



# Foundation News...



## Cardiovascular Today Celebrates 20th Anniversary

The Cardiovascular Today symposium celebrated its 20th year on Saturday, February 5, 2011 at the Hy-Vee Conference Center in West Des Moines, Iowa. This premier educational event began in the early 90's with many notable changes highlighted below:

### IN EARLY YEARS. . . Cardiovascular Today

- Attendees totaled approximately 100
- The venue was in one room at a local hotel
- Approximately 10 booth displays were offered by pharmaceutical representatives who participated in the conference

### TODAY . . . Cardiovascular Today

- Speakers included both physicians and surgeons of Iowa Heart Center and visiting national speakers
- 18-20 booth displays with pharmaceutical and device representatives in a designated room filled with cardiovascular education materials
- The venue is held at the Hy-Vee Conference Center in West Des Moines, Iowa allowing access to multiple rooms and seating for 350+ attendees.
- Focus is on highlighted emerging knowledge on cardiovascular diagnostic, treatment and devices aimed at providing exceptional care for cardiac patients.
- A variety of Continuing Education credits are offered to healthcare professionals.
- 2011 Program topics/speakers included:
  - Program Moderators in 2011: David Laughrun, MD and Michael Park, M.D.

- 2010 Top Trials by Magdi Ghali, MD
- Aortic Stenosis: Diagnosis & Management by Richard Marcus, MD
- Cardiac Imaging Update: PET-CT and MRI by Enrico Martin, MD
- Improving Patient Adherence with Motivational Interviewing by Cora-Lynn Trewet, MS, Pharm D, BCPS, FNLA
- Atrial Fibrillation Management by Marc Klein, MD
- Referral Guidelines and EP Therapies for Atrial Fibrillation by Steve Bailin, MD
- PAD: Diagnosis and Treatment 2011 by Bobby Borromeo, MD
- CoreValve Update by Atul Chawla, MD
- Surgical Intervention Update by Marnix Verhofste, MD
- Current Results for Endovascular & Open Surgical Revascularization for Lower Extremity Occlusive Disease by Michael Park, MD

Iowa Heart Foundation is honored to host this education event focused on cardiovascular care for patients.

### Save the Date for the Next Conference!

Our 21st Annual Cardiovascular Today will be held Saturday, February 4, 2012 at the Hy-Vee Conference Center in West Des Moines, Iowa. Details will be posted on the Iowa Heart Foundation website in early January 2012 at [www.iowaheartfoundation.org](http://www.iowaheartfoundation.org)

### Volume 4, Issue 1 March 2011



### Special points of interest:

- Cardiovascular Today Celebrates 20th Anniversary

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## 2011 1st Quarter Volunteer

On behalf of the Iowa Heart Foundation Board of Directors, Beckie Walden has been named the 2011 1st Quarter Iowa Heart Foundation volunteer. Currently Beckie works as Senior Coding Specialist at Iowa Heart Center. In addition to this role, each year Beckie works at the Cardiovascular Today registration table greeting participants as they attend the event. For the past 19 years, Beckie arrives at 6:00am to ensure a smooth process for over 350 attendees from the initial registration through the issuance of the continuing education certificates at the end of the program. Her gifts include a keen attention to detail, outstanding multi-tasking skills and exemplary organization of registration documents.

Throughout the years, Beckie also has witnessed many changes in the program recalling early conferences as "small with about 100 people attending" and gifts provided to each participant.

For her volunteer spirit, please join the Iowa Heart Foundation in gratefully expressing our gratitude to Beckie for her 19 years of service.



"2011 1st Quarter Volunteer Award"

Beckie Walden



## Memorial and Honorary Donations

### Memorial Donations

Generosity and kindness are cornerstones of the Iowa Heart Foundation. Memorial donations support the Iowa Heart Foundation mission and services. Iowa Heart Foundation extends our gratitude to the individuals who generously chose to memorialize their loved one, friend, or family member. Our sympathy is extended to those who suffered a recent loss.

- Ivan and Delores Hunter
- Dr. Martin Rosenfeld
- Robert Lee Smith



### "In Honor of" Donations

Donations from generous individuals highlighting the impact of a mentor, coach, or dear friend who imprinted the lives of other people. The following individuals have been honored:

- Dr. Matthew A. Flemming
- Penney Valley



### Donations

We gratefully welcome donations for those wishing to memorialize or honor a loved one to support the programs and services of Iowa Heart Foundation.

#### Donations may be mailed to:

Iowa Heart Foundation  
5880 University Ave, Suite 101  
West Des Moines, IA 50266

**Your donation is tax-deductible with 100% of funds remaining in Iowa. Acknowledgement letters are provided confirming donations.**

Thank you for your generosity and kindness in assisting us in serving Iowans and their communities!



## COP Program Success



The Childhood Obesity Prevention (COP) program, piloted in April 2007, has provided education to more than 3500 Iowa youth over the past four years. Education sessions presented by registered, licensed dietitian, Cindy Conroy, include discussion of cardiac risk factors, nutrition, and the role of increasing activity to combat the development of heart disease. Interactive sessions have included blood pressure screenings and school based health fairs. Schools participating in COP include: ADM (Adel-Desoto-Minburn), Albia, Chariton, Creston, Jefferson-Scraton, Lineville-Clio, Saydel, Seymour, Wayne (Corydon), Urbandale Rolling Green and Waukee.

