

MEDIA ADVISORY

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HER HEART COMMUNITY, A NATIONAL WOMEN'S HEART HEALTH EDUCATION INITIATIVE, COMES TO CLEVELAND ON FEBRUARY 28

City's Death Rates for Heart Disease Are 47% Higher than National Average¹

Event Features Renowned Cardiologists from the Cleveland Clinic Heart Program, Women's Heart Health Expert Dr. Jennifer Mieres, and Local Heart Attack Survivor Kathe King

WHAT: A free heart-healthy educational program to increase awareness among Cleveland women of the importance of early detection, diagnosis, and treatment of heart disease. ***Cardiologists from the world-renowned Cleveland Clinic Heart Program, AHA spokesperson Dr. Jennifer Mieres, and heart attack survivor Kathe King will share their knowledge and experiences while delivering potentially life-saving information to local women.***

WHY: Coronary heart disease is the number one killer of women in the United States,² and the city of Cleveland's age-adjusted death rate from heart disease (395 deaths annually per 100,000 population) is 47% higher than the national average.¹ In addition, women have a special need to become better informed about heart disease, largely because its onset, progression, and symptoms can be different for women than for men. For example, *women should be more aware that their major symptoms prior to a heart attack may not include chest pain but may include unusual fatigue, shortness of breath, or indigestion.*

WHO: More than 100 patients have been invited to learn how to recognize, prevent, and test for heart disease. They also will be encouraged to join *Her Heart Community*, a unique resource for women and physicians that already has almost 2000 members. Event participants also include ***Dr. Leslie Cho***, Director of the Cleveland Clinic's Women's Cardiovascular Center, and ***Dr. Manuel Cerqueira***, Chairman of Molecular and Functional Imaging and a staff cardiologist in the Clinic's Section of Cardiovascular Imaging.

WHERE: Great Lakes Science Center, 601 Erieside Avenue, Reinberg Traveling Exhibition Hall, Lower Level, Cleveland, OH 44114

WHEN: February 28, 2007, 11:45 AM – 1:00 PM

HOW: The public can register for the event by calling (888) 895-2801, and the media is also invited to attend. Please help local women by informing your audience about this program. Dr. Cerqueira, Dr. Mieres, and Ms. King are available for interviews prior to and during the event.

Her Heart Community is an educational program supported by Astellas Pharma US, Inc. For more information about *Her Heart Community*, please visit **herheartcommunity.com**.

1. *Public Health GIS and Information, March 2006* (No. 69), Centers for Disease Control, Atlanta, GA, March 2006, Appendix: Heart Disease Deaths, Cuyahoga County, Ohio, 1997-2001. Available at: www.4women.gov/OWH/reg/5/#ohio. Accessed January 16, 2007. 2. American Heart Association. *Heart Disease and Stroke Statistics—2006 Update*. Dallas, Tex: American Heart Association, 2006.

NEWS RELEASE

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Her Heart Community Comes to Cleveland, Where Death Rates from Heart Disease Are 47% Higher than National Average¹

Panel discussion about women's heart health issues will feature renowned cardiologists from the Cleveland Clinic Heart Program, ranked #1 nationally by U.S. News and World Report for 12 consecutive years.

American Heart Association spokesperson Dr. Jennifer Mieres and Zanesville heart attack survivor Kathe King also will provide insights on how heart attacks – and the healing process – can be different for women.

Cleveland, February 27, 2007—The *Her Heart Community* initiative, a two-day educational conference featuring the latest information on the risks, diagnosis, and treatment of heart disease in women, will be held in Cleveland on February 27-28. The first day at the InterContinental Hotel, 6:30-8:30 PM, is exclusively for physicians and other health practitioners, while the second day at the Great Lakes Science Center, 11:45 AM-1:00 PM, is open to the general public.

The event is intended to raise awareness of heart disease—the number one cause of death among American women—and to encourage the healthcare community and at-risk women to be aggressively proactive about early detection, diagnosis, and treatment. Cleveland was selected to participate in the nationwide *Her Heart Community* tour because cardiac-related incidents for women in this area are among the highest in the nation. Consider these troubling statistics:

- The city of Cleveland's age-adjusted death rate from heart disease (395 deaths per 100,000 population) is 47% higher than the national average.¹
- Cuyahoga County's overall age-adjusted death rate from heart disease (313.7 deaths per 100,000 population²) is approximately 30% higher than the national average.³

