Encouragement and Help for Your Heart Health Journey

Women’s Heart Support Network

Women’s heart champion, Vicki Turner with cardiologist, Dr. Bukola Olubi

Thanks to a generous donation from Vicki Turner, the Women’s Heart Support Network is now available in Fayette!

One in three women die as a result of heart disease, but 85% of heart and stroke events may be prevented with lifestyle changes, Dr. Olubi says.

The Women’s Heart Support Network is stepping in to help us make those changes.

For women who do not already have a diagnosis of heart disease or are at risk for developing this disease, one-on-one wellness coaching, classes, support groups, and a low-cost advanced heart screening for women are some of the resources available to us through this new outreach.

Ninety percent of women have at least one risk factor for heart disease, according to Dr. Bukola Olubi, Cardiologist and Women’s Heart Specialist with the Piedmont Heart Institute. For 12 years, she has been a favorite cardiologist in Fayette.

Dr. Olubi and Lauren Fyock, RN and Program Coordinator for the Women’s Heart Support Network, were featured in a panel discussion at the luncheon and also interviewed on the June 18 episode of Fayette Woman LIVE on Facebook (@fayettewoman).

One-on-one wellness coaching is one of the next-step resources available through the network. Lauren is available to coach; guide, and cheer on women who want to make the lifestyle changes that may lower their risk factors.

“I believe that physical health and mental health are fundamentally linked,” Dr. Olubi says, adding that many studies have linked stress to heart disease. Stress releases certain hormones such as adrenaline and cortisol. Adrenaline increases blood pressure, increases your heart rate and does damage the artery lining of the heart which predisposes you to getting plaque. That plaque can lead to coronary heart disease which is blockage of arteries which can lead to heart attack.

“If you think about it, when you’re stressed, are you going to eat right? Are you going to move and exercise? Lauren asks. “It’s kind of a perfect storm where you just continue to spiral down. That’s usually the starting point. Women want to make changes, but they realize they are too overwhelmed, too stressed, too busy. We’ve got to start there.”

She encourages making small changes at first — adding 10 minutes a day of ‘me-time’ for instance — and building on that.

Lauren is also introducing educational events related to nutrition, exercise and mental well-being. Upcoming events include cooking classes and farmer’s market tours with My Chef.

Advanced Heart Screening

COMPLETE HEALTH HISTORY
Family history, patient history, physical exam, labs, stress test, and other risk factors.

LABS
Blood Glucose, complete panel, lipid profile, cholesterol, and inflammatory markers (CRP).

PHYSICAL EXAM
Screening to identify abnormalities (RBS, blood pressure, BMI, vision, hearing, gait)

HEART HEALTH REPORT
Receive a customized plan and next steps

Call 404.949.8283 or Visit piedmont.org/aha

To Schedule an Appointment

Nancy Jaworski and Christi Hansen, MS, RDN, LD, registered dietitian.

Quarterly ‘Heart to Heart’ dinners will allow program participants to have Q&A discussions with cardiologists and other professionals in an intimate setting. The first one of these will feature Dr. Olubi in August. Jeremiah Ellis, Manager of Sleep Medicine at Piedmont Fayette Hospital, will be talking about the role of sleep in overall well-being at the ‘Heart to Heart’ in November.

To find out more about one-on-one wellness coaching or upcoming Women’s Heart Support Network events, call Lauren at 404.605.2804 or email Lauren.Fyock@piedmont.org.

To schedule a $99 Advanced Heart Screening, call 404.949.8283 or visit piedmont.org/aha.
Women’s Heart Support Network Events

Building Blocks for Great Nutrition
Join us on Friday, July 13, as My Chef Nancy Jaworski and Christi Hansen, MS, RD, LD teach us how to fuse together healthy ingredients and savory flavors that will benefit the heart and soul. This will be the first event of a four-part series. The class will be held from 11 a.m. to 1 p.m. in Thomas F. Chapman Family Cancer Wellness at Piedmont Fayette Hospital (1255 Hwy 54 West, Suite 3100). All programming from the Women’s Heart Support program at Piedmont Fayette is free. Reserve your spot by calling 404.605.2694.

