New women’s heart health center opens

It’s normal for patients to experience some anxiety when confronting questions about their heart health. But knowledge is the key to preventing heart disease, so patients need to feel comfortable when seeing healthcare professionals about the issue.

That’s why the hospital created the most comforting environment possible for its women’s heart health program.

The Adelaide C. Ward Women’s Heart Health Center – a bright, modern facility on the first floor of the Center for Advanced Heart Care – opened today and will provide a convenient, dedicated space for heart health assessments, education programs and support groups. The new center was made possible by a leadership gift from the Louis A. and Adelaide C. Ward Foundation.

The center will house the hospital’s women-focused heart screening program, A Change of Heart.*

Ashley Simmons, MD, medical director of the center, says the new space was designed with women in mind.

“When you interview women about medical facilities, they say they want a welcoming area where they feel like people are listening,” she said. “That’s what we put together. It feels more like a spa environment than a doctor’s office.”

The new space features a reception area, nurses office, conference room and two exam rooms.

Calling all team captains: Heart Walk is May 19

This year’s Heart Walk is Saturday, May 19, and starts at Theis Park on the Country Club Plaza.

To sign up to be a team captain, contact our Heart Walk Coordinator from the American Heart Association, Kasey Schweitzer at 913-652-1925 or kasey.schweitzer@heart.org, or contact Kim Cook in hospital Marketing at 5-7832 or kcook2@kumc.edu.

New format, same Girls’ Night In fun

The popular Girls’ Night In fundraiser moves to a new venue this year.

A Culinary Celebration for the Heart, with great cooking from top local chefs, is Feb. 21. Now in its seventh year, the event benefits A Change of Heart.

Four chefs – Megan Garrelts of bluestem, Debbie Gold of The American Restaurant, Jennifer Maloney of Café Sebastienne, and Celina Tio of JULIAN – will be cooking heart-healthy bites at the Portfolio Kitchen & Home design showroom.

Patrons can wander from kitchen to kitchen sampling fine foods and learning heart-healthy cooking tips.

Student chefs from Shawnee Mission School District’s Broadmoor Bistro and the Wyandotte High School Culinary Program will staff Portfolio’s main kitchen.

Four civic leaders are donning aprons as sous chefs for the evening and are currently competing to raise the most donations for A Change of Heart.

continued on back
The numbers are startling. Heart disease is the leading killer of both women and men in the United States – but most people don’t fully understand their risk factors.

That’s why the hospital is encouraging all employees, both men and women, to get their heart health assessments through A Change of Heart this February, which is American Heart Month.

“As healthcare professionals, we should be setting the example on heart healthy behaviors,” said Karin Morgan, RN, program director, Adelaide C. Ward Women’s Heart Health Center. “And you can’t prevent heart disease if you don’t know your numbers.”

The 90-minute heart health assessment includes:
- Total lipid profile and blood glucose assessment
- Blood pressure, pulse and body-mass index checks
- Waist measurement assessment
- Risk-factor evaluation
- Nutrition and exercise plan
- Emotional support and education
- Same-day results review with a cardiac nurse practitioner

Heart health assessments are offered Thursday mornings all year long, but the hospital is opening extra dates for employees in February and March. Assessments will be offered: Feb. 2, 8, 9, 15, 16, 23 and 29; and March 1, 8, 22, 28 and 29. (Note that A Change of Heart will be closed March 14 and 15).

The $60 cost of an assessment can be covered through payroll deduction. If you are a benefit-eligible employee enrolled in the hospital or MAS medical plan, you will receive a $10 incentive.

Getting a heart health assessment will satisfy employees’ wellness program requirements for 2012, provided they complete a biometric health screening and their Health Risk Assessment again this fall.

To register for your heart health assessment, call 913-588-1227 or email hearthealth@kumc.edu.