



American  
Heart  
Association.

American Heart Association.



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# 2024 Fort Wayne Go Red for Women Luncheon

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May 3, 2024

Go Red for Women is nationally sponsored by



Go Red for Women is locally sponsored by



# 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 we can't do. Thanks to your support we are working to improve the overall health of all women.

With heart,

**Dr. Sherri Stiles-Walker**

2024 Executive Go Red for Women Chair  
American Heart Association

Internal Medicine Specialist



# Meet Our Panelists



**Dr. Tamika Rozema**  
**Pediatric Cardiology – Riley Children’s Health**

Dr. Tamika Rozema is a pediatric cardiologist with expertise in caring for patients with cardiovascular conditions. She specializes in general pediatric cardiology.

Rozema chose a career in pediatrics because she enjoys the long-term relationships she builds with children and their families. Her philosophy is to treat every patient as if they were one of her own. She earned her medical degree at Ross University School of Medicine. She then completed her residency at University of Kentucky and her fellowship at Case Western Reserve University School of Medicine.



**Dr. Stephanie Sublett**

Dr. Stephanie Sublett is a dedicated, impassioned advocate for women’s health who has distinguished herself with her board certification in Obstetrics & Gynecology and specialized knowledge in Breastfeeding Medicine & Perinatal Mental Health. Following the completion of her residency training at SUNY at Buffalo, she now practices as an OB Hospitalist at Dupont Hospital while concurrently launching Liliy Postpartum - a boutique postpartum medical practice that aims to provide attentive individualized care to pregnant and postpartum women. Her own experiences as a mother of three children have further strengthened her commitment to help new mothers embark on the parenting journey with both confidence and joy.



**Dr. Mocha Mims**  
**Psychotherapist**

Dr. Mocha Mims Has earned a Ph.D in clinical psychology with a specialization in forensics. She has been in the field for 25 years and is considered a mental health expert, heavily focusing on Post Traumatic Stress , Mood and Attention Deficit Disorders. Dr. Mims approaches therapy from holistic perspective because she believes that all parts of an individual should be considered including the physical emotional and spiritual sides. She is caring, compassionate and open-minded. She equips her patients with practical tools for present and future use.

# Meet Our Panelists

**Asim Mohammed, M.D.**  
**Cardiologist, Lutheran Health**

Asim Mohammed, M.D., is a board-certified advanced heart failure cardiologist who cares for cardiac patients who do not respond to medical and surgical therapies.

Prior to joining Lutheran Health Physicians, Dr. Mohammed served as the medical director of the heart transplant program and the associate program director of the cardiovascular medicine fellowship at Froedtert Hospital and the Medical College of Wisconsin in Milwaukee.

Dr. Mohammed has participated in extensive research regarding the use of cardiac biomarkers and highly sensitive troponins in the risk stratification and management of heart failure and left main coronary spasm. He has contributed to numerous publications and presentations, both at the national and international level, covering topics such as heart failure management and cardiac transplantation.





# 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](https://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 Emcees

## **Alyssa Ivanson – WANE 15**

Alyssa Ivanson is the evening anchor for Fort Wayne's number one news station.



Alyssa joined WANE 15 in January 2006 as a reporter/producer. Since then, her various roles included eight years as weekend evening anchor, two years as the 15 Finds Out lead investigative reporter and three years as morning anchor. She returned from maternity leave in June 2021 as evening anchor.

Alyssa loves getting to tell our community's stories. Her work has been nominated for regional Emmy awards 15 times and she's been awarded numerous awards from the Society of Professional Journalists, the Indiana Broadcasters Association and the Indiana Associated Press. The AP named Alyssa 'Best Reporter' three times.

Alyssa graduated cum laude from Ball State University's Honors College in 2006 with a Telecommunications – News Option degree and double minor in Journalism and Public Relations.

## **Jessica Williams – WANE 15**

Jessica Williams is the Host and Producer of Living Local 15, WANE 15's lifestyle talk show. She joined WANE 15 in August 2022.



She brings over a decade of media and marketing experience to this role. Jessica is a Dallas, Texas native and graduated from the University of Texas at Arlington, with a Bachelor's Degree in Broadcast Communications and minor in Advertising.

After interning at WFAA and KXAS in Dallas, Jessica gained her business acumen by working in corporate management and then as Communications Director for a non-profit.



**WOMEN'S HEALTH**  
ADVANTAGE

# Women's Health Advantage is a proud **sponsor** of 2024 Fort Wayne Go Red for Women Luncheon

**260-432-4400** | [heradvantage.com](http://heradvantage.com)

## OUR OFFICE LOCATIONS:

Dupont Road  
2518 E Dupont Road  
Fort Wayne, IN 46825

West Jefferson Boulevard  
7988 W. Jefferson Blvd.  
Fort Wayne, IN 46804







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.



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](http://heart.org/lifes8)**



vera bradley

is a proud sponsor of the 2024  
Fort Wayne Go Red for Women Luncheon

**Lutheran Health Network is proud  
to sponsor the American Heart  
Association's Fort Wayne  
Go Red for Women  
luncheon.**



We are dedicated to caring for every stage of heart health — from general cardiology to heart rhythm disorders, valve diseases to advanced heart failure.

 [LutheranHealthPhysicians.com](https://www.LutheranHealthPhysicians.com)  
*Delivering comprehensive heart and vascular services*





*Inspired by tenacious women who persevered to pave the way,*

**Sweetwater is proud to support  
the American Heart Association's  
*Go Red for Women* campaign**



Beyoncé, Sister Rosetta Tharpe, Alicia Keys, Stevie Nicks, Gwen Stefani, Barbra Streisand,  
Dolly Parton, Lady Gaga, Whitney Houston, Ella Fitzgerald, Jori Mitchell, Madonna,  
Cass Elliot, Janis Joplin, Aretha Franklin, Mariah Carey, Jennifer Lopez, Kelly Clarkson

Come visit and discover for yourself — there's something for everyone at Sweetwater!

**Sweetwater**  
AMERICAN INSTRUMENTS

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# THE ALARMING REALITY OF MATERNAL HEALTH



- Cardiovascular death (CVD) continues to be the leading cause of maternal death.
- 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

# Thank You to Our Sponsors!

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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:

Tamika Rozema

Dr. Sherri Stiles-Walker

Stephanie Sublett





American  
Heart  
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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/fortwaynegored](http://www.heart.org/fortwaynegored)