Women have a special need to become better informed about heart disease, largely because its onset, progression, and symptoms can be different for women than for men. For example, in one study, fewer than 30% of women reported having chest pain or discomfort prior to their heart attacks, and 43% reported having no chest pain during any phase of the attack. Instead, major symptoms included unusual fatigue, sleep disturbance, shortness of breath, and indigestion.⁴

The February 28 public event will include a panel discussion featuring internationally renowned cardiologists and experts on women's heart health issues that will be moderated by **Dr. Leslie Cho**, Director of the Cleveland Clinic's Women's Cardiovascular Center. Panelists include:

- **Dr. Manuel Cerqueira**, Chairman of Molecular and Functional Imaging and a staff cardiologist in the Cleveland Clinic Heart Center's Section of Cardiovascular Imaging
- **Dr. Jennifer Mieres**, Director of Nuclear Cardiology for the New York University School of Medicine and a national spokesperson for the American Heart Association
- **Dr. Len Fromer**, Past President of the California Academy of Family Physicians

Dr. Mieres also has produced the documentary, “A Woman’s Heart.” She was profiled as an “Everyday Hero” in *Newsday* for her efforts in advocating that physicians and the general public become more knowledgeable, vigilant, and proactive about addressing women-specific heart issues.

“We must dispel the myth that heart disease is a man’s disease,” said Dr. Mieres. “It is unconscionable that fewer than 1 in 5 physicians are aware that more women die of heart disease each year than men.”

Both conferences will include a presentation by Kathe King, a Zanesville, Ohio, heart attack survivor and pastoral counselor. As an advocate for the WomenHeart nonprofit organization, King encourages women to learn more about heart disease and offers guidance on how to heal their emotional scars.

“Women aren’t like men. We do better when we bond together and help each other through the tough times,” says King. “We also need to become more aware of heart attack warning signs and take them seriously.”

Other topics to be covered in the *Her Heart Community* public event include:

- Cardiac risk factors for women and what they can do to minimize them.
- Differences in coronary artery disease among different ethnic groups.

Her Heart Community (HHC) is a community-based initiative supported by Astellas Pharma US, Inc., providing health professionals, patients, and consumers with the latest developments in raising awareness of the importance of changing the way we look at women and cardiovascular disease. For more information about *Her Heart Community*, please visit herheartcommunity.com.

About Astellas

Astellas Pharma US, Inc., located in Deerfield, Illinois, is a US affiliate of Tokyo-based Astellas Pharma Inc. Astellas is a pharmaceutical company dedicated to improving the health of people around the world through the provision of innovative and reliable pharmaceutical products. The organization is committed to becoming a global pharmaceutical company by combining outstanding R&D and marketing capabilities and continuing to grow in the world pharmaceutical market. For more information about Astellas Pharma US, Inc., please visit our website at www.astellas.com/us.

EDITOR’S NOTE: *Dr. Cerqueira, Dr. Mieres, and Ms. King are available for interviews before and during the Cleveland event. For further information or to schedule an appointment, contact Phil Chang, 312-423-4924, pchang@hlbcomm.com.*

1. *Public Health GIS and Information, March 2006* (No. 69). Centers for Disease Control, Atlanta, Ga; March 2006. Appendix: Heart Disease Deaths, Cuyahoga County, Ohio, 1997-2001. Available at: www.4women.gov/OWH/reg/5/#ohio. Accessed January 16, 2007. 2. *Leading Causes of Death for Cuyahoga 2000-2002*. Ohio Department of Health, Vital Statistics. Available at: www.clevelandhealth.info/localstats/topics/causesdeath/local. September 24, 2004. Accessed January 16, 2007. 3. *Heart Disease Facts and Statistics*, Centers for Disease Control. Available at: www.cdc.gov/HeartDisease/facts. May 12, 2006. Accessed January 16, 2007. 4. McSweeney JC, Cody M, O’Sullivan P, Elberson K, Moser DK, Garvin BJ. Women’s early warning symptoms of acute myocardial infarction. *Circulation*. 2003;108:2619-2623.

