

Foundation News...



IOWA HEART
Foundation



Iowa Heart Foundation Expands Services

Iowa Heart Foundation begins 2010 with expanded programming and services for Iowa communities. Three project subcommittees, established in January 2009, focus in the areas of Education, Charitable Healthcare Service and Community Service. Each committee continues to witness rapid growth in the number of requests for programming and services aimed at promoting cardiac health. This year two new conferences are scheduled for Iowa healthcare professionals.

2010 Nursing Symposium



In September 2009, a pilot educational symposium was sponsored by the Iowa Heart Foundation for Nurse Practitioners and Nurses. The program format focused upon Cardiovascular Disease and Diabetes.

Experts in the area of diabetes management and cardiovascular disease came together to share the latest research and treatment for the closely aligned diseases. Based upon the positive feedback from attendees, the education subcommittee committed to scheduling a Nursing Symposium in 2010. Currently speakers have been contacted for the 2010 Nursing Symposium which will be held on Saturday, September 18, 2010 at Iowa Heart Center offices in West Des Moines, Iowa. The focus of this conference is Cardiovascular Risk Reduction. CEUs will be awarded to attendees. Program details and a brochure will be posted to the Iowa Heart Foundation website at www.iowaheartfoundation.org in late summer or may be requested by calling (515) 633-3555.

2010 Medical Assistant Conference

The Iowa Heart Foundation acknowledges the Medical Assistant role as a key aspect in providing quality healthcare for patients. This year the Iowa Heart Foundation is offering a Medical Assistant Conference on Saturday, October 16, 2010 at Iowa Heart Center in West Des Moines. Speakers are confirmed for the conference with a focus on Cardiovascular Disease Assessment, Coding, and Vitamin D. This program is designed for all medical assistants including Certified Medical Assistants, Medical Assistants and Registered Medical Assistants. Specific content will meet AAMA requirements required in Administrative and Clinical categories. AAMA credits will be awarded to attendees. Program details and a brochure will be posted to the Iowa Heart Foundation website in summer 2010 at www.iowaheartfoundation.org or by request at (515) 633-3555.



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Special points of interest:

- Iowa Heart Foundation Expands Services

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Have a Heart—Free “Friends and Family” CPR Class

Written with permission by Kim Oswald.

As a beginning walker who trained to become a committed runner I entered many local 5K and 10K run/race events. Each race event was a rewarding opportunity to meet new people and build cardiac health to achieve a personal goal of running a half marathon. Interacting with fellow runners taught me many lessons as I listened to many interesting life stories. Some shared stories of life changing illness requiring they adapt a healthier lifestyle. Others described a lifetime of running who could not imagine any other pattern for maintaining optimal health. Some shared running offered a sense of peace and relaxation to manage the stress of life. Each person had a unique insight into their fitness routine.

During a race event held in Ames Iowa I learned a life lesson...the importance of being prepared for any situation. The Ames race was an unusual event this particular year because of challenging high winds. Wind is often a blessing or a curse depending upon the direction and speed by which a runner adjusts their strategy during the run. During this run I was thankful to near the end of the event passing a middle aged man and woman. They caught my attention because their laughter and conversation, unaffected by the high winds, clearly demonstrated their joy in running together.

After passing through the finish line to complete the race, I began to cool off and recover from this challenging event. Suddenly I heard my husband shouting my name and exclaiming, “Someone has gone down and they may need your help.” As I turned to assess the situation it was apparent the gentleman I had passed a few moments earlier had collapsed after finishing his race. Frantic calls for help from bystanders to “Call 911” made me keenly aware this was an emergency situation.

In a matter of seemingly seconds many “Good Samaritans” assisted with CPR and other emergency measures to sustain life

for this gentleman. The ambulance and Paramedics soon arrived and he was quickly transported to a local hospital for advanced care.

This critical situation made a profound imprint on my life by reinforcing the importance of acting quickly during an emergency event. I remain committed about sharing the importance of being trained in the lifesaving skill of Cardiopulmonary Resuscitation (CPR) to potentially save a life of a family member, friend or a stranger.

CPR is a skill which is easy and fun to learn. When performed quickly and effectively CPR may increase the chances of survival for someone who has suffered a cardiac event. Whether it be for a family member or a friend, I encourage everyone to take time to “Have a Heart” and learn the life-saving skill of CPR.

Iowa Heart Foundation is committed to offering annual free CPR training for Iowans. Please join us for our free “Friends and Family” CPR class on Saturday, April 10, 2010 at the Iowa Heart Center office in West Des Moines. This class is designed for patients, family members and the public. Participants will learn the life-saving skill of CPR within a few hours. This class allows participants to gain hands-on experience in an interactive classroom setting led by experienced CPR instructors.

The Friends and Family CPR class is a community CPR class. It does not meet CPR certification requirements of employment or required professional certification. Class size is limited so call early to reserve a space. If you would like to join this class, registration may be made by calling the Iowa Heart Foundation offices at (515) 633-3555.



Have A Heart!

Join Iowa Heart Foundation for our annual Free CPR “Friends and Family” Class on Saturday, April 10, 2010



Sudden Cardiac Arrest (SCA) is the leading cause of death in the United States.

