



# SARVER HEART CENTER MINORITY OUTREACH NEWSLETTER 2016

## CCHHE Partners in the Community: A community collaboration for health education



Community Coalition for Heart Health Education (CCHHE) supports the AHA Go Red Luncheon

The Community Coalition for Heart Health Education is a group of women committed to saving lives in the fight against heart disease. We advocate for healthier living in the Tucson community and the state of Arizona. Our mission is to reach the entire community, especially minority and underserved populations. To accomplish this takes collaboration and partnership.

Our partners include African American churches and other churches, Tucson Alumnae Chapter of Delta Sigma Theta and Alpha Kappa Alpha sororities, Tucson Links Inc., RAYBEN (Raytheon Black Employee Network), RAIN (Raytheon American Indian Network), IBM, University of Arizona, IMA CAT Health & Wellness committee, Tucson Urban League, UA Sarver Heart Center Women's Heart Health Education Committee, Julia Multicultural Beauty Center, Interfaith Community Services, Delta Research and Education Foundation, Ventana Roche Medical, Coalition for African American Health & Wellness, the American Heart Association, Sunnyside School District, Love Everlasting Ministries and many more.

### The Power of Numbers

CCHHE takes tremendous pride in the success of our activities and your support in the education outreach of our minority communities. Knowing that 46.9 percent of African American women are living with cardiovascular disease, we are committed to making a difference. Our overall program activity during the past six years:

- **200,000** volunteer hours
- **3,100** people trained in CCO/CPR in the targeted communities
- **30+** health presentations in the community
- **3** Investigative Research Awards focused on women of color funded
- **1** WOC Endowment established to continue research for women of color



Dr. Nancy Sweitzer, Director of Sarver Heart Center, greets Tucson Deltas at AHA Go Red Luncheon

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### Award-Winning Minority Outreach Program

The Sarver Heart Center Minority Outreach Program – Community Coalition for Heart Health Education (CCHHE) in partnership with the Tucson Alumnae Chapter of Delta Sigma Theta Sorority, Inc. and other community organizations received the Exemplary Program Award at the 52nd National Convention of Delta Sigma Theta Sorority, Inc.

# Why an Endowment for Women of Color?

By Marilyn Robinson

**W**hat would anyone be willing to do to help prevent the shock of sudden loss due to cardiovascular disease? How much would they be willing to give to prevent the prolonged suffering of a daughter, mother, sister, aunt, grandmother or girlfriend?

Cardiovascular disease is the NUMBER ONE cause of death of American women. For this reason, the hope for discovery, diagnosis and effective treatment of the various forms of heart disease depends upon the research being done in the University of Arizona Sarver Heart Center and other cutting-edge organizations intent on solving the "heart puzzle."

**While all women are at risk, women of color are at higher risk.** Ethnicity, gender and heredity affect the symptoms and treatments of heart disease. Most heart disease studies to date have been based on the treatment and survival of men, not women. But our symptoms may present differently, making diagnosis more difficult.

A major purpose of the UA Sarver Heart Center, the Women's Committee for Heart Health Education and the Minority Outreach Program (Community Coalition for Heart Health Education, or CCHHE) is to alert, involve and educate women about our heart health, and support specialized research and development of new treatments and protocols.

Please, take a moment to reflect upon the cases of women, friends close to you, loved ones, aunts, sisters, mothers and especially women of color with heart disease. **We want to make an impact and save lives from heart disease, especially among underserved populations and minority women.** While the percentage of people dying from heart disease has declined during the past few decades, it remains the leading cause of death in the

United States, and minorities and people with less access to health care continue to have worse outcomes, according to the Centers for Disease Control. For example, high blood pressure increases the risk of heart attack and stroke more than any other risk factor. African Americans are more likely than any other racial or ethnic group to have high blood pressure and to develop the condition earlier in life. Less than half have their blood pressure under control. Hispanics are about 50 percent more likely to die from diabetes, a form of cardiovascular disease. Therefore, immediate life-saving action is needed.

These are the "whys" for an Endowment for Women of Color. Your health, your time, your attention and all contributions are needed to advance the knowledge for healthier hearts.

## What is an endowment?

An endowment is a permanent fund in which the charitable gift is invested prudently and only the investment income is used to support a designated program in perpetuity. The Women of Color Research Endowment was established in 2012 with a \$10,000 gift from the Tucson Alumnae Chapter of Delta Sigma Theta. Since then, generous community support has grown this fund to more than \$25,000. The goal is to build the endowment to more than \$1 million to fund a research program to find solutions to health disparities for people of color. And, we don't have to stop there: An endowed chair can be established for \$2.5 million. This would support the research of a faculty member at the University of Arizona Sarver Heart Center who would focus research on discoveries that will lead to improved care and prevention of heart disease in women of color.

**Please contribute and help us grow closer to our goals.**

# An Enlivening Health Education Community Outreach Partnership

By Kristina Austin

**I**n the fall of 2015, UA Sarver Heart Center Minority Outreach Program Community Coalition for Heart Health Education (CCHHE) began a partnership with the Interdenominational Ministerial Alliance (IMA), Health and Wellness Domain to expand outreach.

Our collaborative missions are to educate, train, support and advocate for services that will address the unique physical, mental and spiritual needs of the African American and other minority groups in the community. We will accomplish this by collaborating with special health and wellness groups with similar goals such as the Coalition for African American Health & Wellness, Fit4Ministry, Interfaith Community Services (ICS), National Alliance on Mental Illness (NAMI), and PowerSource, to name a few. Our collaborative efforts will address those issues that are vital in minority communities. These issues include education in mental and physical health, chest-

compression-only CPR training, spiritual support and well-being, health and fitness, nutrition, and HIV/AIDS.

