



American Heart Association



# Mother. Sister. Friend.

## Minnesota Survivors Go Red for Women



Twin Cities Go Red for Women Chair, Rebecca Seidel, of Medtronic (second from right) joins survivors and volunteers to advocate for women's heart health.

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| <h3>Twin Cities Go Red</h3> <p>Feb. 6, 2020   The Depot, Minneapolis<br/>5 - 8 PM</p> | <h3>Go Red Health Expo</h3> <p>Feb. 8, 2020   Mall of America<br/>11 AM - 3 PM</p> |
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# Why do you **Go Red**?

"I **Go Red** because CPR saved my life."



**ADELA ALVAREZ**  
Cardiac Arrest Survivor

"When I was 49 years old I suffered a cardiac arrest and collapsed while teaching a Zumba class. I had no warning signs - I was healthy and active. A student of mine performed CPR until paramedics arrived. I was put in a coma and they had to amputate my leg, but CPR saved my life and it can save others."

"I **Go Red** for stroke awareness in young women."



**MARGARET DUDEN**  
Stroke Survivor

Margaret was diagnosed with a stroke the day after her 40th birthday.  
  
(Read Margaret's full story on page 4)

"I **Go Red** for future generations."



**BRUNA JAMES**  
Heart Transplant Survivor

"In May of 2015 I was feeling tired all of the time and was referred to a cardiologist who diagnosed me with congestive heart failure. I was put on the heart transplant list and on October 3, 2015 I received my new heart, giving me a second chance at life."

# Minnesota survivors share their heart and stroke stories.

"I Go Red because I was given the gift of life and I want to give back."



**LAURA LEE JENSEN**  
Heart Transplant Survivor

"Four weeks before my daughter's due date, I started having odd symptoms but received no answers. I was diagnosed with heart failure the day my daughter was born. My condition quickly declined and 10 months later I was airlifted from MN to AZ for a heart transplant. I was only 37 years old."

"I Go Red to give hope to stroke survivors."



**BRENNA ALEXANDER**  
Stroke Survivor

"When I was 34 years old, I suffered a stroke affecting my brain stem. It was shocking to myself and to the doctors because I was young and healthy. I want to instill hope in young women that might suffer from stroke and let them know that they're not alone - there's a lot of life to be lived."

"I Go Red for more survivors."



**MYRANDA CHICOS**  
Heart Transplant Survivor

"I was born with a congenital heart defect called hypoplastic left heart syndrome. At six weeks old, I had my first heart transplant. At 14, I was diagnosed with ventricular tachycardia and had an ICD implanted. My heart is facing rejection and I've been on the heart transplant list since Nov. 2015."

# STRESS OR STROKE?

Turning 40 brought an unexpected diagnosis for Margaret ➤

Margaret will share her story at the 16th annual Twin Cities Go Red for Women signature event on Thursday, February 6, 2020 at the Depot in Downtown Minneapolis.



Turning 40 is an important milestone welcoming a person into middle age – or as some like to think of it, the “sweet spot.” But for Margaret, turning 40 brought on a whole different experience.

In the weeks leading up to her 40th birthday, Margaret began experiencing involuntary movements in her left hand and pain in her left shoulder. She attributed these symptoms to stress and carrying a heavy backpack to and from tutoring sessions with her students. Feeling fine otherwise, she shrugged it off and found temporary relief from massages.

As her birthday neared, the involuntary movements intensified and traveled to her left arm and leg. She also noticed a slight change in the inflection in her speech. But she continued to attribute it to stress.

Margaret said, “I remember thinking, ‘Maybe it’s psychosomatic. Maybe this is about turning 40’.”

She considered calling the doctor but waited, hoping the symptoms would subside.

The symptoms didn't subside. In fact, they intensified as the days went on.

## 40TH BIRTHDAY

On the day of her birthday, Margaret planned to take a day trip with her mom. When Jane, Margaret's mom, arrived to pick her up, Margaret was exhausted and could barely walk. They decided to stay in the Twin Cities and go shopping instead.

Jane was alarmed by Margaret's physical state.

"She sat down on the floor to shop while I brought her things because she couldn't stand," Jane said. "She had bruises on her arm and on her leg from hitting things due to the involuntary movements."

As a concerned mother, Jane suggested that Margaret see the doctor. Margaret resisted.

"I didn't want to spend my birthday at the doctor," Margaret said. "I decided it could wait a day because I had already put up with the symptoms for a couple of weeks."

## A DIAGNOSIS

The next day, Margaret went to the doctor who immediately sent her to the hospital to get an MRI. At that time, Margaret recalls being more worried about cancelling the rest of her tutoring appointments for the day than she was about her own health.

"Looking back now, I was so stupid to not realize that there was probably something major going on," Margaret said. "I really didn't think there was anything wrong with me. I thought I was just under stress."

The MRI showed a complete blockage in her right middle cerebral artery – restricting blood flow to the largest of three major arteries that channel blood to the brain. When Margaret heard the diagnosis, she was in disbelief.



Margaret celebrating her 40th birthday on May 30, 2017.

Learn the signs of stroke

# F.A.S.T.



**FACE  
DROOPING**



**ARM  
WEAKNESS**



**SPEECH  
DIFFICULTY**



**TIME TO  
CALL 9-1-1**



American  
Stroke  
Association.  
A division of the  
American Heart Association.

[stroke.org](http://stroke.org)



Margaret with her mom, Jane at her home in Bloomington, Minn.