Women and Heart Disease Fact Sheet

Terminology

- Cardiovascular disease (CVD) – encompasses all diseases of the cardiovascular system, including coronary artery disease, congestive heart failure, stroke, peripheral vascular disease, and others
- Heart disease – encompasses diseases of the heart, including coronary artery disease, congestive heart failure, rheumatic valvular disease, and others
- Coronary artery disease (CAD) – the condition in which the coronary arteries become narrowed or blocked as a result of atherosclerosis, often involving angina and heart attack
- Coronary heart disease (CHD) – essentially synonymous with coronary artery disease

Gender Differences

- ECG testing may have reduced sensitivity and specificity for diagnosing CHD in women as compared to men¹
- Because women often present with heart attack symptoms not typically seen in men—usually called “atypical” in the literature—they may not get rapid, appropriate triage at the hospital²
- Following a heart attack, 38% of women die within 1 year, versus 25% of men³
- The increase in CHD risk for diabetic women is substantially greater than for diabetic men²

Prevalence and Lifetime Risk

- 6,000,000 American women live with heart disease⁴
- CVD ranks first among all disease categories in hospital discharges for women³

Death Rate

- CHD is the leading cause of death in women in the US⁴
- In 2003, CVD caused the deaths of 483,842 women compared with 267,902 caused by all forms of cancer³
- The death rate from CHD is 25% to 50% higher for African American women than white women in the US, and the death rate from heart attack is double²

Major Risk Factors

- Increasing age
- Smoking and secondhand smoke
- Lack of physical activity
- Diabetes
- Family history of heart disease
- High blood cholesterol
- Overweight or obesity

Contributing Factors

- Misperception that heart disease is a “man’s problem” can hinder effective diagnosis and treatment of CHD in women¹
- In a recent survey, almost all women said they were comfortable discussing preventive and treatment options with their doctors. However, only 38% of women reported that their doctors had ever discussed heart disease with them⁵
- Menopause – CHD rates in women after menopause are 2 to 3 times higher than those of women the same age before menopause⁴

1. Mieres JH, Shaw LJ, Hendel RC, et al. A report of the American Society of Nuclear Cardiology Task Force on Women and Heart Disease (Writing Group on Perfusion Imaging in Women). *J Nucl Cardiol*. 2003;10:95-101. 2. Wenger NK. Clinical characteristics of coronary heart disease in women: emphasis on gender differences. *Cardiovasc Res*. 2002;53:558-567. 3. American Heart Association. *Facts About Women and Cardiovascular Disease*. Available at: <http://www.americanheart.org/presenter.jhtml?identifier=2876>. Accessed October 9, 2006. 4. American Heart Association. *Heart Disease and Stroke Statistics—2006 Update*. Dallas, Tex: American Heart Association; 2006. 5. Mosca L, Ferris A, Fabunmi R, Robertson RM. Tracking women's awareness of heart disease: an American Heart Association national study. *Circulation*. 2004;109:573-579.

Understanding Cardiovascular Risk in Women

Menopause:	Loss of estrogen during and after menopause may contribute to a higher risk of coronary artery disease (CAD). ¹
Age:	Women present with CAD 10 years later in life than men. ²
Physical Inactivity:	Physically active women have lower coronary heart disease rates than inactive women. ³
Cholesterol Level:	Hypercholesterolemia is more common in women than in men. ⁴
Blood Pressure:	Certain birth control pills can increase the risk of high blood pressure. ¹
Diabetes:	Diabetes increases CAD risk 3 to 7 times in women compared with 2 to 3 times in men. ⁵
Smoking and Birth Control Pills:	The combination of smoking and oral contraceptives increases the risk of stroke. ¹

Women's Heart Resources

American Heart Association

www.americanheart.org

The American Heart Association site contains information about specific conditions, lifestyle improvement, and scientific conferences.

Other Cardiovascular Health Information Sites on the Internet

US Government Sites

- Healthfinder.gov
- National Library of Medicine includes PubMed and MedlinePlus

Associations and Societies

- American College of Cardiology
- American College of Physicians
- American Red Cross

Patient Information

- WebMD.com
- womenshealth.gov
- amwa-doc.org

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1. American Heart Association. *Heart and Stroke Facts*. Dallas, Tex: American Heart Association; 2003. 2. Wenger NK. Clinical characteristics of coronary heart disease in women: emphasis on gender differences. *Cardiovasc Res*. 2002;53:558-567. 3. Lee I-M, Rexrode KM, Cook NR, Manson JE, Buring JE. Physical activity and coronary heart disease in women: is "no pain, no gain" passé? *JAMA*. 2001;285:1447-1454. 4. American Heart Association. *Heart Disease and Stroke Statistics—2005 Update*. Dallas, Tex: American Heart Association; 2005. 5. Manson JE, Spelsberg A. Risk modification in the diabetic patient. In: Manson JE, Ridker PM, Gaziano JM, Hennekens CH, eds. *Prevention of Myocardial Infarction*. New York, NY: Oxford University Press; 1996:241-273.