Introduction to Aromatherapy
The first of a six-part series on how essential oils can be used to treat the mind, body, and soul. Certified aromatherapist Gise Roth, RN, will lead the program on Wednesday, Oct. 17, from 6:30 to 8 p.m. at the Piedmont Fayette Fitness Center, located across the street from the Piedmont Fayette Hospital. All programming from the Women’s Heart Support program at Piedmont Fayette is free. Reserve your spot by calling 404.605.2694.

Building Blocks for Great Nutrition
Join us on Friday, Nov. 2, as My Chef Nancy Jaworski and Christi Hansen, MS, RD, LD teach us how to fuse together healthy ingredients and savory flavors that will benefit the heart and soul. This will be the third event of a four-part series. The class will be held from 11 a.m. to 1 p.m. in Thomas F. Chapman Family Cancer Wellness at Piedmont Fayette Hospital (1255 Hwy 54 West, Suite 3100). All programming from the Women’s Heart Support program at Piedmont Fayette is free. Reserve your spot by calling 404.605.2694.

A Heart to Heart Dinner with Jeremiah Ellis
Join us on Friday, July 13, as My Chef Nancy Jaworski and Christi Hansen, MS, RD, LD teach us how to fuse together healthy ingredients and savory flavors that will benefit the heart and soul. This will be the second event of a four-part series. The class will be held from 11 a.m. to 1 p.m. in Thomas F. Chapman Family Cancer Wellness at Piedmont Fayette Hospital (1255 Hwy 54 West, Suite 3100). All programming from the Women’s Heart Support program at Piedmont Fayette is free. Reserve your spot by calling 404.605.2694.

Peachtree City Farmer’s Market Tour with My Chef Nancy Jaworski
Take a stroll through the Peachtree City Farmer’s Market from 10 a.m. to Noon on Wednesday, Sept. 26, with My Chef Nancy Jaworski. Nancy will provide education on how to shop locally and seasonally, all while taking care of our hearts. The event will meet at the Peacree City Farmer’s Market at Abbeville Village in Peacree City at 10 a.m. All programming from the Women’s Heart Support program at Piedmont Fayette is free. Reserve your spot by calling 404.605.2694.

Introduction to Aromatherapy
The third of a six-part series on how essential oils can be used to treat the mind, body, and soul. Certified aromatherapist Gise Roth, RN, will lead the program on Wednesday, Dec. 19, from 6:30 to 8 p.m. at the Piedmont Fayette Fitness Center, located across the street from the Piedmont Fayette Hospital. All programming from the Women’s Heart Support program at Piedmont Fayette is free. Reserve your spot by calling 404.605.2694.

Did you know that 80 percent of women have at least one risk factor for the development of cardiovascular disease? The good news is that 83 percent of heart disease may be prevented by lifestyle changes and education. Join us on

Virginia Gibbs and Kim Schmoe

Dr. Bukola Obi

Michael Burnett

Lauren Fyssikos speaks with a guest.

Tomasa White, Alice Jones, Charlotte Sumpel, LaKasha Fleming, Chris Snell, Cheryl Burnsville and Yolanda White

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In keeping with our mission of being The First Step to Higher Education® and our all-important role of fostering 21st century learners, Kids 'R Kids Learning Academies is proud to introduce STEAM AHEAD®. This powerful supplemental curriculum combines elements of science, technology, engineering, art and mathematics to expand the way our students not only learn, but also how they think about the world around them. When used in conjunction with a strong foundation from Kids 'R Kids proprietary First Class Curriculum® and the brain development power of our exclusive Brain Waves™ curriculum, there are no limits to the possibilities our students’ futures might hold.

What Is STEAM AHEAD?

• Exclusive Program That Allows Students to Learn by Doing while Developing Problem Solving and Critical Thinking Skills
• Project-Based Learning Through Play Where Teacher Plays Role of Facilitator
• Hands-on Exploration Activities Packed with Educational "Ah Ha!" Moments
• Encourages Students to use Reasoning, Hypothesizing, Predicting, and Theorizing during the Natural Trial and Error of Play

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