



The 8th Annual Greater Washington Region

American Heart Association®  
Learn and Live™

## Heart Gala 2006

### HEART HEALTHY NEWSLETTER

November 2005

The 2006 Heart Gala is now on-line at [www.ahaheartgala.com](http://www.ahaheartgala.com)

#### Save the Date!

The 8th Annual Greater Washington Region

### Heart Gala

Presented By



Saturday, February 25,  
2006

Ritz-Carlton, Tysons Corner  
1700 Tysons Blvd.  
McLean, VA 22102

#### 2006 Heart Gala Committees

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Kenneth Kent, M.D.  
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Eugene Passamani, M.D.

#### American Heart Association Announces Alliance to Fight Childhood Obesity

##### Did you know?

Within the past 20 years, the prevalence of childhood obesity has quadrupled.

In the U.S., more than 1 in 6 adolescents are considered overweight or obese (Centers for Disease Control & Prevention).

79% of children ages 7-12 have a diet that needs improvement.

Many experts believe that if these obesity trends continue, today's children will be the first generation to live shorter lives than their parents.

The American Heart Association, in a bipartisan partnership with the Clinton Foundation and Governor Mike Huckabee of Arkansas, has committed to raising \$18-25M within the next year to fund a movement to stop the prevalence of childhood obesity. The Greater Washington Region Heart Gala will feature a very special opportunity for you to participate in directly funding this important national movement. Our children need your help. A Special Appeal presentation will take place during the Gala, allowing you to make a donation at one of these funding levels: \$1,000, \$2,500, \$5,000, and \$10,000. Donors will be asked to raise their auction paddles high and support our important alliance at the highest possible level to help our children live stronger, longer lives.

The money raised at the 2006 Heart Gala will go to research, education and advocacy in the fields of heart disease & stroke. Help in the fight against these heart-breaking statistics:

- ♥ Cardiovascular disease is responsible for 1 in 2.6 deaths; more than the next 6 leading causes combined.
- ♥ Stroke is the third leading cause of death in the U.S. It is responsible for 1 in 15 deaths.
- ♥ Every 33 seconds someone dies from cardiovascular disease. It claims nearly 1 million lives each year.
- ♥ Since 1991, the prevalence of obesity has increased 75%.
- ♥ 42% of women who die each year, die from

Richard Jonas, M.D.  
Kenneth Kent, M.D.  
Jimmy Lubbers  
Eugene Passamani, M.D.  
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Adam Strickberger, M.D.

### Childhood Obesity Special Appeal Committee

**Champion**  
**Warren Martin**

Bob Morgan  
James New

- ♥ Since 1991, the prevalence of obesity has increased 75%.
- ♥ 42% of women who die each year, die from cardiovascular disease and stroke.
- ♥ In 2000, cardiovascular diseases claimed  
19,526 lives in VA  
15,491 lives in MD  
2,031 lives in DC (9th highest death rate in the nation)

## Dark Chocolate May Reduce Blood Pressure, Improve Insulin Resistance



If you have high blood pressure, a daily bar-sized serving of flavonol-rich dark chocolate might lower your blood pressure and improve insulin resistance, researchers report in *Hypertension: Journal of the American Heart Association*.

“Previous studies suggest flavonol-rich foods, including fruits, vegetables, tea, red wine and chocolate, might offer cardiovascular benefits, but this is one of the first clinical trials to look specifically at dark chocolate’s effect on lowering blood pressure among people with hypertension,” said study author Jeffrey B. Blumberg, Ph.D.

“This study is not about eating more chocolate,” Blumberg cautioned. “It suggests that cocoa flavonoids appear to have benefits on vascular function and glucose sensitivity.”

Some participants in this study ate dark chocolate while others ate white chocolate for 15 days. The researchers found a 12 mm HG decrease in systolic blood pressure and a 9 mm Hg decrease in diastolic blood pressure in the dark chocolate group after 15 days. Blood pressure did not decrease in the white chocolate group.

The researchers report that the dark chocolate group also experienced significant reduction in several measures of insulin resistance compared to the white chocolate group. Levels of LDL (“bad”) cholesterol dropped by about 10 percent in the dark chocolate group, but stayed the same in the white chocolate group.

“The findings do not suggest that people with high blood pressure should eat lots of dark chocolate in lieu of other important blood pressure-reduction methods, such as medication and exercise,” Blumberg said. “Rather we are identifying specific flavonoids that can have a benefit on blood pressure and insulin sensitivity.”

He said these results can generate improved dietary recommendations that will help people regulate these risk factors. Blumberg said flavonoid-rich foods should be part of an overall healthy diet, and that some dark chocolate could be part of that effort, as well as fruits, vegetables, and whole grains.

## CPR Anytime

If a cardiac arrest happened to your loved one or a close friend, would you know how to perform life-saving CPR, which can double a victim’s chance of survival? Surprisingly, the vast majority of Americans don’t. That’s why the American Heart Association, in collaboration with Laerdal has developed the CPR Anytime™ for Family and Friends Personal Learning Program, bringing CPR training into the homes of families everywhere.

CPR Anytime is a self-directed, personal CPR kit that makes learning the core skills of CPR easy, convenient, affordable and fun for the whole family. It takes just 22 minutes to learn and can be done anywhere.



The CPR Anytime kit is an important tool for families and businesses

the whole family. It takes just 22 minutes to learn and can be done anywhere.

For more information, visit: <http://www.cpranytime.org>.

tool for families  
and businesses

## 2006 Heart Gala Auction Update

The 2006 Heart Gala Auction Committee is hard at work gathering trips, sports packages and luxury items in order to make the 2006 auction the best ever! Some of the auction highlights so far are:

- ♥ A 32" freshwater pearl necklace donated by Mangan Jewelers
- ♥ A cruise along the Potomac including a four course meal for 10 donated by Odyssey Cruises
- ♥ A 3 day, 2 night getaway to Canaan Valley Resort donated by Guest Services

This year's auction committee has a special opportunity to purchase Super Bowl tickets for the auction. If you or someone you know would like to underwrite this exciting item, please contact Erika Chambers at (703) 914-3705.



## 2006 Auction Committee

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Debra Ghorbanian

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Victor Thornton

## Easy Apple Crisp Recipe

Serves 8

Vegetable oil spray	2/3 cup all-purpose flour
1 1/2 pounds (5 medium) apples, cored and sliced, unpeeled	1/2 cup firmly packed brown sugar
2 tablespoons fresh lemon juice	1/2 cup uncooked oatmeal
1/4 teaspoon ground cinnamon	1/3 cup margarine



Preheat oven to 375 F.

Lightly spray a 2-quart casserole dish with vegetable oil spray. Arrange apples in prepared dish. Sprinkle with lemon juice and cinnamon.

In a medium bowl, combine flour, brown sugar and oatmeal. Cut in margarine with a fork or pastry blender until mixture is crumbly. Spread over fruit. Bake 40 minutes or until apples are tender.

Variation #1: Peach Crisp—Use 1 pound (6 apples), peeled and sliced, fresh peaches in place of apples.

Variation #2: Blueberry Crisp—Use 3 cups fresh or frozen unsweetened blueberries in places of apples.

Calories: 219 kcal  
Protein: 2 gm  
Carbohydrates: 36 gm  
Total Fat: 8 gm  
Saturated Fat: 2 gm  
Polyunsaturated Fat: 2 gm

Monounsaturated Fat: 4 gm  
Cholesterol: 0 mg  
Sodium: 55 mg  
Potassium: 172 mg  
Calcium: 26 mg

## Thank you to our 2006 Heart Gala Sponsors

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Jeana Foster at (703) 914-3717.