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GO RED FOR WOMEN

10TH ANNIVERSARY • MEET A HOST OF SURVIVORS • BLOOMFIELD MANOR

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Top Marketing Group
465 East High Street, Suite 201
Lexington, KY 40507-1938
859.543.TOP5 (8677)
859.514.1621 (fax)

TopsInLex.com | LexScene.com

Keith Yarber
President & Founder
kyarber@topsmarketing.com

Kristen Oakley
Publisher
Sr. Account Manager
kristen@topsmarketing.com

Teri Turner
Advertising Sales Manager
teri@topsmarketing.com

Lisa Sheehy
Equine Features Editor
lisa@topsmarketing.com

Melissa Meatyard
Design/Layout, TOPS & Special Publications
TOPS & Special Publications
melissa@topsmarketing.com

Amanda Harper
Head Writer / Graphic Designer / Web
amandah@topsmarketing.com

Danielle Pope
Account Manager
danielle@topsmarketing.com

Kellie Corridoni
Account Manager
kellie@topsmarketing.com

Stevi Haskins
Account Manager
stevi@topsmarketing.com

Julie Wiley
Account Manager
julie@topsmarketing.com

Debbie Hodges
Account Manager
debbie@topsmarketing.com

Bobby Mills
Graphic Designer / Production Assistant
bobby@topsmarketing.com

Contributing Writers

Hallie Bandy, Laura D'Angelo, Cynthia Ellinger,
John Engelhardt, Blake Hannon, Amanda Harper,
Lauren Henry, Greg Ladd, Beth Parker, Michelle Rauch,
Lisa Sheehy, Mary Ellen Slone, Kathie Stamps,
Deanna Talwalkar, Sue Ann Truitt, Alex Webbe

Cover Photo by Phillips Mitchell Photography

Contributing Photographers

Dr. Michael Huang
Phillips Mitchell
Ron Morrow
Alex Orlov
Keni Parks
Shaun Ring

Interns

Holly Brucken
Chris Elam
Ashley Harrington
Eileen Rooney
Savannah Wafford

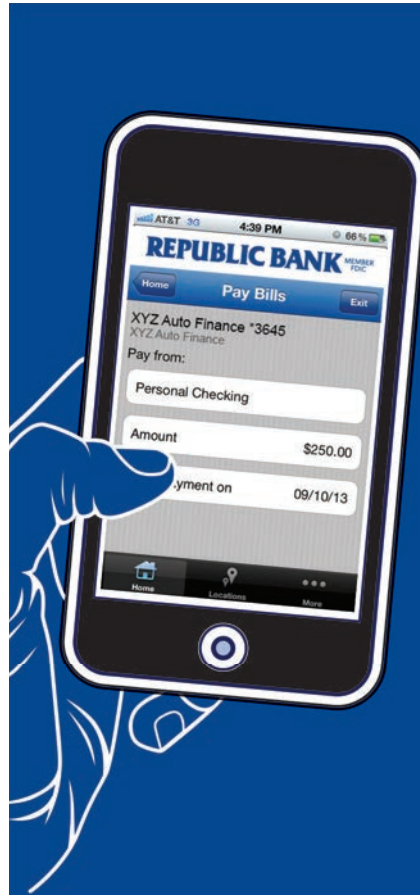
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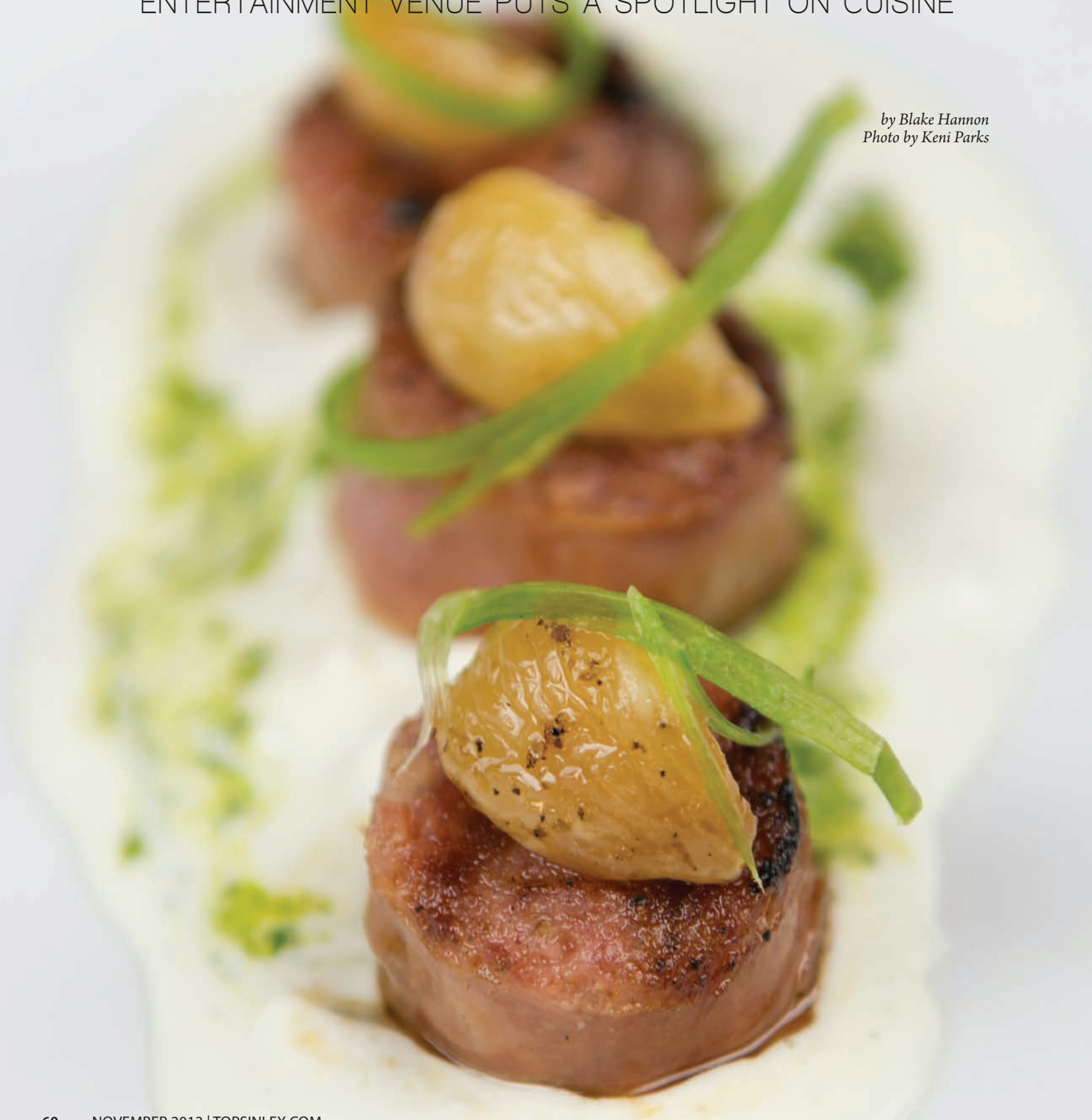
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NATASHA'S BISTRO & BAR

