



Go Red for Women Educational Sessions

Heart Healthy Continental Breakfast, 9:30-10 am sponsored by Medical Park Family Care

Break-Out Sessions, 10-11 am sponsored by Alaska Heart Institute

Space is limited at each session, first come, first seated.

Each session will be one hour and allow time for questions.



Women and Cardiac Disease

We've all seen the movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, a heart attack victim could easily be a woman, and the scene may not be that dramatic. Many women never experience the "typical" symptoms many people associate with a heart attack. Learn first-hand what the difference can be for a woman experiencing cardiac issues. Even when the signs are subtle, the consequences can be deadly, especially if the victim doesn't get help right away. Although heart disease is the No. 1 killer of women, women often chalk up the symptoms to less life-threatening conditions like acid reflux, the flu or normal aging.

Presented by Dr. Ankie Amos, Alaska Heart Institute



Dr. Amos graduated from Duke University School of Medicine, (Durham, NC) with a degree in medicine in May 2000. Dr. Amos's internal medicine internship and residency were completed at Duke University Medical Center in June 2003.

Continuing her training at Duke University Dr. Amos completed a Cardiology Fellowship as well as a Heart Failure/Heart Transplant

Fellowship in 2006. Dr. Amos is Board Certified in Cardiovascular Disease, Echocardiography and Nuclear Medicine.

Women and Stroke

Stroke does not only occur in older adults. Women have unique risk factors for stroke and are much more likely to die from a stroke than men. The risk factors for stroke include high blood pressure, diabetes, obesity and lack of exercise. These risk factors and others are consistently increasing among women today in our society. You need to know the signs and symptoms of a stroke, how these symptoms differ in women and how you should react.

Presented by Christie E. Artuso, Ed.D., RN, CNRN, Director, Neuroscience Services Providence Alaska Medical Center



Christie Artuso is a Registered Nurse with over 31 years acute clinical experience in critical care, certified as a national expert in neuroscience nursing, and has earned her doctorate in healthcare education. She became the Director of Neuroscience Services for Providence in 2007 and has subsequently developed a nationally recognized stroke program, developed and implemented a successful Telestroke program and continues to work with communities and practitioners to improve care for neurologic diseases in this state. She currently serves on the Northwest Affiliates Stroke Task Force for the American Heart Association and is a nationally recognized speaker on the topic of stroke and cardiovascular disease.

5 Steps to Transform Your Life...Forever!

How do they do it? You've seen them. You know... those people who successfully change their lives. They eat right, are annoyingly healthy and have boundless energy. You can do it, too. Learn five simple steps to unlocking the secrets to a healthy lifestyle. Health and fitness are *not* what everyone *else* has. It's what *you* can have. It's what you *deserve* to have.

Presented by Ginny Grupp, AlaskaFit



Ginny has been involved in fitness her entire life. She got her start back in 1982, when she boot-legged an audio copy of The Jane Fonda Workout. It was so much fun she did it 3 times a day. She was completely hooked on health and fitness. This carried through with her to college, but at that time fitness was not a career choice. So, off she went into corporate America and then left it all behind in 1999 to travel the world.

After a few years with her backpack, she landed in Alaska, fell in love with the place and decided to stay and pursue health and fitness as a full-time career. She got a Personal Trainer Certification in 2003 through the American Council on Exercise, went on to complete an MS in Exercise Science and Health Promotion in 2007, and then began working on expanding AlaskaFit to help more people achieve their health and fitness goals.