

# The Rhythm

THE HEART FOUNDATION

CEEDAR SINAI MEDICAL CENTER



www.TheHeartFoundation.net

NewsMagazine for The Heart Foundation

FEBRUARY 2006

HEART FOUNDATION  
CEEDAR SINAI MEDICAL CENTER



## Gala Evening honoring Kirk and Anne Douglas

Kirk and Anne after receiving *The Steven S. Cohen Humanitarian Award* surrounded by friendly faces. From left: Nita Whitaker, Josh Groban, Renee Olstead, Danny DeVito, Anne & Kirk Douglas, Mark Litman, Smokey Robinson & David Foster

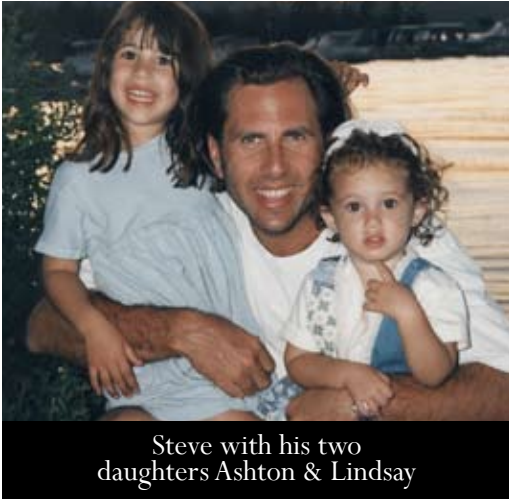


### Inside this issue...

10th Anniversary of The Heart Foundation  
Exciting News from Dr. PK Shah  
Heart Health Tips  
Info on the upcoming rock experience The British Beat

# Ten-Year Anniversary of Steve Cohen's Death & The Birth of The Heart Foundation

**December 7, 2005**, was the ten-year anniversary of the day Steve Cohen lost his life to sudden cardiac death



Steve with his two daughters Ashton & Lindsay

at the young age of thirty-five. Although Steve's death marked a tragic end, it also represented a wonderful beginning. Upon Steve's death, his family and friends struggled to find meaning in the loss of such a young family man. To prevent other families from experiencing a similar devastating death of a loved one, Steve's family and friends founded The Steven S. Cohen Heart Fund, now named The Heart Foundation. From that small group, The Heart Foundation has grown to an eleven-member Board of Directors, a five-physician Medical Advisory Board, a six-person Advisory Board and a Committee twenty volunteers strong. Almost 3,000 people will receive this newsletter. The organization has recognized philanthropists Marshall Ezralow, Norman Brokaw and Kirk and Anne Douglas with The Steven S. Cohen Humanitarian Award.

Since its birth in January 1996, The Heart Foundation has contributed almost \$3 million dollars to the innovative and ground-breaking heart disease research of Dr. P.K. Shah, Director of the Division of Cardiology and the Atherosclerosis Research Center at Cedars-Sinai Medical Center. Furthermore, The Heart Foundation has saved lives by increasing awareness of heart disease among the thousands of people who have been touched by the organization both directly and indirectly.

Below is a look back at the last ten years of Heart Foundation events, all of which are a direct result of your dedication and on-going commitment to the fight against heart disease. **Without your support, none of this would have been possible.**

## The Heart Foundation Timeline



- May 10, 1997:** **Inaugural Black Tie Gala** at The Beverly Hilton
- Jul 12, 1998:** **Family Fun Faire** at Calamigos Ranch
- Jul 13, 1998:** **Golf Tournament** at North Ranch Country Club
- Nov 6, 1999:** **Moroccan Nights** at The Biltmore Hotel
- Jun 4, 2000:** **Heart-a-Thon Health Fair** at Mid Valley Athletic Club
- Jul 10, 2000:** **Golf Tournament** at North Ranch Country Club
- Oct 27, 2001:** **Corazón de Havana Honoring Marshall Ezralow** at The Beverly Hills Hotel
- Nov 13, 2002:** **Towne Hall Meeting** in Calabasas
- Feb 6, 2003:** **Advisory Board Epicurean Dinner** at Whist in the Viceroy Santa Monica
- Feb 10, 2003:** **1st Galpin Motors Golf Classic** at Sherwood Country Club
- Apr 20, 2004:** **The Heart Fund Gala Honoring Norman Brokaw** at The Regent Beverly Wilshire
- Jun 21, 2004:** **2nd Galpin Motors Golf Classic** at Sherwood Country Club
- Jun 20, 2005:** **3rd Galpin Motors Golf Classic** at Sherwood Country Club
- Oct 11, 2005:** **The Heart Foundation Gala Honoring Kirk & Anne Douglas** at The Beverly Hilton



