



**FACT:**  
Heart disease kills more women than all cancers *combined*.

Women under age 50 are twice as likely to die from a heart attack than men of the same age. Women also have classic symptoms of heart attacks less often than men, so many times they don't receive medical care until it is too late.

Vicki's Clinic at the Kansas City CARE Clinic is a women's heart-health initiative that aims to prevent and screen for heart disease, and provide critical interventions to those most at-risk.

**Activities of Vicki's Clinic include:**

- Education for patients on the risk factors for heart disease, and what a heart attack actually feels like
- Preventive care to reduce risk
- Routine screenings to evaluate heart health
- Purchase of blood-pressure monitors and other heart-health equipment
- Review of patient profiles by St. Luke's Health System cardiologist, who identifies risk factors most necessary for immediate intervention by Clinic staff
- Training for select patients at the Mayo Clinic, so they may bring further education back to their community



**ABOUT THE KANSAS CITY CARE CLINIC**

The Kansas City CARE Clinic (formerly the Kansas City Free Health Clinic) was formed in 1971 and is one of the nation's oldest and largest charitable clinics. The Clinic's mission is to provide basic health care services to people who cannot pay for them and to people challenged with access to basic care.

**2012-13 HIGHLIGHTS**

- 10,800 patients served
- 35,232 appointments made
- 105 full- and part-time staff
- 967 volunteers worked 46,019 hours, a value of more than \$1.3M
- Nearly 90 cents of every dollar goes to direct patient care. This means more of our donors' dollars go to help patients, and as contributions increase, so does the number of people we can help

Want to help make a difference in the lives of our patients? Go to [www.kccareclinic.org/donate](http://www.kccareclinic.org/donate), or scan the QR code on your mobile device. **While there, you will have the option to make your donation count directly for Vicki's Clinic.**



**Thank you—you are now a part of our mission!**

**KANSAS CITY CARE CLINIC**

3515 Broadway | Kansas City MO | 64111  
6400 Prospect | Kansas City, MO | 64132



816.753.5144  
[www.kccareclinic.org](http://www.kccareclinic.org)



**VICKI'S CLINIC**

*Prevention and treatment of heart disease in Kansas City's most at-risk women.*



**KC CARE**  
Clinic

[www.kccareclinic.org/vickisclinic](http://www.kccareclinic.org/vickisclinic)  
[www.facebook.com/vickisclinic](https://www.facebook.com/vickisclinic)

HEART DISEASE IS THE

# #1

## KILLER OF WOMEN WORLDWIDE



9 MILLION DIE EACH YEAR



A WOMAN IS

# 10X

MORE LIKELY TO DIE OF HEART DISEASE THAN BREAST CANCER



UP TO **82%**  
OF HEART DISEASE IS  
PREVENTABLE

## THE FACTS

Heart disease is the #1 cause of death among women worldwide. One in three women over the age of 20 has some form of cardiovascular disease.

### RISK FACTORS FOR A HEART ATTACK

YOU CANNOT CONTROL:

- Family history of early-onset heart disease
- Age (55+ for women)
- Congenital heart defects
- Race/ethnicity

YOU CAN CONTROL:

- Smoking
- High blood pressure
- High blood cholesterol and high triglyceride levels
- Poor eating habits
- Lack of physical activity
- Diabetes and Prediabetes
- Alcohol consumption
- Stress

### WARNING SIGNS OF A HEART ATTACK

- Chest pain, discomfort, squeezing or pressure
- Unusual upper body pain or discomfort
- Breaking out in a cold sweat
- Unusual or unexplained fatigue
- Nausea and vomiting
- Light-headedness or sudden dizziness

**IF YOU HAVE ANY OF THESE SYMPTOMS, DIAL 9-1-1 IMMEDIATELY!**



## MAKING A DIFFERENCE IN MEMORY OF A FRIEND

In the spirit of sisterhood, Vicki's story inspired a group of "girlfriends" and neighbors (including Vicki's sister, Leslie) to make a tangible impact on women's heart health in the Kansas City community. They found the perfect partner in the Kansas City CARE Clinic, one of the largest and oldest charitable clinics in the nation.

Hoping to raise a couple thousand dollars in the first year to fund "Vicki's Clinic," the women pooled their talents and planned the first fundraiser, "And The Beat Goes On..." Thus began a grassroots, community-driven event that to date has raised tens of thousands of dollars for Vicki's Clinic. More than a fundraiser, though, the event also brought support and collaboration from health care providers, institutions and volunteers from all over Kansas City.



*Founding members of "And the Beat Goes On..." advisory group at the 2012 inaugural event*



### VICKI'S STORY

**On October 8, 2005, Vicki Russo McCombs lost her battle with heart disease without even knowing she was in a fight.**

Vicki was an active 53-year-old woman – a wife, mother, sister and friend. One minute, she was laughing, talking and having dinner with her husband. In the next minute, she was gone.

Until Vicki lost her life, her family didn't know that heart disease is the number one killer of women, taking the lives of more women than the next three causes of death combined. In memory of Vicki, her family and friends banded together to create "And the Beat Goes On...", an annual event that funds "Vicki's Clinic" at the Kansas City CARE Clinic.

The best weapons in the fight against heart disease are education and screening. Knowing the warning signs, talking to healthcare professionals about risks, and incorporating a conversation about heart health with your doctor are the first critical steps to saving lives. "Vicki's Clinic" at the Kansas City CARE Clinic does this for underserved women in our community, and in this way Vicki's legacy lives on.