Heart Disease and Stroke: Ohio Mortality, Prevalence Data

Ohio

- Heart disease is the leading cause of death in Ohio, accounting for 31,388 deaths, or approximately 29% of the state's deaths in 2002.¹
- Cardiovascular disease is the third leading cause of death, accounting for 7252 deaths, or approximately 7% of the state's deaths in 2002.¹

Ohio Compared With the US

- In 2001, CDC mortality data indicate that the heart disease death rate in Ohio was the 13th highest in the US and exceeded the national heart disease death rate by almost 10%.²

Cuyahoga County

- During 2000-2002, Cuyahoga County's overall age-adjusted death rate from heart disease was 313.7 per 100,000 population.³

City of Cleveland

- In 2002, heart disease was the number one cause of death in Cleveland, accounting for 33.5% of all deaths.⁴
- The city of Cleveland's age-adjusted death rate from heart disease (395 deaths per 100,000 population) is 47% higher than the national average between 1997-2000.⁵

Ohio White and African American Female Populations

- The leading causes of death among Ohio women are heart disease, cancer, and stroke.⁶
- During each 3-year interval from 1994 to 2002, the age-adjusted mortality rate for heart disease was significantly higher for black females than for white females. The gap/disparity between black and white female rates for the 1994-1996 and 2000-2002 periods increased from 21.9 percent to 27.8 percent.⁷

1. *State Program: Ohio Capacity Building*. Division for Heart Disease and Stroke Prevention, Centers for Disease Control. Available at: www.cdc.gov.mill1.sjlibrary.org/dhdsp/state_program/oh.htm. May 12, 2006. Accessed January 16, 2007. 2. *Profiling the Leading Causes of Death in the United States, Heart Diseases, Stroke and Cancer*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Available at: www.cdc.gov/nccdphp/publications/factsheets/ChronicDisease/pdfs/00_ChronicDiseaseAllStates.pdf. Accessed January 16, 2007. 3. *Leading Causes of Death for Cuyahoga 2000-2002*. Ohio Department of Health, Vital Statistics. Available at: www.clevelandhealth.info/localstats/topics/causesdeath/local. September 24, 2004. Accessed January 16, 2007. 4. *Leading Causes of Death in Cleveland 2002*. Cleveland Department of Health, www.clevelandhealth.info/localstats/topics/causesdeath/local/leadingcodcleveland. Accessed January 16, 2007. 5. *Public Health GIS and Information, March 2006* (No. 69). Centers for Disease Control, Atlanta, Ga; March 2006. Appendix: Heart Disease Deaths, Cuyahoga County, Ohio, 1997-2001. Available at: www.4women.gov/OWH/reg/5/#ohio. Accessed January 16, 2007. 6. *Women's Health Agenda, Region V*, U.S. Department of Health and Human Services, Office of Women's Health. November 2005. 7. Tyner-Onyeaghor L, Lynn M. *Minority Health Profile Mortality of Female Ohioans by Race and Ethnicity*. Ohio Department of Health, Division of Family and Community Health Services. December 2004.

National Spokesperson and Panelist

Dr. Jennifer H. Mieres (Cardiologist)

Director of Nuclear Cardiology
NYU School of Medicine

Jennifer H. Mieres, MD, FACP, FACC, FAHA, a native of Trinidad, West Indies, is Associate Professor and Director of Nuclear Cardiology at New York University School of Medicine. She is a nationally recognized expert in cardiovascular diseases in women and is routinely called upon by the media to comment on heart health. She has appeared in national and local media outlets, including two recent documentaries for PBS.

A graduate of Bennington College and Boston University School of Medicine, she is a Fellow of the American College of Physicians, the American College of Cardiology, and the American Heart Association, and she is board certified in cardiovascular diseases and nuclear cardiology. Her society memberships include the American Heart Association, the Society of Nuclear Medicine, and the Association of Black Cardiologists. She is a founding member of the American Society of Nuclear Cardiology (ASNC).

As a member and Past President of the Board of Directors of the Long Island region of the American Heart Association, Dr. Mieres is actively involved in community service and has been a guest speaker at several community functions. She is actively involved in the American Heart Association's national women and heart disease campaign, "Go Red For Women." She is a recipient of the 2002 New York State Governor's award for excellence and a recipient of the "Women Achievers Against the Odds" 2002 award from the Long Island Fund for Women and Girls. Dr. Mieres is a national spokesperson for the American Heart Association and is the chair of the Committee on Cardiac Imaging of the Council on Clinical Cardiology. She also serves on the Scientific Advisory Board for WomenHeart. Dr. Mieres was a producer of the PBS documentary *A Woman's Heart* which was nominated for an Emmy for best documentary in the health science category at the 46th Annual New York Emmy Awards held in March 2003. In August of 2003, Dr. Mieres was featured as an "Everyday Hero" in *Newsday*. In April 2004, Dr. Mieres was awarded the WomenHeart Wenger Award for Healthcare, and in May 2004, Dr. Mieres received the award for service in medicine from the Long Island Center for Business and Professional Women.