WITH ITS NEW MENU, LEXINGTON'S ECLECTIC ENTERTAINMENT VENUE PUTS A SPOTLIGHT ON CUISINE

*by Blake Hannon
Photo by Keni Parks*



When you think of Natasha's Bistro & Bar, you might think of seeing a premiere music artist in the establishments' intimate setting. You may recall seeing an over-the-top drag show, a theatrical production, or getting cozy with some total strangers while cracking up at a stand-up comedian.

But for Natasha's, what probably doesn't instantly come to mind when you think of this longtime Lexington staple is the food. That's not to say the place hasn't produced more than a few tasty dishes over the course of roughly two decades. It's just that what's on the plate usually gets overshadowed by what's on stage.

Now, with a skilled chef and new menu, Natasha's is ready for its food to be the featured act.

Gene Williams, Natasha's general manager, said the restaurant's menu started to become a bit bloated over the years while attempting to account for the tastes of its eclectic clientele. Now, with Lexington's dining scene practically bursting at the seams with great restaurants, Natasha's felt the need to ramp up its offerings.

"The culinary maturity has increased over the years," Williams said of Lexington. "We just need the food to rise to the occasion."

Natasha's decided it wanted to have a menu that emphasized Mediterranean-style cuisine and local ingredients, and it found a chef that delivered that vision in spades by acquiring Chef Alex Jenkins, a Central Kentucky native who earned her stripes cooking at some of the finest restaurants in New England and California.

Another welcome element that Jenkins brought to Natasha's was her connections to New England's seafood markets and the ability to have fresh seafood flown in regularly – not to mention her passion for putting it on the plate with panache.

"It's important for me (to have that on the menu) because I'm good at cooking it," Jenkins said.

An easy introduction to Jenkins' skill with seafood is trying some tapas style marinated shrimp. The preparation changes regularly, but the one I tried – grilled and seasoned perfectly with a bit of pineapple and crumbled feta cheese – convinced me that any preparation would be delectable. Another small plate offering, the grilled Andouille coins topped with roasted garlic and served over a bleu cheese sauce and arugula pesto was insanely good. A plate comes with three, but I could eat them by the handful.

