President’s Message February 2022

A picture containing acarine, fruit

Description automatically generatedFebruary is designated *American Heart Month,* a title that can refer to both heart health and love. While men develop heart disease at a younger age than women, it’s still the leading cause of death for both genders. Hadassah has long understood the importance of educating woman about their risks of heart disease and the actions that can prevent it. Along with ongoing medical care and research at Hadassah Medical Organization (HMO) to promote healthy eating and exercise, Hadassah also understands that friendship and connection are essential tools in the fight against heart disease. The work that we do as volunteers at Hadassah brings us together and gives our lives meaning.

**HMO Update**: HMO’s most recent lifesaving research highlights the power of medicine and technology. [A recent study determined](https://www.techregister.co.uk/smartphone-voice-analysis-may-identify-pulmonary-congestion-in-acute-decompensated-hf/) that using a smartphone app can allow automated speech to be finely analyzed to detect an overload of pulmonary fluid found in patients with acute decompensated heart failure (ADHF). This malady is a clinical syndrome indicative of new or worsening signs and symptoms of heart failure. The study was published in an issue of a *Journal of the American College of Cardiology* focused on heart failure. Prof. Offer Amir, director of Hadassah’s Heart Institute in Jerusalem, wrote, “Most [patients with heart failure present with fluid retention](https://www.healio.com/news/cardiology/20200403/voice-analysis-could-play-role-in-telemedicine-congestive-hf-care), which manifests as worsening dyspnea caused by pulmonary edema.” Further, he wrote, “because pulmonary congestion is not only the predominant contributor to heart failure hospitalization but also a major predictor of poor post discharge outcomes, frequent monitoring for pulmonary congestion has been proposed as a means to keep patients well and out of the hospital.” The researchers are heartened that “this speaker verification-based concept has the potential to serve as a new tool in the in-hospital and the remote armamentarium for assessment of pulmonary congestion in patients with heart failure.”

A person kissing another person

Description automatically generated with medium confidence**Membership Update:** Connection to others and having purpose remain two essential elements of a healthy life. Research consistently validates that social isolation has catastrophic physical and mental health consequences. Belonging to Hadassah membership means being part of an amazing community of likeminded women who use the power of collaboration to change the world. Recently, Hadassah presented a Zoom conference entitled the Power of Purpose. The 250+ participants were treated to the wisdom of women who are making their mark in the world in leadership and empowerment, women’s health equity, pro-Israel activism and civic engagement. Opportunities for this kind of inspiration are part of the power of membership in Hadassah. Consider sharing this power by [giving a Hadassah membership](https://www.hadassah.org/join), either an annual membership or life membership, to someone you care about and help them feel the Power of Women Who DO. Celebrate a special occasion like a newborn baby or bat mitzvah with the gift of a child life membership.

**Health and Wellness**: Empower yourself to take charge of your own heart health. There are remarkable videos available to you on the Hadassah website. [Here you can find](https://www.hadassah.org/how-we-help/health-wellness#wellness-programs) cooking videos with chef Julie Ohana, exercise videos including beginning yoga, and tools to combat stress though mindfulness. Be on the lookout for an upcoming webinar focused on heart health scheduled for February 28, 2022, at 6:45 pm ET. A new tool kit will be introduced so we can support each other as we support ourselves.

Happy Heart Health Month!