

February is Heart Month
Heart Disease is still the No. 1 killer in America



Heart Disease. It takes more lives than the next **five causes of death combined**. One person in this country dies of heart disease every 33 seconds. Men, women, children – **everyone is vulnerable**.

Make The Hope your #1 resource for heart related stories.
At your request, The Hope will have a cardiologist on the phone or on camera to assist with your health stories - usually within one hour.

The Hope Heart Institute, Bellevue

OVERVIEW

- The Hope Heart Institute provides research and education programs throughout Western Washington with a goal of preventing and improving treatment of heart disease and stroke.
- A 501 (c)(3) non-profit founded in Seattle in 1959 by world-renowned cardiac surgeon Lester Sauvage.
- Named for legendary entertainer and benefactor Bob Hope, whose close friend Bing Crosby suffered from heart disease.
- A month full of activities offers many opportunities to focus news on improving heart health.

NOTABLE ACHIEVEMENTS

- Founder Dr. Sauvage was a pioneer in coronary artery bypass graft surgery, revolutionizing cardiovascular care around the world.
- Hope Health Publications are the most widely-read health publications in the world, reaching more than a million people each month.

RESEARCH

- At The Hope Heart Program at the Benaroya Research Institute, scientists study angiogenesis, cell and molecular biology to explore new ways to treat heart disease.
- Cardiologists with The Hope Heart Clinical Research Program participate in trials of the latest medical breakthroughs – cutting-edge treatments such as a medical device or drug therapy.

EDUCATION



Kids Take Heart

Kids Take Heart™ turns elementary school children inside out. The program consists of four units: Anatomy, Fitness, Nutrition and Goal-Setting. Students walk the path of a blood cell on a 6' X 12' mat of the Circulatory System. Fitness activities put them in relay teams wearing jerseys with different chambers of the heart highlighted. The program is interactive, getting kids moving, getting them to read and understand food labels, calorie requirements and daily amounts from food groups. Kids Take Heart shows students how their insides work, what disease looks like, and how the choices they make now impact their health for the rest of their life.















Youth Take Heart™ is a hands-on middle school science curriculum developed by classroom teachers and scientists to get kids excited about science! Students begin by collecting their own health data, then explore and dissect a sheep heart, and culminate the lesson by applying skills of real scientists to test household materials for use as artificial blood vessels. Along the way, students analyze fast food menus and the role their choices play in their current and future health. The program was created through a collaborative effort with The University of Washington Engineered Biomaterials and MESA (Math, Engineering, Science Achievement).



Women Take Heart

Heart disease is the No. 1 killer of women in America. **Women Take Heart™** is a free community education series targeting underserved populations most at risk, equipping women and their families with important prevention tools. Taste tests, easy food options, ways to get the pulse pumping, and health screenings are all on tap. We blend hands-on instruction with expert speakers, and the result is health improvement for the whole family.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Make The Hope your #1 resource for heart related stories. Heart Month Activities at The Hope Heart Institute</p>		1	2	3	4 National Wear Red Day Women Take Heart: Evergreen Hospital (Kirkland) 6:00 – 8:30 pm	5
6	7	8 Kids Take Heart: Saint Paul's Academy 9:00 am – 2:00 pm  Kids Take Heart	9	10 Girl Power Hour focused on Heart Health and The Hope Heart Institute	11 Kids Take Heart: Dieringer Heights 9:00 am – 2:00 pm  Kids Take Heart	12 On Wings of Hope Benefit Featuring Joan Jett and the Blackhearts 
13	14 Kids Take Heart: Sawyer Woods 9:00 am – 2:00 pm  Kids Take Heart	15 Auburn Valley YMCA Healthy Lifestyles Health Screenings	16 Be Heart Smart seminar with Overlake Hospital 6:00 – 9:00o pm	17 Youth Take Heart: Terrace Park 9:00 am – 2:00 pm 	18 Kids Take Heart: Rock Creek Elem. 9:00 am – 2:00 pm  Kids Take Heart	19
20	21 Auburn Valley YMCA Healthy Lifestyles Health Screenings	22 Youth Take Heart: Assumption/St. Bridget 	23 Heart Smart seminar at Kin On Community Center 	24 Kids Take Heart: Sawyer Woods 9:00 am – 2:00 pm  Kids Take Heart	25 Youth Take Heart: Seattle Girls School 9:00 am – 2:00 pm 	26
27	28 Kids Take Heart: Our Lady of the Lake 9:00 am – 2:00 pm  Kids Take Heart					

:15 PSA

Did you know heart disease is the #1 killer in America? The good news is, it can be beatable, treatable, and preventable in many cases. It's heart month, so learn more about caring for your heart from The Hope Heart Institute at *hopeheart dot org*. There is Hope in the fight against heart disease. Visit *hopeheart dot org*.

:15 PSA

Heart disease may be the #1 killer in America, but it can be beatable, treatable, and preventable. The Hope has a local 50-year history of helping people become heart-healthy. It's never too early to be good to your heart. February is heart month, the perfect time to become heart smart. Get your blood pressure and cholesterol checked. Learn tips about taking care of your heart at *hopeheart dot org*. That's *hopeheart dot org*.

:30 PSA

Heart disease is the #1 cause of death. But the good news is, for more than 50 years, The Hope Heart Institute has been in the Pacific Northwest making heart disease more treatable, beatable, and preventable. Today is the perfect time to jump-start your heart health, and to care for your heart and the hearts of those you love. Get your blood pressure checked – aim for a reading of 120 over 80. Also monitor your cholesterol. Aim to be active for 30 minutes a day, and shop the perimeter of the grocery store to eat a variety of colorful, healthy foods. It's good for your heart! Visit *hopeheart dot org* to learn more.