Moderator

Leslie Cho, MD

Director of the Cleveland Clinic's Women's Cardiovascular Center

Dr. Leslie Cho is Director of the Cleveland Clinic's Women's Cardiovascular Center and Medical Director of the Section of Preventive Cardiology and Rehabilitation in the Department of Cardiovascular Medicine. She is board certified in interventional cardiology, cardiovascular medicine, and internal medicine. Her specialty interests focus on general cardiology, heart disease, and peripheral arterial and vascular disease and their attendant therapies and treatments. Dr. Cho specializes in heart disease in women.

Dr. Cho received her undergraduate degree in interdisciplinary studies from the University of California, Los Angeles, graduating cum laude. She received her medical degree from the University of Chicago Pritzker School of Medicine. She took her residency in internal medicine at the University of Washington Medical Center, where she received the John Humphrey Award as Most Outstanding Internal Medicine Resident. She later accepted a fellowship in cardiology, followed by a fellowship in interventional cardiology and peripheral disease, both from The Cleveland Clinic Foundation. Prior to her appointment to The Cleveland Clinic in 2005 as Director of the Women's Cardiovascular Center, Dr. Cho was Assistant Professor of Medicine, Section on Interventional Cardiology in the Division of Cardiology at Loyola University Medical Center, where she also served as both Director of Carotid Intervention and Director of Interventional Cardiology Research.

Dr. Cho's research interests include gender differences in cardiovascular disease and treatment, oxidative stress, and metabolic syndrome. While at Loyola University Medical Center, she was a principal site investigator for the MAVERIC II and MAVERIC III trials of the Medtronic AVE self-expanding carotid stent system. Her research has garnered her many grants to study various therapeutic treatments for heart disease. In 1998, she received the American Heart Association's Women in Cardiology award. In 1999, the World Heart Federation named her as Fellow of Cardiovascular Epidemiology and Prevention.

She is author or coauthor of numerous peer-reviewed articles and abstracts in leading medical journals, and she has authored medical textbooks and textbook chapters related to her specialty interests.

Dr. Cho is a Fellow of the American College of Cardiology (FACC) and serves on the Peripheral Disease Committee. She is a member of the American Board of Internal Medicine and the American Heart Association.



Panelist

Manuel Cerqueira, MD

Chairman of Molecular and Functional Imaging
Cleveland Clinic

Dr. Manuel Cerqueira is Chairman of Molecular and Functional Imaging and a staff cardiologist in the Section of Cardiovascular Imaging in the Cleveland Clinic Heart Center. He also serves as a consultant to the Nuclear Regulatory Commission as a member and Chairman of the Advisory Committee on Medical Use of Isotopes. He is a member of the Diagnostic Imaging Panel of the Medicare Coverage Advisory Committee and serves on several Food and Drug Administration panels. He is certified in internal medicine, nuclear medicine, cardiovascular disease, and nuclear cardiology. Dr. Cerqueira has a special clinical and research interest in using nuclear and other types of noninvasive imaging to identify patients with coronary artery disease and those at high risk for heart attacks or cardiac death.

A native of Portugal, Dr. Cerqueira did his undergraduate work at Franklin & Marshall College in Lancaster, Pennsylvania, and received his medical degree from New York University School of Medicine. He did an internship and residency in internal medicine at Bellevue Medical Center in New York, where he became Chief Resident in internal medicine. He continued his clinical training with a fellowship in cardiology from Yale-New Haven Hospital in Connecticut and eventually became Chief Resident in Nuclear Medicine there.

Dr. Cerqueira has held several academic appointments. He was Professor in the Departments of Medicine and Radiology at Georgetown University and Professor in the Department of Radiology and Medicine at the University of Washington School of Medicine in Seattle. He was also Chief of Nuclear Medicine at the Department of Veterans Affairs Medical Center.

He is widely published in leading peer-reviewed publications and has authored or coauthored more than 130 articles, 26 book chapters, and 100 abstracts on issues related to clinical and research findings.

