Heart Healthy Habits in Action

To encourage students to act and live healthy lives, the program integrates daily heart healthy practices including exercise and diet for the students to model. Students participate in a daily, one-hour personal training sessions by a certified personal trainer, that include both cardiovascular and strength training exercises. Appropriate exercise equipment will be made available to students to participate in personal training sessions. The students will keep food diaries to track their nutritional intake. Students are served a wide variety of heart healthy breakfast and lunch options every day of the program.

“This program is designed to instill a respect and love in high school students for the science and art of medicine, focusing on cardiology. This is a unique opportunity to make these young minds interested in the most important area of medicine.” – Martha Gulati, MD, MS, FAHA FACC FASPC

Cardiology Division Chief, Cardiology Division Chief of Cardiology for the UA College of Medicine – Phoenix and Physician Executive Director for the Banner University Medicine Heart Institute.

Irene H. Bailey

Maria Bailey Benson is the Founder of the Red Dress Cocktail Party and Fashion Show. The charity was founded to bring awareness about heart disease. Heart disease is the leading cause of death for women in the United States. 1 in 2 women live with heart disease in the United States. 1 in 5 women die from it. Maria’s mother, Irene H. Bailey, was a 1 in 5. Maria’s mother was only 53 when she passed away from what she thought was indigestion, but was a heart attack. As Maria stresses that when her mother passed, “there wasn’t a lot of information about the signs of heart disease and people weren’t talking about how women had different symptoms than men.” In addition to her mother, Benson’s grandmother and aunt died of heart disease. This spurred Maria to action and she started the fundraiser nine years ago.

The Irene H. Bailey Cardiology Academy is funded in part by the Red Dress Cocktail Party.

The Irene H. Bailey Cardiology Academy’s goal is to provide underrepresented/lower socioeconomic status high school students who have an interest in science with the opportunity to:

❤️ Learn and apply science concepts and inquiry skills by doing hands on laboratory and clinical activities.

❤️ Explore the variety of academic programs and career choices in the fields of science and medicine.

❤️ Develop mentoring relationships with graduate and medical school students, scientists, clinicians, and other healthcare professional

Five-day program from March 9 through March 13, 2020

IBCA is supported by:
<table>
<thead>
<tr>
<th>Modules</th>
<th>Curriculum</th>
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<tbody>
<tr>
<td><strong>Module 1: The Heart 101</strong> Monday, 3/9/20</td>
<td>Students participate in &quot;What is the Heart?&quot; lecture to review the basic anatomy and physiology of the heart and arteries, perform a dissection of a pig heart, analyze normal and blocked artery angiograms, and discuss mechanical procedures (i.e. stenting), lifestyle changes and medications available to heart attack patients.</td>
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<tr>
<td><strong>Module 2: Heart Surgery and Disease</strong> Tuesday, 3/10/20</td>
<td>Moderated by a cardiac surgeon, cardiologist and nurse, students observe and interact with a real-time cardiac surgery from a videoconferencing room. Students discuss how heart disease of a population is studied and reported by discussing the current statistics available on women, men and different races and ethnicities.</td>
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<tr>
<td><strong>Module 3: Heart Testing and Heart Healing</strong> Wednesday, 3/11/20</td>
<td>Students learn about the different types of modalities of testing the heart (echocardiogram, stress echocardiogram, transesophageal echocardiograms, cardiac nuclear imaging) and rehabilitating the heart by visiting the Stress Laboratory and Cardiac Rehabilitation Center.</td>
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<tr>
<td><strong>Module 4: Heart Disease Risk</strong> Thursday, 3/12/20</td>
<td>Students discuss the behavioral risk factors that can be controlled to decrease the chances of developing heart disease. Under the guidance of two dietitians, the students review their food diaries, analyze their nutritional intake and create individual plans to add healthier foods to their diets. Students define heart failure and learn about the conventional and advanced therapies available to treat heart failure. Students can observe and handle models of heart pumps and catheter laboratory equipment.</td>
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<tr>
<td><strong>Module 5: How to Save the Heart</strong> Friday, 3/13/20</td>
<td>Students participate in a hands-on clinical workshop to learn about the electrophysiology of the heart and available devices and treatments for patients, including ICD's, defibrillators and pacemakers. Students receive training in Basic Life Support (BLS) and Cardiopulmonary Resuscitation (CPR).</td>
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**Irene H. Bailey Cardiology Academy**

The Irene H. Bailey Cardiology Academy (IBCA) is a 5-day program designed to educate high school students to consider pursuing a science or medical career, in the field of cardiology and cardiovascular health. This program is offered to 16 high school students who are entering their senior year of high school. The students are selected to participate in IBCA based on an application process. Breakfast and lunch as well as a transportation stipend will be provided for all 5 days.

**IBCA Graduation**

The University of Arizona College of Medicine-Phoenix and Banner Health faculty and staff along with parents and family members of the IBCA participants will celebrate the successful completion of the program at the IBCA Graduation on Friday, March 13, 2020.

All students are awarded a certificate and lab coat that they receive from participating in the program. After the ceremony, the students and guests will enjoy food and refreshments.

**Apply Online:**

For questions, contact the University of Arizona College of Medicine-Phoenix Office of Diversity and Inclusion at 602.827-2575.

Email: comphx-diversity@email.arizona.edu