## LOSS OF INDEPENDENCE

After five days, Margaret was released from the hospital. Margaret remembers her new reality really hitting her on the drive home.

“I saw people out jogging and I started crying because I love jogging,” said Margaret. “I remember thinking that I might not make a full recovery. That even if I were able to walk normally again, I may not be able to run. I had just turned 40 and jogging was my main way of relieving stress and enjoying being outside.”

Returning home brought its own set of challenges. On top of managing new medications and feeling tired and overwhelmed, there were restrictions she had to abide by including refraining from driving, cooking and exercising alone.

“I felt like I was reverting back to childhood,” she said. “I remember feeling like my independence was taken from me.”

“When the doctor said I had suffered a stroke. I thought, ‘No, there’s got to be a mistake’,” she said.

Stroke is the fifth leading cause of death in the U.S. and a leading cause of long-term disability for adults. According to the American Heart Association, women are disproportionately affected by stroke with an estimated 600,000 more women than men suffering a stroke each year.

At the hospital, doctors performed numerous tests to determine what caused the stroke, but they all came back inconclusive. The only conclusive finding was that the stroke was ischemic, meaning it was caused by a clot and not a hemorrhage. Without a cause, however, the stroke is considered “cryptogenic.” The American Heart Association says that cryptogenic strokes are diagnosed in 25–30% of ischemic stroke cases.



“ I remember feeling like my independence was taken from me. ”

- Margaret Duden

## A TEACHING MOMENT

Despite the physical limitations, Margaret feels fortunate that the stroke didn't affect her cognitive ability.

"I felt like I could deal with physical limitations," she said. "I was okay with that as long as I was still able to communicate, speak normally and continue being a tutor."

Though she knows she "dodged a bullet," she is at an increased risk of suffering another stroke. Since her initial hospitalization, she has had scares and other emergency room visits.

Margaret hopes that sharing her story will raise awareness. In particular, she wants women to know that strokes can happen to young women who are physically active, who don't smoke and who don't have any of the typical risk factors. She also stresses that stroke can present in a variety of ways with atypical symptoms.

"It never crossed my mind that it could possibly be a stroke and I went way too long before I contacted my doctor," she said. "I learned that if anything weird is going on with me that I need to take it seriously and get it checked out."

Margaret made a miraculous recovery and today she's able to drive, cook and exercise with few restrictions. The stroke taught her to embrace moments of rest and gave her a renewed outlook on life.

"Having a stroke made me realize that work isn't everything," Margaret said. "It taught me about the larger picture and what's important in life like being able to appreciate a beautiful day and running in the park."

## JOIN THE MOVEMENT

Margaret will share her story at the 16th annual Twin Cities Go Red for Women signature event on Thursday, February 6, 2020 at the Depot in Downtown Minneapolis. The event will have a new format in 2020 – an evening of empowerment featuring curated bites, inspiring speakers and entertainment. For more information, visit [heart.org/twincitiesgoredevents](http://heart.org/twincitiesgoredevents).



For more information on getting involved in Go Red for Women, visit [heart.org/twincitiesgoredevents](http://heart.org/twincitiesgoredevents)

# AMERICAN HEART ASSOCIATION CALENDAR OF EVENTS

## NATIONAL WEAR RED DAY FRIDAY, FEB 7

### THURSDAY, FEB 6 TWIN CITIES GO RED FOR WOMEN: AN EVENING OF EMPOWERMENT

The Depot, Minneapolis  
5:00 - 8:00 p.m.

This empowering event builds awareness and raises funds to support research and education.

### THURSDAY, FEB 20 AHA DAY AT THE CAPITOL State Office Building, St. Paul 9:00 a.m. - 2:00 p.m.

Join American Heart Association advocates for a day at the Capitol to learn about AHA's issues and meet with lawmakers to create legislative change.

### SATURDAY, MAY 16 TWIN CITIES HEART WALK Target Field, Minneapolis 7:00 a.m. - 1:00 p.m.

Celebrate with survivors, families and companies in a 1- or 3-mile walk to benefit heart disease and stroke research. This event is free and open to the public.

### SATURDAY, FEB 8 GO RED HEALTH EXPO

Mall of America, rotunda  
11:00 a.m. - 3:00 p.m.

Enjoy a student-designed fashion show, a dog fashion show, CPR training, dancing, singing, and more family-friendly fun at this free health expo.

### TUESDAY, APRIL 14 ADVANCING SCIENCES STEAM STUDENT CONFERENCE Target Field, Minneapolis 9:00 a.m. - 4:30 p.m.

Learn more about the cutting-edge research the association is funding here in Minnesota. See local high school students be awarded grants for their scientific presentations.

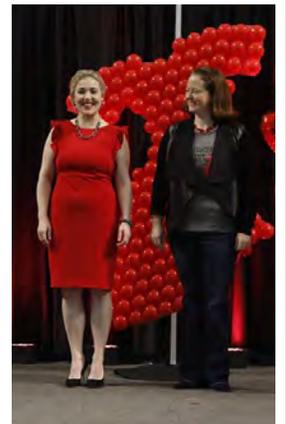
### THURSDAY, MAY 28 ROCHESTER GO RED GALA Hilton Rochester, Mayo Area 5:30 p.m. - 8:30 p.m.

The Rochester Go Red Gala brings together influential people to raise funds to support research and education.

For more information and events visit  
[HEART.ORG/MINNESOTA](http://HEART.ORG/MINNESOTA)



# GO RED HEALTH EXPO



MALL OF AMERICA  
FEBRUARY 8 | 11AM-3PM