# The Heart Foundation Honors Kirk & Anne Douglas

with the  
2005 Steven S. Cohen Humanitarian Award



At a beautiful Gala on October 11th, The Heart Foundation celebrated the significant and meaningful contributions that Kirk and Anne Douglas have made to society by honoring them with the 2005 Steven S. Cohen Humanitarian Award. For the last 41 years, the Douglases have selflessly given to both the local community and the world.



Dr. P.K. Shah, Kirk & Anne Douglas, Dana Carvey and Mark Litman

Michael Douglas, Catherine Zeta-Jones and David Foster were Honorary Dinner Chairs. Master of Ceremonies Larry King and Special Welcome Speaker Army Archerd contributed with their heartfelt words. Dana Carvey brought the guests to tears with his hilarious performance, and Danny DeVito was the special, surprise presenter of the award. Musical Director David Foster accompanied Nita Whitaker and Renee Olstead and introduced the exciting, unexpected performances of Josh Groban and Smokey Robinson. The evening ended with a moving, impromptu finale of "God Bless America" with the entire ensemble of talent. The man behind the life-saving work of The Heart Foundation, Dr. P.K. Shah of Cedars-Sinai Medical Center, was there with his warmth and inimitable humility. Chairman Mark Litman captured the essence of his gratitude to everyone by saying: "On December 7th, my best friend, Steve Cohen, will have been gone 10 years and yet, his spirit and memory are present, stronger than ever - fighting the very thing that took his life. The fact that The Heart Foundation is still here, striving to eradicate the number one cause of death of men and women in the U.S., is the achievement of which I am so proud."



Kirk Douglas, Goldyne Hearsh & Anne Douglas

## SPOTLIGHT: Our Angel Goldyne Hearsh

**Everyone needs an angel.** The Heart Foundation would like to publicly recognize Our Angel Goldyne Hearsh for everything she has done for the organization. We were very excited that she and her family were able to join us once again for this year's gala. Goldyne, you are such a generous and lovely woman, and we are truly blessed to have you as Our Angel. From the bottom of our hearts, *we thank you!*

# GALA MOMENTS



## ON THE SCENE

The October 11th Heart Foundation Gala Honoring Kirk and Anne Douglas was a warm and inspiring evening held in the International Ballroom at The Beverly Hilton Hotel. One special element of the event was the tribute journal. Entitled "Dear Kirk & Anne", the book was a collection of personal letters written to the Douglases from family, friends and admirers congratulating them on receiving The Steven S. Cohen Humanitarian Award.



Berry Gordy, Honorary Dinner Chair David Foster & Smokey Robinson



Barbara Davis & Josh Groban



Anne Douglas & Deanna Weinhart



Eva Weingarten, Ashton & Lindsay Cohen, Emily & Ashley Eisenstadt, Honorary Dinner Chair Catherine Zeta-Jones & Jerry Cohen



CSMC Sr. VP of Community Relations Arthur Ochoa, CSMC Chairman of the Board John Law, Heart Foundation Founder Mark Litman and CSMC President & CEO Tom Priselac