Comments from the youth participating in the COP program has been received throughout the year from their teachers. The learning in the classroom on methods to promote heart health have been inspiring.

A selection of comments from the youth participating in the COP program are highlighted below:

"... taught me to look at my food in a whole new way. I have changed what I'm putting in my body. I learned the difference between a helping and a serving. I will use a

smaller plate so I won't eat a lot.....I have started using the serving sizes instead of how much I think I want, it helps me to not waste food. Little changes like these are very beneficial to my health..."

*by Ashtin Glenn, 7<sup>th</sup> grade, Seymour Community Schools*

"...(Health) class was taught about appropriate serving portion sizes. We learned that most of us eat more than the recommended serving at one time.....made us think through and interact with a "bag" activity. It occurred by picking different food labels for everyone and sorting them into different bags labeled "Go", "Slow" and "Whoa". Each representing how much of it we should consume and how often..."

*by Jessica Posovich, 8<sup>th</sup> grade, Seymour Community Schools*

We talked about what the portion of spaghetti you should eat (which is really small).....We talked about the five finger rule (label reading) which was quite interesting. I learned a lot about the foods and your health. It was a lot of fun.....

*by Cendra Sebolt, 8<sup>th</sup> grade, Seymour Community Schools*

The COP program has launched for another year with increasing requests for additional programming. Schools interested in participating in the COP Program should contact Cindy Conroy, Program Coordinator, at [cconroy@iowaheart.com](mailto:cconroy@iowaheart.com) or at (515) 633-3796.



## Cookbooks Make Heartwarming Gifts



Order forms available at  
[www.iowaheartfoundation.org](http://www.iowaheartfoundation.org)

**Recipes with a Heart**  
(350 comfort food recipes)  
**\$15.00**

**Treasures for the Heart**  
(150 healthier recipes)  
**\$10.00**

**Cookbook Set = \$20.00**  
(both cookbooks)

From Treasures for the Heart Selection:  
**Poppy Seed Chicken**

6 (4 oz.) boneless, skinless chicken breasts  
1 can reduced fat, reduced sodium cream of chicken soup  
1 (8 oz.) carton reduced fat sour cream  
1/3 c. fat free, reduced sodium chicken broth  
1/8 tsp. white pepper  
25 reduced fat Wheat Thins, crushed  
1 Tbsp. poppy seeds  
Place chicken breasts in casserole dish. Mix soup, sour cream, chicken broth, and pepper together. Pour over chicken. Mix crackers and poppy seeds. Sprinkle over soup mixture. Bake at 350 degrees for 45 minutes. Serves 6.

Nutrition Facts per Serving: 265 calories, 8 gm fat, 17 gm carb, 480 mg sodium, 1 gm fiber.

Recipe provided by Diane McIlhon



# IOWA HEART Foundation

## Upcoming Events

- March 7, 2011-Iowa Heart Foundation Board meeting
- March 9, 2011-Education Forum (West U)
- March 30, 2011-Education Forum (Fort Dodge)
- April 13, 2011-Education Forum (West U)
- April 27, 2011 - Education Forum (Laurel)

## Iowa Heart Foundation Board of Directors

Julie Younger, President  
 T.M. Brown, M.D., Chairman  
 Jose Borromeo, M.D., Vice Chairman  
 W. Ben Johnson, M.D., Treasurer/Secretary  
 David Gordon, M.D.  
 L. A. Iannone, M.D.  
 Terrence Slattery, M.D.  
 William Wickemeyer, M.D.  
 Kathy Goetz, RN  
 Kim Oswald, Ed.D., Executive Director

The Iowa Heart Foundation is a non-profit 501(c)(3) organization dedicated to serving Iowans and their community.

Contributions which are made to the Iowa Heart Foundation are tax-deductible with 100% of funds remaining in Iowa.



**“Iowa Heart Foundation is passionate about promoting cardiovascular health in Iowa.”**

## Iowa Heart Foundation Contact Information

Address: 5880 University Ave., Suite 101,  
 West Des Moines, Iowa 50266  
 Phone: (515) 633-3555  
 Website: [www.iowaheartfoundation.org](http://www.iowaheartfoundation.org)  
 Email: [koswald@iowaheart.com](mailto:koswald@iowaheart.com) or  
[cconroy@iowaheart.com](mailto:cconroy@iowaheart.com)

## Upcoming Iowa Heart Foundation Events



Iowa Heart Foundation offers a number of events open to physicians and healthcare providers as well as the public. Upcoming annual events include:



**Nursing/Medical Assistant Symposium on Saturday, September 17, 2011** at the Iowa Heart Center West Des Moines office. This program is open to Nurse Practitioners, Physician Assistants, Registered Nurses and Medical Assistants. CEUs and AAMA education credits will be awarded.



**Run For Your Life on Saturday, August 27, 2011** at Des Moines Waterworks Park. This run/walk event is open to the public. Funds raised

from this event are dedicated to the placement of Automatic External Defibrillators (AEDs) in Iowa communities.



**21st Annual Cardiovascular Today on Saturday, February 4, 2012** at the Hy-Vee Conference Center in West Des Moines, Iowa. This program is open to Physicians, Dietitians, Physician Assistants, Nurse Practitioners, Registered Nurses, Sonographers, and Radiologic Technicians.

**Program brochures and event details are posted the Iowa Heart Foundation website under “Upcoming Events” at [www.iowaheartfoundation.org](http://www.iowaheartfoundation.org) or by calling (515) 633-3555.**