Those who haven't experienced the new menu will notice its been trimmed down significantly, but standouts include everything from comfort classics like chicken pot pie to a light and fresh orecchiette pasta. Since Natasha's encounters its fair share of health-conscious diners, the vegan Thai curry is sure to be a hit. Its red coconut curry is spicy with a hint of sweetness with sautéed vegetables, chickpeas and basmati rice. It was practically perfect on its own, but carnivorous types can add chicken or shrimp.

Speaking of carnivorous types, Natasha's now has a burger that can stand with Lexington's best, thanks to its Marksbury Andouille burger. Jenkins has pride in this Kentucky Proud burger, with a mix of Marksbury Farms ground beef and ground Andouille sausage topped with red onion, lettuce, tomato, a honey Dijon mayo and a multi grain bun served with fresh-cut fries.

What? One of the best burgers in town doesn't have cheese on it? Blasphemy! I'm not kidding. Just try the it and see for yourself.

In addition to the new menu, Natasha's also has special nights like Thursday Night World Cuisine, where Jenkins may serve up dishes inspired from Eastern Europe, Polynesia or somewhere in between. There's also the Sunday Night Crab Cake Dinner, with gluten-free lump crab cakes with an arugula, sweet potato and local corn salad that's served with caper and herb remoulade. As for desserts, they come courtesy of Martine's Pastries. Feel free to look them up, but for Lexington foodies, that's really all you needed to hear to stick around for something sweet.

Natasha's Bistro & Bar has already established itself. Now, with a renewed culinary focus, it hopes to establish itself as something more – a place where your eyes, your ears and your taste buds can all have an amazing experience.



GM Gene Williams and Chef Alex Jenkins

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EVER HAD SOMEONE TELL YOU TO "TAKE CARE?" NEXT TIME THEY DO, ASSOCIATE THAT TIMELESS PHRASE WITH TAKING CARE OF YOUR HEART, AND ASK YOURSELF IF YOU ARE DOING ALL YOU CAN TO "TAKE CARE" OF YOUR MOST IMPORTANT ORGAN! IN THE NEXT FEW PAGES, BE INSPIRED BY LOCAL WOMEN WHO HAVE FOUGHT HEART DISEASE AND PREVAILED. ALL OF THEM WOULD URGE YOU TO... "TAKE CARE!"

TAKE CARE



by Lauren Henry
Photo by Phillips Mitchell Photography



CELEBRATING THE MOVEMENT

Heart disease is the number one killer of American women, claiming lives at an alarming rate. Unfortunately, research for women was lagging far behind. The American Heart Association was faced with a challenge: to dispel the myth that heart disease was only for men and to raise awareness in women. Thus, ten years ago, they launched Go Red For Women to start a conversation that grew into a National dialogue—we celebrate that pivotal anniversary this year. “The best way to stop heart disease is to beat it before it starts,” informs Matt Rountree, the Communications Director at the American Heart Association (AHA). He continues, “That’s why the American Heart Association invests resources across Central and Eastern Kentucky to educate others on lowering our risk. They work through schools, businesses and churches to teach people how to choose healthier eating options and how to add extra physical activity into their day.” Matt explains, “Go Red For Women started because many women thought of heart disease as a man’s disease. So the American Heart Association developed Go Red For Women, a passionate, emotional, social initiative to educate women on ways to lower their risk.”

Since its inception, the campaign has snowballed into a powerful movement as more and more women are taking charge of their health. Women are the best advocates for each other because they can band together and inspire better choices based off of their own life experiences and it shows. Today, 21 percent fewer women are dying of cardiovascular disease and 23 percent more women are aware that heart disease is their number one killer. Much of this success is attributed to the contributions given by the public in addition to money raised by the AHA. Cardiovascular research is the backbone of its mission, and funds raised go to support research both in Lexington and across the Commonwealth. In fact, more than \$1.5 Million was recently awarded by the American Heart Association to fund new cardiovascular research in Kentucky. Further, “The money you raise also helps push policy in Frankfort to make all of Kentucky healthier,” advises Matt. “Thanks to past efforts funded by you, all newborn babies in Kentucky will soon be screened for congenital heart defects before they leave the hospital.” He shares, “We are working on a policy to make all of Kentucky smoke-free and then soon, we want to teach CPR to every high school student.” Celebrating its tenth year nationally, the Go Red for Women campaign has the goal over the next five years to continue expanding and reaching out to more women to eradicate heart disease

and strokes in women once and for all. Moreover, in 2010, the AHA set a strategic goal of reducing death and disability from cardiovascular disease and strokes by 20 percent while improving the cardiovascular health of all Americans by the year 2020.

