



FOR IMMEDIATE RELEASE

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Kansas City Women's Health Advocate Joins WomenHeart's Board of Directors

Kathy Webster brings personal experience to national health issue

July 21, 2011 (Washington, DC) -- Kathy Webster, M. Ed. has lived with heart disease her entire life, but went through almost the entire experience without support from other women with heart disease. "I was born with supra-aortic stenosis," says Webster, "which, given the constraints of technology at the time, was recognized as a murmur when I was a young child, but not properly diagnosed until I was 18." Open heart surgery followed quickly, with a second one about 35 years later that included an aortic valve replacement and a coronary artery bypass.

Throughout this experience, Webster, an officer with the Federal Reserve Bank of Kansas City, was still disconnected from other women with heart disease, despite the fact that the disease is the number one killer of women in the United States.

Then, in 2006, "I attended the WomenHeart Science & Leadership Symposium at Mayo Clinic," recalls Webster, "and the experience changed my life by providing personal support to me, for the first time." Since then, Webster has become a *WomenHeart Champion* and a member of the University of Kansas Hospital Women's Heart Health Community Advisory Council.

"I am hoping that my personal journey with heart disease, my understanding and passion about the struggles that other women have experienced with living with heart disease, and my experience as a WomenHeart Support Network Coordinator and as a WomenHeart District Leader for the states of Kansas and Missouri will help in educating others about heart disease," says Webster.

Educating women on the very real dangers of heart disease is Webster's passion — and the need for continuing education was very evident at a recent program Webster attended at a Kansas City-area hospital:

"From the questions asked by the audience, it was so clear that women need more information, support and reassurance about living with heart disease," says Webster. "I want for WomenHeart to be an important resource for them. I especially want WomenHeart to be a resource for any communities that are currently underserved and/or undereducated about heart disease."

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About WomenHeart: The National Coalition for Women with Heart Disease

WomenHeart: The National Coalition for Women with Heart Disease is the nation's only patient centered organization serving the 42 million American women living with or at risk for heart disease – the leading cause of death in women. WomenHeart is solely devoted to advancing women's heart health through advocacy, community education, and the nation's only patient support network for women living with heart disease. WomenHeart is both a coalition and a community of thousands of members nationwide, including women heart patients and their families, physicians, and health advocates, all committed to helping women live longer, healthier lives. To receive a free on line heart health action kit or to donate visit www.womenheart.org/kit.