

Heart Gala

HEALTHY HEART NEWSLETTER
SEPTEMBER 2007

Save the Date!

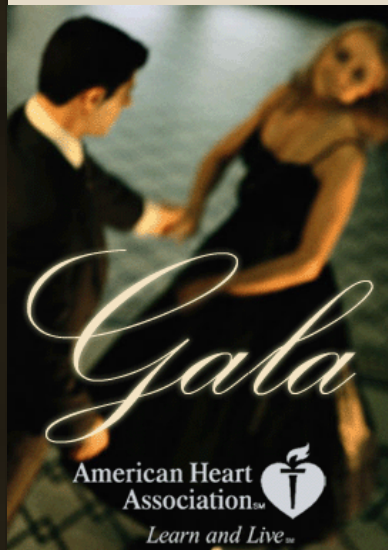
The 9th Annual
Greater Washington Region
Heart Gala
will be held on
Saturday, March 10, 2007
at the Ritz-Carlton,
Tysons Corner.

For more information on the
2007 Heart Gala, please
contact Gabrielle Urquhart at
(703) 248-1704 or
gabrielle.urquhart@heart.org

Visit our website:
www.ahaheartgala.com

We've Moved!

Our new address is:
American Heart Association
4301 North Fairfax Drive
Suite 530
Arlington, VA 22203



Heart Gala Medical Committee Growing

The 2007 Medical Committee welcomes several new members to the Heart Gala team:

Mary Donofrio, M.D., Children's National Medical Center;
Seymour Hepner, M.D., Pediatric Cardiology Associates;
Anantha Rao, M.D., Washington Hospital Center;
V.K. Shah, M.D., Shah Associates; and
James Thompson, M.D., Child Cardiology Association.

A special "thank you" goes to Dr. Richard Jonas and Dr. Adam Strickberger, Chairman and Vice Chairman, respectively. Their enthusiasm and energetic commitment to bringing on new members will certainly increase the success of this year's Heart Gala. We are also grateful for the entire committee's zeal for the American Heart Association and the work it undertakes!

American Heart Association/American Stroke Association News

'Slap on the wrist' not enough for Big Tobacco, says Wheeler

AHA CEO M. Cass Wheeler last week expressed mixed approval of a Department of Justice ruling which found the tobacco industry guilty of racketeering, yet did not include strict financial penalties.

U.S. District Court Judge Gladys Kessler determined that Big Tobacco was guilty of a long-term conspiracy to conceal the dangers of tobacco but, because of a 2005 appeals court ruling, she was barred from imposing punitive damages. Kessler instead ordered a ban on the use of deceptive marketing terms such as "light," "low tar" and "mild" on cigarette packs.

"It's like a criminal act worthy of a life sentence but instead they got a slap on the wrist. Until the industry is forced to pay for their deceptive actions, the American Heart Association will continue to actively urge lawmakers to fund comprehensive smoking cessation programs and restrict the deceptive marketing practices used in promoting this deadly product," Wheeler wrote in an Aug. 17 statement. When the case was launched in the late '90s, the Department



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Hospital*

**American Heart Association/American Stroke Association
Science News**

Insulin resistance in early teens may predict increased cardiovascular risk

The body's decreased response to insulin beginning as early as age 13 may mean increased cardiovascular disease risk by age 19, according to research reported in *Hypertension: Journal of the American Heart Association*.

Researchers studied 357 students in grades 5–8, tracking their insulin resistance at ages 13, 15 and 19. Having insulin resistance at age 13 was highly predictive of developing high systolic blood pressure and elevated triglycerides by age 19.

Insulin resistance occurs when the body can't use insulin efficiently. It causes blood sugar levels to rise. More than 60 million Americans have insulin resistance, and one in four will develop type 2 diabetes.

"This is the first study to show insulin resistance by itself is a significant predictor of cardiovascular disease, beginning in childhood," said Alan R. Sinaiko, M.D., lead author of the study and professor of pediatrics at the University of Minnesota Medical School in Minneapolis.

For more information, follow the link below:

[http://www.americanheart.org/
pre-senter.jhtml;jsessionid=LDTRNKEO2VSCUCQFCXPSCZQ?
identifier=3041530](http://www.americanheart.org/pre-senter.jhtml;jsessionid=LDTRNKEO2VSCUCQFCXPSCZQ?identifier=3041530)

AHA podcasts offer free cardiovascular health information

AHA podcasts deliver free audio reports with updates on how to lower your risk for cardiovascular disease. Topics include women and heart disease, stroke, school physical activity programs, and diet and lifestyle recommendations.

The podcasts can be downloaded at:

[http://www.americanheart.org/presenter.jhtml?
identifier=3037153](http://www.americanheart.org/presenter.jhtml?identifier=3037153)

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Heart Gala

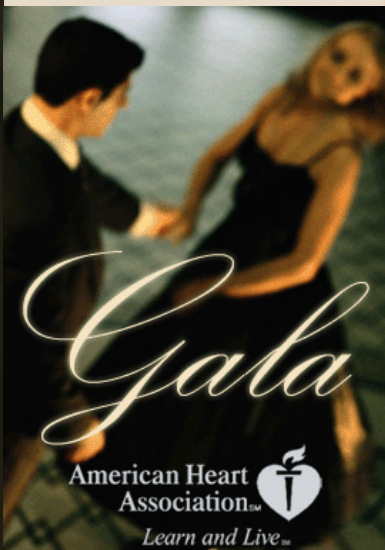
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A HEART HEALTHY LIFESTYLE

Tips for Eating Out

You can eat out and eat healthy, too. Many restaurants offer delicious meals that are low in saturated fat, trans fat and cholesterol. That's good news for your health because a diet high in saturated and trans fats raises blood cholesterol. High blood cholesterol is a major risk factor for heart disease, and it's also a risk factor for stroke.

When eating out, ask which type of fat the restaurant uses. Try to replace the saturated and trans fats in your food with more healthful unsaturated oils. Canola, olive and corn oil are among the most desirable. Request soft and trans-fat-free margarine.

Equally important is the portion size. Help control your weight by asking for smaller portions, or sharing entrees with a companion.

A guide to choosing healthy meals away from home

- Fried, au gratin, crispy, escaloped, pan-fried, sautéed or stuffed foods are high in fat and calories. Instead, look for steamed, broiled, baked, grilled, poached or roasted foods. If you're not sure about a certain dish, ask your server how it's prepared.
- Even if dishes low in saturated fat and cholesterol aren't on the menu, you may still be able to get a healthy meal, because many restaurants will prepare foods to order. If you're not sure about a particular restaurant, phone before you go.
- High-sodium foods include those that are pickled, in cocktail sauce, smoked, in broth or au jus or in soy or teriyaki sauce. Steer clear of these.

For more information, see:

<http://www.americanheart.org/presenter.jhtml?identifier=1200010>

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