

January 8, 2008

Mr. Jim Clarke  
2BigHearts Foundation  
221 E Cullerton, Apt 507  
Chicago, IL 60616-1460

Dear Jim and 2Big Hearts Foundation Board Members:

Thanks to your generosity, a total of 82 women were offered a heart health screening here at La Porte Hospital on September 29, 2007.

The women who attended this event received a variety of tests as summarized below. Participants completed a Health Risk Appraisal (HRA) comparing the individual and combined results to Healthy People 2010 goals.

Participants were advised to follow-up with their personal physician and/or make a change in their lifestyle resulting from abnormalities with test results or based on the results of their HRA.

- 23 (28%) Number of individuals demonstrated an abnormal EKG
- 8 (10%) Number of individuals demonstrated an abnormal Echocardiogram
- 33 (40%) Number of individuals demonstrated an abnormal Blood Pressure reading
- 68 (83%) Number of individuals demonstrated abnormal Lipids (Total Cholesterol/HDL) results
- 20 (24%) Number of individuals demonstrated abnormal Triglyceride results
- 21 (26%) Number of individuals demonstrated abnormal Blood Glucose results
- 5 (06%) Number of individuals demonstrated an abnormal Ankle-Brachial Index (ABI)
- 54 (66%) Number of individuals demonstrated an abnormal Weight (66% overweight with 43% considered obese)
- 53.8 Average age of participants
- 10% Reported use of tobacco
- 20% Reported problems with stress
- 67% Reported lack of exercise

Dr. David Gorecki donated his time to read the EKG, Echo and Ankle/Arm pressure index screening tests. Results were mailed directly to the participants along with the health risk appraisal recommendations for lifestyle changes.

Response from participants was very appreciative and positive. Overall screening time for each individual was approximately 20-25 minutes.

Thank you once again for the support of our Women's Heart Advantage screening program. It is our goal to continue educating the women in our community on the risk and dangers of cardiac and vascular disease and provide community members with the first step in early detection and knowledge of the resources available to them at La Porte Regional Health System.

We are attaching the final accounting for the screening. The budget requested was \$8,657.00 and actual expenditures were \$7,664.67. Thank you for your support and sponsorship of this screening.

Sincerely,

Maria V. Fruth  
Executive Vice President/COO  
Services  
La Porte Hospital Foundation  
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Marcia Vermilye, BS, MSA, RN  
Director of Cardiovascular  
La Porte Regional Health System

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