in women.
Stroke kills over 80,000 women a year.

Among women, black women have the highest prevalence of stroke.

TALK TO YOUR HEALTH CARE PROFESSIONAL ABOUT HOW TO LOWER YOUR RISK

and use the American Heart Association/American Stroke Association prevention guidelines:

STROKE RISK INCREASES IN WOMEN WHO:

- Are pregnant
  Pregnant women are three times more likely to have a stroke as non-pregnant women of the same age.

- Have preeclampsia
  This dangerous condition of high blood pressure during pregnancy doubles stroke risk later in life.

- Take birth control pills
  These can double the risk of stroke, especially in women with high blood pressure.

- Use hormone replacement therapy
  It doesn't lower stroke risk if postmenopausal, as once thought.

- Have migraines with aura and smoke
  Strokes are more common in women who have migraines with aura and smoke, compared with other women.

- Have atrial fibrillation
  This quivering or irregular heartbeat can increase stroke risk fivefold.

STROKE RISK DECREASES IN WOMEN WHO:

- Talk to their health care professional to determine safest medication if pregnant with high blood pressure.

- Discuss with their health care professional low-dose aspirin guidelines starting in the second trimester (week 12) to lower preeclampsia risk.

- Get their blood pressure checked before taking birth control pills and monitor every six months.

- Review the risk and benefits of hormone replacement therapy with their health care professional and discuss if the benefit outweighs the risks. For some women, it might not.

- Quit smoking. All women who experience migraines and smoke should avoid smoking, nicotine use, vaping and e-cigarettes.

- Get screened for atrial fibrillation if over the age of 75 as this condition then becomes more common in women.

Learn more at stroke.org
Anita Lo

Anita Lo is a French trained chef and cookbook author (Cooking Without Borders and SoLo, a Modern Cookbook for a Party of One which won Eater’s Cookbook of the Year and was nominated for an IACP award) based in New York City. She is best known for her work at annisa, a contemporary American fine dining restaurant in the West Village which she owned and operated for 17 years and which received a three star rating from the New York Times and a Michelin star among other accolades.

She was the first female chef to collaborate for a state dinner at the white house under the Obama Administration. She has appeared on numerous television shows and films including Top Chef Masters, Iron Chef America and The Heat. She is currently working with the Tour De Forks, hosting culinary tours around the planet. She was recently awarded the Order of Agricultural Merit from the French government.
Go Red for Women® (Go Red) is the American Heart Association’s global initiative to end heart disease and stroke in women. Launched in 2004 to close the gap in awareness, Go Red quickly expanded into a worldwide movement dedicated to removing the barriers women face to achieving good health and well-being.

Go Red strives to inspire and empower women to take charge of their health with an emphasis on improving diet, increasing physical activity and managing blood pressure. In addition, Go Red is dedicated to closing gender gaps in research and STEM careers while improving access to care, advocating for change through public policy and much more.

Go Red will continue to create powerful collaborations that accelerate community-based solutions to not only ensure all women are aware that cardiovascular disease is the leading cause of death in women, but also provide all women with the tools and resources needed to treat, beat and prevent heart disease and stroke.

It’s no longer just about wearing red. It’s no longer just about sharing heart-health facts. It’s about all women standing together with Go Red to change the world.

Together, there is nothing women can’t achieve.
HEART ATTACK SYMPTOMS: MEN VS. WOMEN

By American Heart Association News

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.

**MEN**
- Nausea or vomiting
- Jaw, neck or back pain
- Squeezing chest pressure or pain
- Shortness of breath

**WOMEN**
- Nausea or vomiting
- Jaw, neck or upper back pain
- Chest pain, but not always
- Pain or pressure in the lower chest or upper abdomen
- Shortness of breath
- Fainting
- Indigestion
- Extreme fatigue

Source: American Heart Association's Journal, Circulation
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CHECK OUT OUR ONLINE AUCTION!
The auction begins on Monday, June 14th @10am and ends on Thursday, June 17th @7pm.
Here at Sheehy Auto Stores, one of the largest family-owned and operated dealer groups in the nation, consisting of 28 dealerships throughout Maryland and Virginia, we are proud to give back to the communities that have given so much to us. Throughout our history, we have donated over $1.75 million to the American Heart Association during our annual Sheehy 8000 Sales Race. We are proud to support the American Heart Association and their tireless efforts to end heart disease and stroke. For a healthy heart is what truly drives us all.

#sheehyhasheart
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