One of the fantastic ways the American Heart Association heightens awareness of heart disease in women is through the Go Red for Women Luncheon, which is an annual event. November 8, 2013 marks Lexington’s sixth Go Red for Women Luncheon and the AHA could not be more thrilled with the progress it has seen these past six years. The first luncheon held in Lexington hosted 300 attendees while this year nearly 800 women are expected to attend with the goal of raising \$150,000 for the mission. Mike adds, “The Go Red for Women Luncheon is a tremendous event that is educational, inspiring, entertaining and encouraging. Survivors model Macy’s fashion on the runway after sharing their story, motivating everyone in the room. These women are incredibly brave and while they are by no means public speakers, the courage it takes for them to speak out against this disease is an incredible moment to celebrate!” He adds, “Someday, we would like to host the Go Red for Women luncheon in Rupp Arena,” shares Mike Turner, Special Events Director at the American Heart Association. A lofty goal indeed, but with the continued progress and increased awareness, it can be achieved.

Last year, I was fortunate enough to attend the luncheon with my mother who has hypertension and high blood pressure. I was hopeful that if she and I could experience this event together, we would both be influenced to better care for ourselves and for each other despite leading hectic lives. I never could have imagined how deeply the luncheon would impact everyone in attendance to the core. Prior to lunch, attendees swathed in red were greeted by multiple exhibition tables promoting healthy lifestyles along with fun activities to try, including a deeply fabulous TOPS Photography Station with boas and other wild props to dress up with. Walking into the ballroom, jaws dropped at the gorgeous layout of the luncheon itself. Music from a live band stirred up excitement for all those in the room and delicious fragrances of our heart healthy lunch wafted from trays nearby. Once seated, we were honored to witness the courageous testimonies made by the women who battled and survived heart disease. One story in particular rocked my world because it could have also been my story or my mom’s story. Two years ago, a young woman attended the Go Red Luncheon and was moved by the stories she witnessed to ask her mother, who had been experiencing uncanny exhaustion and a host

of other symptoms, to visit her cardiologist. Her mother continued to resist her daughter's attempts, so the daughter relinquished and didn't bring up the subject again. At least for a while anyway. Over the Thanksgiving holiday, the mother expressed interest in her daughter's bright red scarf that she received at the Go Red For Women Luncheon she had attended a few weeks before. A deal was made between the two that if the mother went to her cardiologist for a checkup, she could have the scarf. Weeks later at the cardiologist, the mother discovered she needed immediate surgery for advanced heart disease. If she had waited any longer, chances are that she would have not survived an impending heart attack. As the audience wiped away their tears, the mother proudly came to the stage looking gorgeous in red and shared that if it hadn't been for her daughter attending the luncheon, she would not be here today and would not have lived to see her daughter walk down the aisle two weeks prior.

Leaving the event that day, I began a personal crusade to learn as much about the prevention of this disease and to share this knowledge with friends, loved ones and my personal training clients. While I have seen drastic improvement in so many lives, it is true when Mike says, "Because heart disease is the number one killer of men and women, you don't have to go far to find someone you know directly who has survived or is dealing with heart disease and strokes." Mike continues, "People are praying for answers for loved ones with heart-related disease every second of every day. Today, there are more answers now than when this movement began ten years ago. This is even more of a reason to celebrate the women who are here with us thriving and enjoying precious moments with family as a result of their taking initiative to take care of themselves and listening to their bodies."

Joey Maggard, the Executive Director of the American Heart Association adds, "There have been several success stories resulting from the Go Red Luncheon. People have written us who have stopped smoking, made healthier dietary choices and decided to exercise more because they were in attendance and wanted to lead healthier lives." Little did I know walking in that I would be one of them in the actions I decided to take coming out of this event to care for my health and encourage others to strive for the same.

The sixth annual Go Red For Women Luncheon will be held November 8, 2013 at the Lexington Center in Heritage Hall, 430 W. Vine Street from 9 am to 1 pm. The event will feature two educational break out sessions including Women's Heart Health for All Ages led by Dr. Amanda Smith from Saint Joseph Primary Care Associates and a Healthy Cooking Demonstration hosted by Chef Ouita Michel, from Holly Hill Inn. These breakout sessions will inform and inspire you to join health and fitness experts, medical professionals and women like you to take the concrete steps today for a better tomorrow. The local cause partner is the Saint Joseph Heart Institute, part of Kentucky One Health, while this year's chair is Nancy Atkins with Bluegrass Health. The Keynote Speaker at the Lexington event is Martha Lanier, a motivational speaker and heart attack survivor. Using humor, compassion and a compelling message, Martha will inspire women to turn their challenges into achievements using practical methods she used when bouncing back from her own roadblocks.

The American Heart Association is also excited to announce that Lexington's own Regan Judd is a national 2013 Go Red For Women spokes-

woman. Regan is a UK graduate and heart disease survivor who underwent open-heart surgery at age 19, proving that heart disease knows no bounds when it comes to the age of its victims. Regan was selected as one of the ten spokespersons chosen to represent the 10th Anniversary of the Go Red For Women movement and we are so honored and excited that she will be at this year's Lexington Luncheon. Joey Maggard says, "Regan is a remarkable young woman and we are pleased to have a survivor from the Lexington community as the national face of heart disease in women."

