



"Strong at Heart" Heart Disease & "Help" Disease in Women

Heart disease is the No. 1 killer of women in the U.S. "Help" disease – a habit of offering help but never asking for it – may be an equally dangerous condition for American women at the dawn of the 21st century. A heart-attack survivor at age 35 and a self-described "recovering Superwoman," Kristine Breese speaks on both conditions with authority, humor and hope.

In an inspiring presentation, Breese speaks about the warning signs she ignored about her own health and the signposts she now uses to gauge and balance her physical and emotional well-being. She offers concrete advice about setting priorities, establishing boundaries and learning how to ask for help.

Breese speaks from the heart about the heart – both literally and figuratively. "Did you know that before the heart pumps blood to any other part of the body, even the brain, it first feeds itself? This is because it 'knows' that it must first care for itself before it can care for the whole," she instructs. "This is an analogy women should embrace. Women must learn that caring for themselves is not selfish – but is the most important thing they can do."

Breese leaves her audience with concrete action steps to take to manage their physical health and enhance their quality of life and peace of mind.