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SHU Hosts Inspiring Exhibit Focused on Cardiovascular Disease

Jonathan Walker, Sacred Heart University

Available at: https://works.bepress.com/jonathan-walker/1/
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Sacred Heart University hosted a reception last week for the opening of the American Heart Association’s “Faces of Heart Gallery.” The exhibit was set up in the Art & Design Gallery at SHU’s Edgerton Center, sponsored by Stamford Hospital’s Heart & Vascular Institute and supported by SHU’s College of Health Professions.

The show offers an inspiring collection of photographs and stories of courage, strength and hope in the face of cardiovascular disease and stroke.

“The exhibit is meant to remind us how we all – no matter our age – may be vulnerable to a heart attack or stroke,” said Jon Walker, associate professor and chair, Art & Design, at SHU.

Four related programs were developed to align with the gallery exhibit. On October 3, members of SHU’s Student Nurses Association offered free blood pressure and heart rate screenings. On October 8, Deena Kay, director of Go Red For Women in Fairfield County, led a night filled with conversations about women’s health, nutrition and fitness. On October 9, an AHA representative demonstrated hands-on CPR and health-care professionals were on hand to discuss electronic health records and how they impact the medical experience.

Walker encouraged the entire University community to take the time to walk through the exhibit before heading home or going to class.

“Cardiovascular health is an issue that begins when you are young and affects us as we get older,” Walker notes. “It is never too soon to learn about a heart-healthy lifestyle and learn from the inspirational stories of these survivors of cardiovascular disease and stroke.”

Some startling facts about heart disease:

- Heart disease kills more women than all forms of cancer combined.
- Most people who experience cardiac arrest at home, work or in a public location die because they didn’t receive immediate CPR from someone on the scene.

Eleven photographs, along with 16 information graphics, are featured in the “Faces of Heart Gallery” exhibit, scheduled to be on display at SHU’s 5151 Park Avenue campus through October 13.