

Because of Dr. Marrouche, I'm here to share my story with you today.

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One day, I was going about my busy life.

A few days later, I wondered what my future held. When I first felt a flutter in my chest, I thought it was nothing. Like so many women, I brushed it off as stress or fatigue. But I was actually experiencing atrial fibrillation, or AFib — an irregular heartbeat. Just a few days later, I had a stroke.

This terrifying experience changed my life forever. I was lucky to find the care and support I needed at the Tulane University Heart and Vascular Institute. First, they provided the immediate and expert care I needed to survive and recover. Then, under the compassionate guidance of Dr. Nassir Marrouche, I learned how to successfully manage my heart condition.

Dr. Marrouche and his team do more than treat heart conditions. They're revolutionizing how we understand, prevent and manage heart disease. At the TRIAD Center, they're pioneering research that helps diagnose heart disorders earlier, prevent them, and lessen the effects of aging on the heart. They gave me a second chance with my daughters and my husband — and I'm profoundly grateful.

When you are given such a precious gift, it makes you want to give back. That's why I'm writing to you today, during American Heart Month. There is no better time to focus on our heart health and the exceptional work being done at Tulane University Heart and Vascular Institute. Work that saved my life. And work that simply can't be done without your help.

I wouldn't be here today if not for the generosity of others. That selfless generosity is what makes it possible for Tulane University Heart and Vascular Institute to continue providing:

- Cutting-edge care: Advanced treatments and life-saving procedures that give patients hope and healing.
- Innovative research: Breakthroughs that lead to earlier diagnoses and better outcomes for heart patients.
- Community education: Programs that empower people to recognize the signs of heart disease and take proactive steps to protect their health.

While I am living proof of the power of your generosity, many others are relying on Tulane University Heart and Vascular Institute right now for their second chance.

Visit [**giving.tulane.edu/triad**](http://giving.tulane.edu/triad) to make your secure online gift. Heart disease is the leading cause of death. Every dollar you give provides someone like me with a second chance.