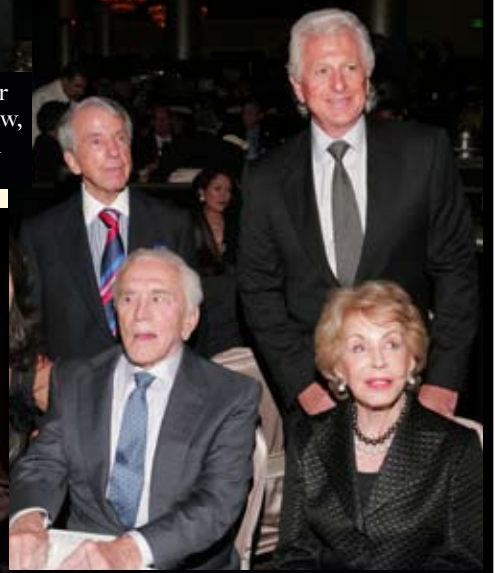
Jack Polevoi, Sandy Kessler & Jeff Levy



Catherine Zeta-Jones, Goldyne Hearsh & Kirk Douglas



Surprise Award Presenter Danny DeVito & Kirk Douglas



Past Award Recipients Norman Brokaw & Marshall Ezralow with Kirk & Anne Douglas



Cheryl & Dr. Marty Fishman,  
Dr. Chris Cagnon & Mary Ann Hagio



Tom Eisenstadt, Susan & Dr. Bruce Beard



Danny DeVito



Access Hollywood interviews Kirk & Anne



Army & Selma Archerd, Anne & Kirk Douglas



Bill Fitzgerald, Sandra Krause,  
Elaine & Larry Baum



David Purkey & Kraig Baron



Lonna & Steve Weber & Di Lyle



Irving & Wendy Feintech, Nisha, Kimberly, Kishore  
& Dr. P.K. Shah



David Foster & Josh Groban



Dana Carvey, Mark Litman & Emcee Larry King



Nicole, Mark, Lisa & Aaron Sapiro

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Curtis Dahl@dahlPhotographers  
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Thomas Neerken

# GALA MOMENTS

# Daddy's Girl

**Steve Cohen's Daughter Lindsay  
Sets an Example for Us All**



Chairman Mark Litman & Lindsay Cohen

**L**indsay Cohen was only two years old when her father Steve lost his life to sudden cardiac death at the age of thirty-five. Because she lost her father so early in life, Lindsay never really had the opportunity to get to know him. Nevertheless, Steve's generous spirit clearly lives on in his daughter.

Last spring, almost ten years after the death of her father, Lindsay Cohen participated in the fifth-grade business project at her school. The students were broken into small groups, and each group had to make a product to sell to the other schoolchildren. Lindsay's group made denim purses from pairs of old blue jeans. At the end of the project, Lindsay's fifth grade class had raised over \$3,500 to be donated to charity. Each student then pitched

**“Lindsay chose to pitch the charity founded in honor  
of her dad. The votes were tallied,  
and The Heart Foundation was the unanimous choice.”**

his or her favorite charity to the other fifth graders who voted on which organization would receive the money. Lindsay chose to pitch the charity founded in honor of her dad. The votes were tallied, and The Heart Foundation was the unanimous choice. On Friday, June 3, 2005, at a school assembly, Lindsay presented a check to The Heart Foundation Chairman Mark Litman to help in the fight against heart disease, the very illness that took her father's life.

The Heart Foundation is extremely proud of Lindsay and her hard work. She is a great example to us all, and she inspires us to continue working to increase awareness of heart disease.

# UPDATE FROM DR. SHAH

## A Vaccine Against Heart Disease: An idea whose time may be coming



A Message from Dr.

**A**rguably, vaccines against a number of potentially deadly diseases have been one of the great success stories in the past 100 odd years

since they have virtually eradicated diseases such as



small pox and poliomyelitis.

Although one thinks of a vaccine as something to prevent or treat an infectious disease, it turns out that the body's

immune system, composed of specific circulating sub-

types of blood cells

and antibodies, also

regulates the build-

up of fatty plaque

and inflammation

inside the arteries (atherosclerosis). Some aspects

of the immune system can accelerate plaque build-up

and arterial inflammation whereas other aspects can

dampen the inflammation and reduce plaque build-up.