Ten years ago, the American Heart Association took a stand to fight heart disease in women. Go Red For Women, the movement, was started by women to stand up for all the women who touched our lives before they lost their own. Today, millions more women understand it is their number one killer and 330 fewer women are dying of heart disease every single day. Even with the incredible progress, our fight is far from over as heart disease continues to kill more women than all forms of cancer combined. Take action now and take a stand against heart disease. Take care of your heart and tell the women in your life to do the same by getting involved with the movement. Make it your mission to save your life and the lives of the women you love.



The American Heart Association shares that a woman who goes red:

- ♥ Follows an exercise routine
- ♥ Eats a healthier diet
- ♥ Visits her doctor for important tests
- ♥ Influences others by talking about heart health

Get involved with Go Red For Women by visiting GoRedForWomen.org or by calling the Lexington Office, 859.977.4601



Pat Host

*A*s honoree with her husband, Jim Host, at the 2013 American Heart Association's Heart Ball, Pat Host shared a heartfelt story of survival and advocacy on a rare occasion where she spoke with passion about the importance of research & development.

In 1995 an emergency crisis occurred. An ablation was performed during an Electrophysiology study that left Pat pacemaker dependent. Two leads attached to a titanium battery allow her heart to continue to beat. An ERA (emergency replacement) in 2005 was performed and as she approaches 2017 another procedure will be necessary to allow her heart to continue to beat.

In December, 2010 an episode thought to be an acute migraine left Pat without cognitive ability for a short period of time. Upon her return from a trip, it was determined that she had experienced a Transient Ischemic Attack. A Bubble Echocardiogram was administered showing a PFO (a Patent Foramen Ovale, which is a hole in the heart between the upper chambers) allowing blood to flow directly from the upper right to the upper left chamber of the heart and directly to the brain. A further clot formation would potentially cause a major stroke. A relatively new procedure called a PFO closure was performed. Once again research and new technology provided Pat with a lifesaving moment.

At 74 years of age Pat Host is a survivor with a mission to educate and inform. Her goal is to encourage in depth awareness of how the heart functions before a health crisis becomes part of your own life!

Cheri Termini

*H*ear disease runs in Cheri's family, and from a very young age she knew that she was at risk. Her father died of a heart attack at age 42, and her sister passed away from heart disease at the young age of 33. For those reasons she followed the rules by exercising regularly, eating healthy, minimizing stress and going for annual exams.

In the fall of 2010 Cheri underwent her annual stress test, and after a series of disappointing results she was told by her cardiologist that she needed to have open heart surgery. It was a very frightening time as her husband was in basic training, and was called for deployment soon to Afghanistan.

The hospital, working in conjunction with the Navy, made it possible for him to be with her during the surgery on February 8, 2011. Cheri remembers him walking her down the hall, but she barely remembers her good-byes. Cheri spent her recovery talking with her husband via Skype, which was frequently interrupted from him having to take cover from rocket attacks.

Cheri's message to all women is to take charge of your health and be your own advocate. She says, "Women do not always have the same symptoms as men do. As women, our lives are spent as caretakers for others. Be sure to take care of yourself, so you can take care of those you love!"





Jesi Bowman

*A*s a five-time stroke survivor, Jesi understands the true meaning of the word ‘determination.’ In February 2010, Jesi suffered her first stroke, and a year later she suffered her second and third strokes.

While these experiences would break many people, Jesi showed her desire to beat this disease. From wiggling her toes to holding her husband’s and daughter’s hands, Jesi celebrated each victory with her family. They helped motivate her and cheered as she overcame each hurdle time and again.

In the summer of 2011, Jesi was diagnosed with atrial fibrillation. There was a great deal of satisfaction for Jesi and her family as they finally knew what caused her pain, but her dilemma wasn’t over yet. On October 2, 2011, Jesi suffered her fourth stroke, and her fifth stroke occurred just five months later. Her experiences helped her realize that a person is never too young to be affected by heart disease and stroke.

Most people learn to walk only once in their lifetime, but Jesi has faced this challenge six times. The trials were agonizing and the pain was sometimes unbearable, but she did not lose hope. Every time she fell she got back up to show others that heart disease and stroke would not define her. She is not a statistic but a survivor. Today Jesi makes it her mission to educate others on lowering their risk of heart disease and stroke.



Katharine McLean

*K*atharine's parents struggled for many years to have a child, so when her mother and father, Lisa and Pope, found out Lisa was pregnant they were overjoyed. During a routine ultrasound, they learned that baby Katharine was missing her entire right ventricle and she would not survive. Their family was devastated, and looked for every possible option hoping for a miracle.