2010 Cardiovascular Today Conference



Each year Iowa Heart Foundation dedicates efforts to promote cardiac health education for healthcare professionals in our communities. Over 300 medical professionals attended the 19th annual Cardiovascular Today conference Saturday, February 6, 2010 at Hy-Vee Conference Center. This program was open to Physicians, Physician Assistants, Nurse Practitioners and allied healthcare workers. The focus of the conference centered upon emerging diagnostic, treatment, and research related to cardiac disease. Conference speakers and topics included:

- Dr. David Swieskowski—Population Disease Management
- Rachel Onsrud, ARNP—Risk Assessment Tools for 2010
- Dr. Nancy Kane, Dr. Ravi Vemulapalli and Dr. William Wickemeyer—Metabolic Syndrome: Diabetes, Coronary Disease and NASH
- Dr. Michael Fraizer—Top Trials of 2009
- Dr. Denise Sorrentino—Sleep Apnea and Heart Disease
- Dr. David Laughrun—Decisions in Anti-platelet Therapy after Coronary Stenting
- Dr. Atul Chawla—Transcatheter Valve Therapies

- Dr. Bobby Borromeo—Update on the Management of AAA and Carotid Artery Disease
- Dr. Robert Hoyt and Dr. Bart Jenson—Management & Treatment of Atrial Fibrillation
- Dr. David Hockmuth—Minimally Invasive Heart Surgery
- Dr. Michael Park—New Techniques in Vascular Surgery

Iowa Heart Foundation gratefully acknowledges support from grantors/booth sponsors who make this program possible. They include:

- Abbott Vascular
- Astra-Zeneca
- Biotronic
- Boehringer
- Boston Scientific
- CVRX
- Daichi-Sankyo
- Forest
- GSK
- Medicines Company
- Medtronic

- Merck
- Novartis
- Pfizer
- Sanofi-Aventis
- St. Jude
- Takeda

We also wish to thank the event coordinators and generous volunteers who made this program possible to include:

- Event Coordinators: Amy Bentz, Cindy Conroy, Kim Oswald, Beckie Walden
- Volunteers: Mandy Corliss, Jason Douglas, Joan Frampton, Karolyn Harper, Joan Henscheid, Diane Hilinga, Rhonda Scavo, Deb Scholer, MJ Potratz



Join our 20th Annual Cardiovascular Today on Saturday, February 5, 2011. Speakers and programming are currently being planned. Please watch for additional details on the Iowa Heart Founda-

In Memory

Generosity and kindness are cornerstones of the Iowa Heart Foundation. Memorials received support the work of the Iowa Heart Foundation. Our sympathy is extended to family and friends who suffered a recent loss. The Iowa Heart Foundation would like to extend our gratitude to the individuals who generously chose to memorialize their loved one, friend or family member. Our thoughts are extended to the family and friends who suffered the loss of:

- Mary Bowman**
- Harold C. Manders**
- Anthony Mortale**
- Curtis Petersen**
- Luther Suckow**
- Anita Unger**



“Those we love truly never leave us, they live on in the love they brought into our lives.”





March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Schedule of Events

- March 10, 2010 - Pharmaceutical Forum 11:30am-1:00pm, West U
- March 24, 2010 - Pharmaceutical Forum 11:30am-1:00pm, Fort Dodge
- April 10, 2010 - Free "Friends and Family CPR class, West U
- April 14, 2010 - Board Meeting, 7:00-8:00am, West U Board Room
- April 14, 2010 - Pharmaceutical Forum, 11:30am-1:00pm, Fort Dodge
- April 28, 2010 - Pharmaceutical Forum, 11:30am-1:00pm, Laurel

Iowa Heart Foundation "Volunteer in Service"



The success of Iowa Heart Foundation centers on our volunteers. Volunteers support the life of the Foundation through their service making fundraising events and educational programs possible in Iowa communities. In July 2009, Iowa Heart Foundation launched its "Volunteer in Service Program." The VS program recognizes individuals who embody the volunteer spirit and support the work of our Foundation.

Iowa Heart Foundation recognizes Staci Robuck as the outstanding service volunteer for the first quarter of 2010. Staci is recognized for her contribution of time and skills at a blood pressure screening for students and staff at Prairie View Middle School in Waukee. More than 100 students and staff had their blood pressure taken and were provided educational materials on blood pressure and healthy fast food choices.

On behalf of the Iowa Heart Foundation, thank you, Staci for your outstanding service!



Iowa Heart Foundation 2010 1st Quarter
"Volunteer in Service"

Staci Robuck



Iowa Heart Foundation



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**“Dedicated to promoting
cardiovascular health.”**



**The Iowa Heart Foundation is a non-profit 501(c)(3)
organization dedicated to serving Iowans
and their community.**

**Contributions which are made
to the Iowa Heart Foundation
are 100% tax-deductible.**

Childhood Obesity Prevention (COP) Project Update



The COP Project continues to be presented in Iowa schools including the communities of Chariton, Jefferson-Scranton, and Waukee. The South Central Iowa Community Foundation-Lucas County and the Pamida Foundation have provided funding to assist in local programming in the Chariton and Jefferson-Scranton communities.

The COP Project focuses on cardiac risk factors, nutrition education, and the role of increasing activity in rural Iowa school children to combat the development of heart disease. Nutrition presentations on “Portion Distortion” were presented to more than 450 students in 6th through 8th grades. Nutrition displays and blood pressure screenings were also provided in the Waukee Middle School for 8th and 9th grade students.

Schools interested in participating in the project may contact Cindy Conroy, COP

Project Coordinator at (515) 633-3555 or by email at cconroy@iowaheart.com

Iowa Heart Foundation Memorials or Donations

If you wish to memorialize a loved one or if you have the financial means to assist those who cannot afford cardiac care or medications, we would gratefully welcome your donation.

Feel free to mail your donation to the Iowa Heart Foundation at 5880 University Avenue, West Des Moines, IA 50266. You may also download a donation form on our website at www.iowaheartfoundation.org

Your memorial or donation is 100% tax deductible. An acknowledgement letter will be mailed to confirm your tax-deductible gift. We wholeheartedly thank you for your generosity and kindness in helping us serve Iowans and their communities.

