

Your Heart, Your Health

This February, make a promise to yourself to give your heart a little TLC. Join us for **Dancing for a Healthier Heart: A Red Dress Affair** to learn about your risk factors and how to protect your heart.

Saturday, February 7, 2009
8:30 AM – 3:00 PM

Raleigh Convention Center
500 South Salisbury Street
Raleigh, North Carolina

 **Duke Heart Center**



DUMC 3525
Durham, NC 27710

You're invited to join us during our annual celebration of women's heart health. With Duke heart and women's health specialists on hand to share their expertise, you'll hear from survivors of heart disease and learn how to defend yourself against the #1 killer of American women today.

FEATURING

- Presentations and panel discussions with Duke experts
- Health fair
- Heart disease risk-factor screenings
- Heart-healthy breakfast and luncheon
- Performances by Triangle dance groups
- Red Dress survivorship showcase

Tickets are \$30, payable by cash or check at the door. Add \$10 for a non-fasting screening that includes total cholesterol, HDL, glucose, TC/HDL ratio, BMI, waist circumference, and blood pressure. Register today by calling **1-888-ASK-DUKE** (1-888-275-3853). SEATING IS LIMITED.



HEART-TO-HEART ADVICE

Duke cardiologist Kristin Newby, MD, wants women to know that their #1 health risk is not what they think.

What do you think would surprise women about heart disease?

Most women believe breast cancer is the biggest threat to their health. It's not. Heart disease is the #1 killer of women. Despite all the efforts, women still underestimate the threat of heart disease. Also, the gender gap that exists in regard to heart disease can be very surprising.

What sort of gender gap?

Studies show that women are less likely to receive evidence-based therapies than men. We need to better understand what is underlying that phenomenon so we can be sure women are receiving treatments that we know work today. Women are less likely to receive intensive treatments for heart attack, even though they are more likely than men to die within a year of a first recognized

heart attack. Women also develop heart disease later in life than men, so they may not worry about it as much as men do. Even the symptoms of heart attack in a woman are often not the classic ones. Instead, they may experience nausea, fatigue, or neck or shoulder pain.

What risk factors should women be aware of?

The risk factors include high blood pressure, high cholesterol, smoking, obesity, poor diet, lack of exercise, family history, and diabetes. But metabolic syndrome may be the most important marker for early detection of coronary disease in women. Metabolic syndrome often precedes type 2 diabetes. It is a collection of health risks that includes obesity, high blood pressure, high blood sugar, and other abnormal blood work results that your doctor can measure.

Get heart advice from our guest speakers and Red Dress survivors.

Start your heart-healthy life today, by visiting dukehealth.org/healthyheart. You'll find more advice on risk factors, prevention, and symptoms.

YOUR HEART, YOUR HEALTH: A FOCUS ON WOMEN

8:30 AM	Registration/Heart Health Risk Factor Screenings SALON C	11:00 - 11:40 AM	Integrative Approaches to Women's Health and Well-Being Tracy Gaudet, MD SALON A
9:00 AM	Health Fair Opens SALON C		OR
9:00 - 9:40 AM	Cholesterol: What Really Matters Douglas Schocken, MD SALON A		Perception vs. Reality: Women and Heart Disease Radha Kachhy, MD SALON B
	OR	12:00 - 12:30 PM	Stepping to a Heart-Healthy Beat Nancy Short and Andrea Layton SALON A
	Women, Heart Disease, and Diabetes Janet Apter and Lori Jee SALON B	12:30 - 1:00 PM	Lunch SALON B
10:00 - 10:40 AM	Your Legs and Your Heart: Understanding Peripheral Vascular Disease Manesh Patel, MD SALON B	1:00 - 1:20 PM	Welcome and Introductions SALON B
		1:20 - 2:00 PM	Dancing for a Healthier Heart/ Red Dress Survivorship Show SALON B
		2:00 - 2:50 PM	Panel Discussion SALON B
		3:00 PM	Adjourn SALON B