



HEART WALK®

The Heart Of Our Community

You are a valuable part of the fight against cardiovascular disease and stroke and your participation in the Start! Heart Walk will change the lives of others. We need your help to raise funds to fight heart disease and stroke, our nation's No. 1 and No. 3 killers.

Start! Heart Walk

To register, visit
StartHeartWalk.org

- Become a Team Captain
- Join a Team
- Raise Funds

Walk to create hope and inspire change!

The American Heart Association's mission is to build healthier lives, free of cardiovascular diseases and stroke. That single purpose drives all we do. The need for our work is beyond question.



Abigail Ellis was born with several serious heart defects. After several procedures and two open-heart surgeries, Abigail is an active first grader who likes gymnastics, dancing and swimming. For the past seven years, Abigail's family has organized a team in the Nashville Heart Walk called Abigail's Angel's, and with the support of their family members and friends they have raised over \$15,000 for the American Heart Association.

Additional Resources For Our Community

Resources for patients and caregivers:
Hearthub.org

Learn how to get healthy!
startwalkingnow.org

Other programs offered by the
 American Heart Association:
americanheart.org

Stop heart disease before it's even started!

This IS possible. In just a few minutes with **Life's Simple 7** you can learn the state of your heart and what you can do to live a better life. Go to www.mylifecheck.heart.org to get your assessment.

Nationally Sponsored By:



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Support Our Mission



Research: Our Strategy To Fight CVD and Stroke

Nearly 2,300 Americans die of cardiovascular diseases each day — one person every 38 seconds. Cardiovascular diseases claim more lives each year than cancer, chronic lower respiratory diseases and accidents combined.

Research is a major weapon in our fight against cardiovascular diseases. Since 1949, the American Heart Association has spent more than \$3.2 billion on research to increase our knowledge about cardiovascular diseases and stroke.

We Need Your Help

Our research programs have contributed to many important scientific advances. Yet we need more resources to attract and encourage promising scientists to careers in cardiovascular and stroke research, fund high-quality research projects and originate new programs to meet the needs of the research community. Although we funded \$132.2 million towards research grants in 2008–09, we didn't have the additional \$153.4 million needed to fund the other highly meritorious grant and fellowship applications.

1990s

PEDIATRIC ADVANCEMENTS

An AHA-funded researcher receives approval for an artificial surfactant which counteracts Respiratory Distress Syndrome, a common cause of death for premature infants.

2000s

GET WITH THE GUIDELINES

The AHA launches Get With The Guidelines, a quality care initiative that helps healthcare providers follow proven standards and procedures.

1940s

DIURETICS

An AHA-funded researcher finds sulfanilamide can act as a diuretic. Diuretics help treat congestive heart failure and high blood pressure.

1950s

PACEMAKERS

An AHA-funded researcher implants the first externally powered pacemaker in a patient with a surgical heart blockage.

1960s

CPR

Cardiopulmonary resuscitation (CPR) was developed. The AHA led the way in CPR training for the general public.

1970s

BLOOD PRESSURE

An AHA-funded researcher shows the overriding dominance of the kidneys in the long-term regulation of blood pressure.

1980s

STENTS

An AHA-funded researcher's earlier basic research on calcium channel function provided preliminary data for the understanding of how the drug-eluting stent would work.

