

CARDIOVASCULAR DISEASE IS THE #1 KILLER OF WOMEN WORLDWIDE, yet it has long been perceived as a “male disease.”



MAKING A DIFFERENCE Our Accomplishments

Did You Know?

- ♥ 1 in 3 women will die of heart disease, while 1 in 30 will die of breast cancer.
- ♥ Heart disease is the only disease that is preventable, treatable and reversible.
- ♥ People can lower their risk of heart disease by 82% just by leading healthy lifestyles.
- ♥ Heart attack symptoms may differ between women and men:
Women are more likely to feel shortness of breath, fatigue, abdominal pressure, nausea or heartburn, or jaw, neck, back, or upper shoulder pain.
Men are more likely to feel chest pain or pressure, or left-arm pain.

- ♥ Our free **Annual Women’s Heart Health Fairs** offer biometric health screenings and risk assessments, lifestyle modification counseling, outcomes tracking and evaluation.
- ♥ In partnership with Sister to Sister, Tommy Thompson, Secretary of the Department of Health and Human Services, proclaimed the 3rd Friday of February as **National Woman’s Heart Day** to raise awareness of heart disease in women.
- ♥ The **Sister to Sister Five-Step Screening Process**, which encourages women to get screened for heart disease, provides immediate results with a personalized counseling session and follow-up tracking for support in making healthy lifestyle changes.
- ♥ **www.sistertosister.org** provides information on each major heart disease risk factor and recommendations for healthy living. With daily tips, interactive tools, heart healthy recipes, and an online community, the Sister to Sister website impacts over 50,000 women a year.



LEADING THE WAY TO HEART HEALTH Other Activities

- ♥ **The Capitol Hill Advocacy Program**, in its eighth year, works to raise awareness of cardiovascular disease and its risk factors by providing screenings and counseling to all Senators, Representatives and staff members.
- ♥ Our **International Program** provides screenings and education for members of the Washington D.C. diplomatic community. Since 2005, we have impacted the lives of diplomats from 65+ countries.
- ♥ **The International Cardiologist Exchange Program** gives foreign female cardiologists access to the premier heart research centers in the United States and the chance to collaborate with the finest doctors leading the charge against heart disease.
- ♥ Our **educational materials** help women understand the factors that can raise their risk of heart disease, and learn what healthy changes they can make to manage that risk. Available in English and Spanish.



DATA COLLECTION & RESEARCH

- ♥ Through our exclusive partnership with **Brigham & Women’s Hospital**, Sister to Sister is piloting cutting-edge behavioral change programs that help women make and sustain change in their own lives.
- ♥ Using data from our screenings, Sister to Sister is building a unique longitudinal **database of women** committed to participating in a variety of heart health research studies.
- ♥ The **Pollin Cardiovascular Database** evaluates risk factors in women, explores behavioral interventions to reduce cardiovascular risk, and provides annual behavioral tracking and follow-up.
- ♥ The **Women’s Assessment and Tracking Cardiovascular Health (WATCH) Study** tested the impact of using a patient navigator to encourage participants to take action to improve their heart health, and help remove barriers to care.





OUR MISSION

- ♥ Sister to Sister is dedicated to preventing heart disease in women by increasing awareness that heart disease is the number one killer of women.
- ♥ Since our founding in 1999, Sister to Sister has been a life-saving resource for thousands of women. To date, we have provided more than 80,000 free cardiovascular screenings and counseling interventions for women, while over 200,000 women have attended our heart health fairs in 17 cities.

Sister to Sister is a national 501(c)(3) non-profit organization.

SISTER TO SISTER FOUNDATION

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SISTER TO SISTER
 The Women's Heart Health Foundation

SUPPORT WOMEN'S HEART HEALTH.

You can become a Sister to Sister
 partner, sponsor, or donor.

“Sister to Sister aims to
EMPOWER WOMEN
 to **TAKE CHARGE** of their
 lives by making
LIFESTYLE CHANGES
 that will **REDUCE THEIR**
RISK for heart disease.”

— Irene S. Pollin, MSW, PhD (Hon)
Founder and Chairperson