Soon thereafter they learned Katharine's condition was called tricuspid atresia/hypoplastic right ventricle, and there was something that could be done to fix it. Feeling the baby move, Lisa knew they would undergo the surgery.

Katharine was born on October 5, 1998, and was immediately rushed to the NICU for treatment. She underwent a Fontaan Procedure, which is a 3-stage process involving a shunt shortly after birth and two open heart surgeries. Katharine breezed through every surgery, but endured several secondary illnesses at 15 days old.

Katharine was diagnosed with Necrotizing Enterocolitis, and the prognosis did not look good. Doctors decided to take her off food for four weeks, which was agonizing for both Katharine and her family. This was one of many problems that Katharine experienced in her early life.

At 9 months, Katharine underwent open heart surgery, and again three years later. Both surgeries were a success.

Today Katharine is a beautiful 15 year old girl who loves the theatre and just being a teenager. Her mother calls Katharine her "fixer-upper baby." Though her early years were incredibly difficult, they wouldn't change a thing.

Malenda McCalister

Bringing a new son into the world was supposed to be a happy occasion for Malenda, but the time for celebrating soon ended and was replaced with worry. Ten days after her son was born, Malenda suffered a cardiac dissection, a condition where a tear in the aorta causes blood to flow into different layers of the heart. Looking back, Malenda remembers that she felt strange before childbirth, and that she experienced shortness of breath. It was only after her diagnosis that she realized that her symptoms were that of heart disease.

Thoughts of her family flooded her mind. Her grandfather passed away from a heart attack, and her husband's uncle almost lost his life to a heart attack the month before. Malenda knew that she didn't want to die from heart disease at age 30.

After Malenda collapsed to the floor in front of her family, she was rushed to the emergency room where she underwent triple bypass surgery. Since 2008 Malenda received two pacemakers, and feels very lucky to be alive to see her son grow up. She admits that the battle has been difficult, but she gives thanks to God and her family for the support they gave.

Today she wants other women to know the dangers of heart disease, and to take care of themselves to reduce their risk. Malenda now educates other women by sharing her experiences, and feels blessed to witness the positive outcomes from her experience.



Mckaila Rives

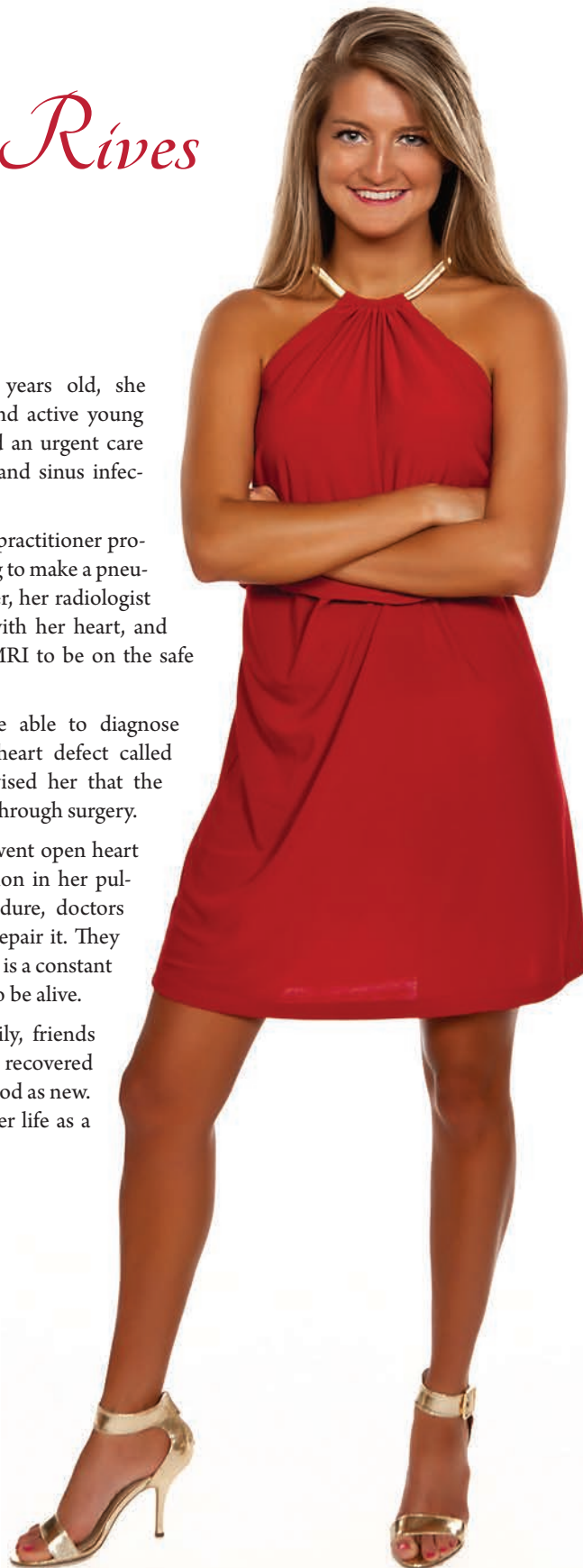
When Mckaila was 18 years old, she thought of herself as a healthy and active young woman. It wasn't until she visited an urgent care center for suspected pneumonia and sinus infection that her life changed forever.