Your support and input are important to us. Which health concerns are most important to you?

## Would you like a health presentation or CPR training?

You can reach us through UA Sarver Heart Center at 520-626-2901 or [heart@u.arizona.edu](mailto:heart@u.arizona.edu), [tuc902moore@aol.com](mailto:tuc902moore@aol.com) and the IMA Community Action Team - CAT Facebook page, or by email at [leshell23@msn.com](mailto:leshell23@msn.com) or [calli9996@aol.com](mailto:calli9996@aol.com).

For more information,  
please visit the UA Sarver  
Heart Center website:  
[heart.arizona.edu](http://heart.arizona.edu)

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# She's not just another heart disease statistic: She was my sister, Joyce

By Wanda F. Moore

**W**hile I have experienced many losses of family, close friends, and loved ones to heart disease, there is nothing like the pain and helplessness of losing my sister. Her loss came far too soon, even with the greatest access to phenomenal healthcare, the best-trained physicians and lifesaving research in heart disease. I still ask, "Why?"

I sat at her bedside for days talking with her, praying, singing and occasionally leaving to walk, pray and cry without her seeing me. During the final week of her life, she was constantly telling or sharing with me things she wanted me to do; or those things she wished she had done. I promised to tell her story – how she lost her battle with congestive heart failure.

Born Norma Joyce Lang (Harris is her married name), the second of six siblings, she was a wife, mother and loving member of a very close-knit family. Joyce, as I fondly called her, was the family "peacemaker." She saw the best way to plan and manage any family situation, except her own health conditions. She had to have been sick for some time to not have a chance for survival after her heart valve repair surgery. Unfortunately she never shared her early health

issues, especially with me, because I would have suggested action.

Prior to her heart surgery, she had several stents and was seeing a cardiologist. She said he never clearly explained her condition. Even when he told her she needed to have valve surgery, he did not explain the seriousness of her health issues.



Her valve surgery was successful and Joyce survived another nine-and-a-half very challenging months. In those nine months after she left the hospital, Joyce and I talked almost every day.

In the weeks before her transition, she was more forthcoming about her health. She was aware of other complications that she did not share with her doctor or family. She did not ask questions of her physicians; it was her hope that it would all get better (a major form of denial). Unfortunately for her and for us, her health did not get better.

### **Please be an open and honest advocate for your own health.**

Only you can know exactly what is going on with your health. No matter how minor it may seem, ask your doctor. Save a life; join our committee in the fight for a healthier tomorrow. *I truly miss my Joyce.*



## Dr. Lorraine Mackstaller, the physician, the lady and her committed support to outreach

We know Lori Mackstaller, MD, as an internal medicine physician with a heart full of professional care, a stellar faculty member who introduced thousands of medical students to heart sounds on the patient simulator, a physician who would make house calls if her patients needed her, a loving individual and an exceptional community outreach speaker.

Dr. Lori, as we lovingly refer to her, made numerous outreach trips with the Minority Outreach Program (CCHHE), educating the minority community and underserved populations of Tucson. From the Tucson Indian Center, to the pulpits of our local churches, Raytheon, La Paloma, and many other locations – wherever the outreach committee scheduled heart presentations – she was there to educate the audience.

She is an excellent speaker, delivering a message of health facts that was needed, understood and received by all of her listeners. There was no doubt that she cared about the audience, her patients, colleagues and friends who she met in her community outreach efforts. Seeing her speak from the pulpits in our local African American churches was among the most rewarding outreach efforts.

Congratulations on your retirement and we hope you will continue your outreach work with us!



THE UNIVERSITY OF ARIZONA  
**Sarver Heart  
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## You can't select your family, but you can choose a lifestyle to offset inherited risks

*By Wanda F. Moore*

As an African American woman, I am aware that I'm in one of the highest risk groups of dying from heart disease and that my non-inherited risk factors are manageable.

Heart disease, diabetes, obesity and inactivity are risk factors that run rampant in my immediate family and my parents' families. I have been aware of these risk factors for many years, but did not think I would get heart disease. I made every effort to change my lifestyle to offset those risk factors. As a member of the University of Arizona Sarver Heart Center Women's Heart Health Education Committee for many years, I was blessed to be able to say with a humble heart that, "I do not have heart disease and I have not had a heart attack." Well, in spite of my healthy, active, watch-my-food-intake lifestyle, I too became a victim of heart disease. I have coronary artery disease (CAD) and in 2015, I had to have bypass surgery.

Knowledge is power! The fact that heart disease kills 50,000 African American women each year is a sobering fact to me! Yet, only 52 percent of African American women are aware of their family history or risk factors. Some African American women are unaware of the widely publicized signs and symptoms of a heart attack. Many simply don't believe it will happen to them!



Meet my family: (from left to right) Major, Gary (quadruple bypass), Vernon, Wanda (coronary artery disease/open-heart surgery, 2015), Joycee (deceased following congestive heart failure, 2015) and Jan.

I believe it! I am a living witness. I have now joined the ranks of those living with heart disease, and I am more committed and passionate about the outreach program – educating other women, especially minority and underserved populations – than I have ever been. I continue to educate myself and other women about risk factors and healthy lifestyle behaviors, providing resources to help others stay healthy and know their family history.

Won't you join me in changing the outcomes for women? **With your support for research for women of color with cardiovascular disease, we can save lives.** Despite my family heredity, I, Wanda F. Moore, choose to live and give!