Over the last 13 years, our laboratory (Atherosclerosis Research Center) has been working along with

Prof. Jan Nilsson of Sweden to identify the antigens

that stimulate the immune system to counteract the

plaque-promoting effects of cholesterol. Through a

series of animal experiments conducted in rabbits

and mice, we have identified nearly 100 different an-

tigens within the LDL-cholesterol particle; some of

these antigens, when used in a vaccine formulation,

dramatically reduce fatty plaque build-up and arteri-

al inflammation, suggesting that vaccination against

plaque build-up may be feasible and effective. This

work is currently on-

going at Cedars-Sinai

and in Sweden with

the plans of bringing

this approach to hu-

man testing within the foreseeable future. Imagine,

if such a vaccine works, it could become a part of

routine childhood vaccination programs. That is the

ultimate goal we are after. With your support and

the hard work of many talented members of our re-

search team, we are determined to pursue this dream.

**“Imagine, if such a vaccine works, it could become a part of routine childhood vaccination programs.”**

# GOLF CLASSIC



## 2005 Galpin Motors Golf Tournament a Tremendous Success!

Held on June 20, 2005, at Sherwood Country Club, the Galpin Motors Golf Classic was the most successful tournament in the history of The Heart Foundation, grossing over \$325,000 for heart disease research and surpassing the fundraising records set by last year's event. This tournament, famous for its incredible location and prizes, sells out quickly each year. Three individuals walked away from the day with new cars—a Jaguar, a Mustang Convertible and a Thunderbird. The occasion also included many other exciting auction items such as a golf trip to Las Vegas on a private jet and a Yorkshire Terrier puppy.



Vice Chairman Tom Eisenstadt, Chairman Mark Litman, Bert & Jane Boeckmann, Dr. P.K. Shah & Irving Feintech



Golfer John Lechuga in action



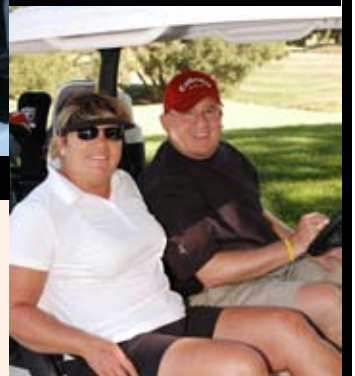
Dave Altman wins the Jaguar

(L to R) Matt Coletta, Don Gruberger, Di Lyle & Susan Ashley



Dawn Seggelink & Bret Saberhagen

Melene Alfonso & Mel Schafer



Glen & Krista Strauss



A volunteer with the Yorkshire Terrier puppy for the live auction



Board Members Dr. Marty Fishman & Dr. Stan Steinberg & Vice Chairman Tom Eisenstadt



Jeff Levy & Sandy Kessler



Jack Polevoi, Eva Weingarten & Howard Abrams



Robert "Inky" Weiss right before winning the Mustang Convertible



Alon Varsha (Left) & David Purkey (Center) with Cesar Giraldo (right) who won the Yorkshire Terrier puppy



Kim Miller & Brad Boeckmann



Dave Altman lining up to putt



Garen Hartunian with volunteers

Bert Boeckmann, owner and CEO of Galpin Motors, and his wife Jane, along with Galpin Motors sponsored the tournament for the third year in a row. The Boeckmanns are widely known for their incredible philanthropy, and The Heart Foundation is very fortunate to have the backing of both the Boeckmanns and Galpin Motors. Their participation is integral to the success of this event, and we are grateful to them for their on-going support.

Keep an eye out for information on the September 11, 2006 tournament as it promises to be another exciting and unique event.

Photo Credit: Thomas Neerken

# Women & Heart Attacks



**The news is constantly warning women about the dangers of breast cancer, but did you know that “women are twice as likely to die from heart disease as they are from any form of cancer”?**

Did you also know that the symptoms experienced by a woman having a heart attack can be different from those experienced by a man? The majority of us are familiar with the classic heart attack symptoms which can occur in both men and women:

- Squeezing chest pain or pressure or tightness in the chest
- Shortness of breath
- Sweating
- Pain spreading to shoulders, neck, arm or jaw
- Feeling of heartburn or indigestion with or without nausea and vomiting
- Sudden dizziness or brief loss of consciousness

Women are more likely to experience the following symptoms, however, which are often misdiagnosed as panic attacks or stress:

- Indigestion or gas-like pain
- Dizziness or nausea
- Unexplained weakness or fatigue
- Discomfort or pain between the shoulder blades
- Recurring chest discomfort
- Sense of impending doom



## Don't call a cab...

**Whether you are a man or woman, call 911 immediately if you think you are having a heart attack. Do not call a cab or attempt to drive yourself to the hospital. As Dr. P.K. Shah explains, “within the first few hours after a heart attack, there is a high risk of sudden fatal arrhythmia (irregular heart-beats), and only ambulances with fire department personnel or paramedics are equipped to revive you should your heart suddenly stop beating. Remember, every minute of delay means more heart muscle is damaged.”**

Davis, Jeanie Lerche , and Charlotte Grayson, M.D. “Women’s Heart Attacks: How They Differ.” WebMDHealth. 3 February 2004. Medically updated 15 February 2005. <[http://www.webmd.com/content/article/81/96969.htm?action=related\\_link](http://www.webmd.com/content/article/81/96969.htm?action=related_link)>  
Women and Heart Disease. Cedars-Sinai Medical Center. <[www.csmc.edu/2379.html](http://www.csmc.edu/2379.html)>.

# A HEART HEALTHY lifestyle

by Di Lyle

# Q

**uit Digging your Grave with a Knife and Fork** is a no-nonsense book that Arkansas Governor Mike Huckabee has just published. In 2003, Huckabee was diagnosed with type 2 diabetes while he weighed 280 pounds. After watching a close friend die of a heart attack at 69, he changed his diet and took up regular exercise. Within a year, he'd lost more than 100 pounds and his diabetes symptoms disappeared.

**Preventing coronary heart disease has a lot to do with eating the right foods, exercising regularly and quitting smoking.** Yet, "more than half of us are inactive, and two thirds are overweight or obese. Colorado nutritionist James Hill explains: 'The trouble is, we've engineered physical activity out of our daily lives'. Sedentary employment is now the norm, and we travel by car as opposed to walk. Couple this with the rise in television viewing and a surge in commercial food production," and the end-result is fat and unhealthy! So why don't people just change? Because unless there's an immediate, perceived threat, people aren't motivated to change a bad habit.

**However we've had great success the last two decades in motivating people to quit smoking, and with that comes the optimistic hope that food and exercise transformations will follow.** Eliminating foods that are inundated in saturated fat can significantly lower your cholesterol levels. That means avoid fried foods; eat more fish, vegetables and fruits; and use as little oil as possible when cooking.

The good news is that a glass of your favorite cabernet is not sinful if you control your intake (that means two glasses for men and one for women). "This moderate consumption of

alcohol boosts your levels of HDL, the good cholesterol that helps keep arteries clear of plaque." It also makes the "blood less sticky, and less likely to form the unwanted clots that cause heart attacks and strokes." But beware! "Excess alcohol does the opposite: It's toxic on the heart muscle; it can lead to congestive heart failure, dangerously-high blood pressure and sugar levels."



Dr. Andrew Weil

Dr. Andrew Weil, a Harvard medical graduate, has studied the people of Okinawa, a subtropical chain of islands that stretches 1000 kilometers across the East China Sea. It boasts an unusually high number of healthy centenarians. He concludes this: Apart from breathing in "plenty of fresh air

**"more than half of us are inactive, and two thirds are overweight or obese...The trouble is, we've engineered physical activity out of our daily lives'.**

and drinking clean water," the Okinawan islanders are physically active throughout their lives, and their diet includes plenty of fresh fish, bit-

ter melon, greens including seaweed, and purple sweet potatoes. These lifestyle factors, combined with the "cohesiveness of a culture that values community ties," combine to create an impressively-healthy population with atherosclerosis a rarity.

**The rewards of heart-healthy choices are innumerable, and there truly is no sense of deprivation when adopting this lifestyle – rather an extra spring in your step and a stronger, thankful heart.**

*Acknowledgments: Andrew Weil, M.D. "Healthy Aging"; Newsweek Magazine, October 2005; Mike Huckabee- "Stop Digging Your Grave With a Knife"; Dean Ornish, M.D. "Preventing Heart Disease"*

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