



WOMEN  
WORKING  
DARE TO LIVE FULLY

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# AMERICAN HEART MONTH



*Eight survivors that are vital guest speakers to the heart health show.*

# DARLENE SCOTT



She was training for a marathon when she felt shortness of breath and fatigue. She was diagnosed with asthma for a while until she had an enlarged heart, known as cardiomyopathy. Doctors inserted a pacemaker. She found support groups online and continues to stay active by running and walking regularly.



# MELISSA MURPHY



A heart attack survivor holds two stents in her coronary artery due to the effects of birth control.



# SHELIA CALDWELL



President and Co-founder of The Heart2Heart Foundation. She suffered from a heart attack, had a blockage in her heart, had a stent inserted, and spent time in the hospital and cardiac rehab. While recovering, she saw no organizations committed to reaching out to women to educate them, so she started the Heart2Heart Foundation.



# KAREN NARRAWAY



She was performing a stress test on herself when they told her nothing was wrong with her, yet she was experiencing fatigue and a tight chest. They told her it was anxiety. As it worsened, she got another stress test, and the doctor sent her straight to a hospital, revealing she had six significant blockages in her arteries. Days later, she had to have quadruple bypass surgery.



# SANDRA THORTON



She thought she had indigestion but soon realized she had heart attack symptoms. Tests revealed that her coronary arteries were 90% blocked, and if she had ignored the signs, she would have had a significant heart attack. Now she volunteers with Heart and Stroke to educate women about heart disease and strokes.



# ESTHER SANDERSON



Esther was having a heart attack and needed aggressive treatment. She needed a heart transplant to survive. Since her transplant, she has been living with heart disease. She lives a healthy lifestyle now, but before, healthy food costs more than junk food, leading her to buy unhealthy foods. Currently, she maintains her health and sees a heart specialist twice a year.



# SUSAN MADERO



She started with indigestion. Doctors told her she was suffering from a Widowmaker, a 100% blockage of the left anterior descending artery that transports blood to the heart. If blocked, the heart can run out of oxygen and stop beating. Her mission now is to make more women aware of the signs and symptoms of heart attack and heart disease and not to shrug them off.



# CATHIE LAZARUS



She suffered from cardiac arrest. Doctors gave her CPR to try and bring her back. Her heart started beating on its own once she got to the hospital. She was 18 when she first learned she had a heart murmur. After her cardiac arrest, they diagnosed her with hypertrophic cardiomyopathy.





QUESTIONS?

