

making a difference *Resident Ann Beck* - OPENING HEARTS TO SAVE OTHERS

Written by Resident **Julia Byrd**



Changing Lives With the American Heart Association

An estimated 44 million women in the United States are affected by cardiovascular disease. For resident Ann Beck, it's more than a statistic. It's the "why" that drives her devotion to the American Heart Association (AHA).



Heart disease runs in Ann's family. Her mom is her "why"—her reason for getting involved. Judith (or J.B., as she was fondly called) passed away from heart disease in November 2015. Turning sorrow into action, Ann wanted to fight for change and educate women on risk factors and prevention. She began volunteering with AHA a year ago and now serves as the chair of Open Your Heart—the mission-driven part of the AHA's campaigns that lets donors directly support the AHA's mission through personal gifts.

As chair, Ann spearheads several smaller fundraisers throughout the year, but her major fundraising endeavor is at the Go Red for Women luncheon that will be held May 19, 2017, at the Woodlands Waterway Marriott Hotel & Convention Center. The 2016 event raised nearly \$500,000 and was one of the largest Go Red for Women luncheons in the state.



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All donations to Open Your Heart go straight to the AHA, and luncheon attendees hear how local fundraising efforts have directly supported scientific advancements, including:

- Using 3D imaging to match hearts for children needing transplants
- Identifying new drugs to restore heart rhythms
- Making automated external defibrillators more accessible

And, as part of the Circle of Red Society, Ann is committed to educating the local community—especially women—on the risk factors and symptoms of heart disease and stroke. Awareness of CPR and the warning signs of strokes and heart attacks is low in Montgomery County, as is the percentage of people who know CPR. Ann is determined to change that.

By volunteering with the Go Red for Women movement, she and countless other volunteers are helping hearts both emotionally and physically. More than 90% of involved women have made at least one healthy behavior change. More than 33% have lost weight. A third have talked with their doctors about developing heart health plans.

Effecting prevention and change are the reason Ann volunteers; this is how she makes a difference. Everyone has their “why”—what’s yours?

If you’re interested in volunteering with or donating to the AHA, please contact Ann at Ann.Beck@jhilburnpartner.com.

Do You Know Your Heart?

- Cardiovascular disease is the No. 1 cause of death globally, accounting for approximately 17 million deaths annually.
- Coronary heart disease is responsible for more than 7 million deaths annually.
- 80% of cardiac and stroke events may be prevented with education and action.
- The symptoms of a heart attack can be different in women than in men. Both may experience the typical chest pressure and arm pain, but women may also have vertigo, dizziness, and jaw pain.

Did You Know?

The disco tune “Stayin’ Alive” really lives up to its name? The song has 103 beats per minute—the perfect rhythm for performing CPR.



Dr. Sakina Davis & Lori Rhemann, PA-C

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