

## My Heart Goes To The Hill

So many events have taken place that I hardly know where to begin. On March 10th I joined delegates throughout Florida for The American Heart Association's Heart On the Hill at the state capitol Tallahassee, Fl. As a guest speaker, I addressed The Florida Stroke Act, a national bill that has been introduced and that Florida may be the first state to pass.

The Florida Stroke Act bill (SB 1590, HB 889) will help to ensure that our EMS systems and stroke treatment hospitals across Florida are capable of providing timely and effective treatment for stroke victims. Specifically,



the legislation will help ensure quality standards for triage, transport and treatment of stroke victims.

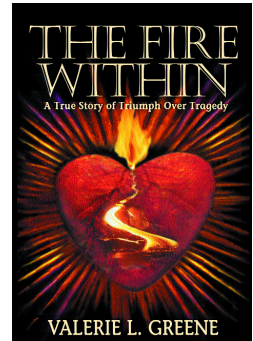
My next stop is Washington, D.C. for the 2004 Congressional Heart & Stroke Lobby Day. The purpose of Lobby Day is to

increase awareness on Capitol Hill about heart disease and stroke and to urge members of Congress to support priority issues including increased federal funding for heart and stroke research. My story will be in a presentation about stroke survivors.

Among my national appearances, I have been chosen to be featured in the "Go Red" publication coming out this May. This is a new magazine issued by The American Heart Association for the month of May to honor National Stroke Awareness month. It will be available in every grocery store checkout line throughout the U.S.

Winter Park Lifestyle magazine has also interviewed me for their May issue. Thank you Winter Park for your overwhelming support. What a great community!

I would also like to express my deepest appreciation for all the hard work that my publicist and PR firm Blanco & Peace in Chicago are doing to prepare my national television, radio and speaking tour for this summer.



Lissy Peace and her dynamic team have welcomed me into their family, making me feel right at home.

In other news, April 4th marked my 40th birthday. Can you believe it? I'm 40. Lordy! Lordy! My life has been blessed in so many ways and I have a lot to be grateful for.

Thank you for all your support as my exciting future continues to unfold.

May God Bless You All,



Photo with the Speaker of the House Johnnie Byrd (center) and Brian Gilpin, Vice President Public Advocacy for the American Heart Association.

**Did You Know:**

- 60% of all strokes occur in women
  - #1 Cause of stroke is Hypertension
- Know the Warning Signs:**
- Sudden numbness or weakness in face, arm, or leg, especially on one side of the body
  - Sudden confusion, trouble speaking
  - Sudden trouble seeing
  - Sudden dizziness, loss of balance
  - Sudden, severe headache with no known cause
- Not all these warning signs occur in every stroke. If some occur, don't wait – get help immediately! Every second counts! Stroke is a medical emergency Call 9-1-1.

***PRESSING ON***

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