As she lay on the table, her nurse practitioner proceeded with a chest x-ray expecting to make a pneumonia diagnosis. Shortly thereafter, her radiologist noticed a possible abnormality with her heart, and suggested that Mckaila have an MRI to be on the safe side.

Through the MRI, doctors were able to diagnose Mckaila with a rare congenital heart defect called Scimitar Syndrome. Doctors advised her that the only cure was to repair the defect through surgery.

On May 31, 2013 Mckaila underwent open heart surgery to correct the malformation in her pulmonary veins. During the procedure, doctors stopped her heart so they could repair it. They also split her sternum, which today is a constant reminder of how fortunate she is to be alive.

Through the support of her family, friends and medical team, Mckaila has recovered from her ordeal and her heart is good as new. Today she is happy to continue her life as a sophomore at UK.





Millie Darling

*W*hen it comes to heart disease, Millie's family is no stranger. Her mother was born with a heart murmur, and most of her siblings had heart problems as well – including her oldest brother who had triple bypass surgery. For those reasons, Millie knew she was at a higher risk of heart disease.

The day of her heart attack, Millie was out enjoying the day by riding her bike. During her ride she felt a horrible pain in her chest that forced her to stop. While she was worried, she brushed off the symptoms as an asthma attack and decided not to tell her husband. In the middle of the night, Millie was jolted awake with the same pain in her chest. This time she knew something was wrong and woke her husband. She told him that she thought she was having indigestion, but her husband knew from her symptoms that she was having a heart attack. Millie quickly got dressed and was rushed to the hospital.

Millie underwent quadruple bypass surgery in 1997, and had a pacemaker and defibrillator inserted in 2008. Today Millie is very conscious about her heart conditions, and makes every attempt to protect her heart. She takes her medications regularly, and she makes a point to never miss one of her doctor's appointments.

Nathan Ecton

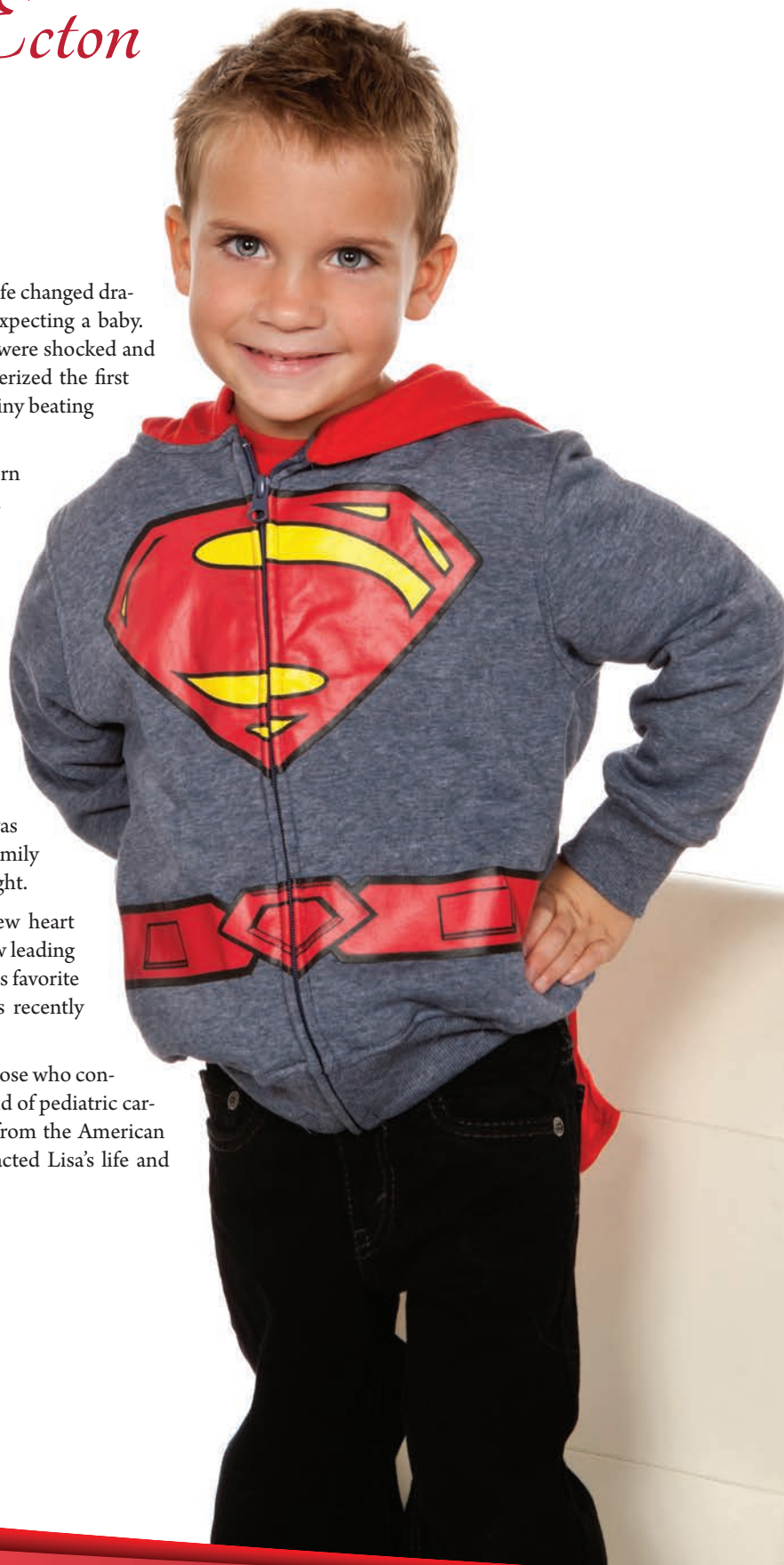
*I*n the fall of 2007, Lisa Ecton's life changed dramatically. She was 46 years old and expecting a baby. Needless to say, she and her husband were shocked and unprepared. However, she was mesmerized the first time she heard the sound of her son's tiny beating heart. She immediately fell in love.