Dr. Cerqueira is a founding member of the American Society of Nuclear Cardiology. He is a Fellow of the American College of Cardiology (FACC), and a Fellow of the Council on Cardiovascular Radiology and the Council on Clinical Cardiology of the American Heart Association. He is a member of the American Society of Nuclear Cardiology and Society of Nuclear Medicine.

Panelist

Len Fromer, MD

Assistant Clinical Professor in the Department of Medicine
UCLA School of Medicine, Los Angeles, Calif.

Len Fromer, MD, received his medical degree magna cum laude from the State University of New York, Downstate Medical Center. He completed his residency in Family Medicine at the University of California at Irvine, Long Beach Memorial Medical Center. He is a Fellow of the American Academy of Family Physicians, and a diplomate of both the American Board of Family Practice and the National Board of Medical Examiners. He has been in private practice in Santa Monica, California, with Prairie Medical Group, for 25 years. Dr. Fromer has served on the group's Board of Directors and has been its Managing Director as well as its Chief Financial Officer.

His practice includes a second field of concentration in allergy and asthma. Dr. Fromer sits on the California Department of Health Services IMAP Advisory Panel for Allergy and Asthma, and he is on the faculty of the Department of Family Medicine at the University of California at Los Angeles.

Dr. Fromer currently serves on the International Editorial Board of the *International Primary Care Respiratory Journal*. He is a past president of the California Academy of Family Physicians and has served over 10 years as a member and Chairman of the American Academy of Family Physicians Commission on Health Care Services. He currently sits on the AAFP Commission on Quality. He has also served on the Physicians Capital Source Project Steering Committee for the American Medical Association, the Advisory Board of Directors for the American Medical Informatics Association, and the Advisory Board for the World Foundation for Studies of Female Health. Dr. Fromer has lectured extensively on health system reform and has been featured on CBS News, ABC News, and in the *Wall Street Journal*.

Cleveland Patient Advocate/Heart Attack Survivor

Kathe King
Pastoral Counselor

Kathe King is a pastoral counselor in Zanesville, Ohio. She is also an evangelist for women's heart health, spreading the word on a topic that is literally near and dear to her heart. Her messages of education, hope, and healing revolve around a little-known but vitally important fact: *heart attacks can be different for women.*

Like most women, however, King was blithely unaware of this when in May 2001, at the age of 54, she had the first of two heart attacks. Her symptoms—back and shoulder pain, fatigue, and a feeling of general unease—did not seem to be the classic signs of a heart attack, which is not unusual for women. She went to the hospital, where catheterization revealed a small blockage. Six months later, she had her second “minor” heart attack, and another small blockage was found in a different artery. King went through rehab, took her medication, watched her diet, and exercised faithfully.

As far as her doctors and friends were concerned, everything was fine. But it sure didn't feel that way for King. “I was looking for answers and support, and it's amazing how difficult it can be to get information from doctors,” says King. “I saw something about the WomenHeart organization in *Prevention* magazine. That was the start of my emotional healing.”

King is now a patient advocate and spokeswoman for WomenHeart, a Washington, DC-based nonprofit organization dedicated to promoting the early detection, accurate diagnosis, and proper treatment of heart disease in women. She was among a select group of women who participated in the organization's first Science and Leadership Symposium at Mayo Clinic in Rochester, Minnesota, where she received extensive training to prepare her for community service. Equally important, King also discovered she was not alone.

“Women aren't like men. We do better when we bond together and help each other through the tough times,” says King. “At that first meeting, I heard other women talk about their fears and anger and thought, ‘that's how I feel.’ It was a healing experience.” Today, King serves as Director of Healing, Prayer, and Counseling Outreach Ministries at her local church. She also speaks to women's groups to educate them about heart disease and how to get support for the kind of scars that can't be detected on medical tests. “Women need to be aware of heart attack warning signs and take them seriously, because heart attacks kill more women than all types of cancers combined,” she says.

She will share her experiences and offer practical tips at the *Her Heart Community* educational conference in Cleveland at the InterContinental Hotel, 9801 Carnegie Avenue - Room 204, on February 27, 2007, from 6:30-8:30 PM, and on February 28 at the Great Lakes Science Center, 601 Erieside Avenue, Reinberger Traveling Exhibition Hall, Lower Level, from 11:45 AM -1:00 PM. In addition, King can provide unique, first-person insights into how and why heart attacks are different for women.

Editor's Note: To arrange an interview with King or attend the conference, contact Philip Chang, 312-423-4924, pchang@hlbcomm.com.