Hours after her son, Nathan, was born she learned that he had a birth defect. That birth defect was a bicuspid aortic valve, which resulted in a serious condition called Aortic Stenosis, or a narrowing of the valve opening. Thankfully, his family learned of a minimally invasive procedure called aortic valvuloplasty which could save Nathan's life.

Exactly three months after his birth, a successful valvuloplasty was performed on Nathan's heart when it was no bigger than a strawberry, and his family took their baby boy home that very night.

Although Nathan will still need a new heart valve at some point in his life, he is now leading an active, normal childhood. One of his favorite activities is taekwondo, where he has recently earned his green belt with pride.

Nathan's family praises the efforts of those who continue to make advancements in the field of pediatric cardiology. The research and education from the American Heart Association unexpectedly impacted Lisa's life and saved her son, Nate the Great.



Rena Elswick



*R*ena began experiencing a rapid heartbeat in approximately 2005. She attributed it to nothing major, just a fast heart rate sporadically for a couple of seconds, which she learned to control by just breathing deeply and slowly.

The rapid heartbeats increased from a few seconds, to a few minutes, to several minutes—then to the point where Rena was afraid to drive long distances. As a result, her modeling and acting career began to be affected because of the need to decline jobs. Rena worked for 16 years at St. Joseph Hospital in special chemistry performing heart isoenzyme testing on heart patients, so she knew it was time for a doctor visit. However, she ignored her body's symptoms.

In the summer of 2012, Rena's heart began to beat rapidly. None of her attempts to get it back into rhythm were successful. She broke out into a cold sweat, felt nauseous and knew her pulse was over 200. Rena thought she was having a heart attack!

Rena was stabilized at a local emergency room, but told that she needed to see a cardiac specialist immediately. The very next week she learned that she had Supraventricular Tachycardia (SVT).

That fall Rena underwent a successful surgery, correcting the SVT and she no longer suffers from a rapid heartbeat. She believes that she was warned that summer night. Now, Rena is a survivor and an advocate for telling women to take charge of their health, and not to ignore the warning signs of heart disease.

Samantha Thornton



Samantha was so young when she began experiencing the symptoms of heart disease. When she was five years old she was finally able to put into words how she felt. On occasion Samantha would experience a rapid heartbeat, dizziness, shortness of breath and chest discomfort, but the symptoms were inconsistent.

By age 8, Samantha's pediatrician, and soccer coach, noticed the symptoms she experienced could be the warning signs of heart disease, and she was sent to a pediatric cardiologist for additional tests.

Doctors diagnosed her with mitral valve prolapse, but through every passing birthday the duration and frequency of the symptoms increased.

By age 11, doctors determined that she had an electrical issue with her heart as well, called Supraventricular tachycardia. Through amazing research funded by the American Heart Association, Samantha underwent a cardiac ablation, and thanks to the procedure she is a healthy young woman.

Samantha no longer has to take heart medications, and is now a college freshman who loves her first year at UK. Samantha has more motivation than most for her choice of a major. She is a biology student, and she plans to take her new lease on life to become a pediatric cardiologist.