

## Fight the N°1 killer of women: HEART DISEASE.

- At WHHC our aim is to improve women's cardiovascular health and reduce burden of disease through awareness prevention, screening, primary treatment and advocacy
- Early detection can make all the difference. At WHHC we encourage women over 45 years for an annual checkup.

Five years have gone by, and our hearts continue to love, care, and protect the hearts of mothers, sisters and daughters.

"Our hand" (Yaduna) remains on our hearts, ready to help, and always present. Our will is solid and is accompanied by strong determination and constructive cooperation with the Ministry of Health and Social Affairs to develop and modernize the Women's Heart Health Center in order to enable it to receive as many Lebanese women as possible.

The message of awareness and guidance continues to be practiced as a contribution to the promotion of prevention measures. Together we fortify the affectionate «heart» that protects our society and the next generation of the future.

Heart by heart, Yaduna will remain in your hands.

**Wafaa Michel Sleiman**  
President of Yaduna Foundation - WHHC

## To celebrate, more to aspire for!

As we celebrate 5 years of progress and stellar achievements by WHHC, we can be proud of the Woman Heart initiative of YADUNA.

Cardiovascular diseases are running at an unprecedented pace in Lebanon and the region driven by violence, political, economic, lifestyle and environmental perils. A milestone indeed, WHHC has matured and is contributing substantially towards bolstering cardiovascular health among Lebanese women. Thanks to leadership and efforts of Mrs. Wafaa Sleiman and her dedicated supporters, YADUNA is making big strides, becoming a national and global benchmark in the domain of Heart Health.

The WHHC team has worked hard and long towards implementation of the highest standards and realizing big goals, namely advocacy, enhanced awareness and screening for silent cardiovascular disease among "healthy adult women". Talent and technology are working in total synchrony and are exerting measurable impact on early diagnosis, prevention and early intervention of heart disease. The results so far have disclosed unexpected and substantial burden of disease within our society. Unquestionably, this predicament justifies all the energy, time and resources expended to this end. All that stated, where do we go from here?

While we have every reason to celebrate the big accomplishments, it behooves us to boost our efforts to intensify the impact and widen the extent and depth of our endeavors. We must protect, connect and inspire the largest target audience. Reaching out to the diversified Lebanese communities should be our passion and defines the leadership vision. Serving and Networking with primary health centers running under the auspices and leadership of ministry of health is already a striking actuality. Working and Collaborating with St Joseph and AUB universities in research and other academic domains has become a reality and represents a giant step towards ascendancy.

We are gratified and delighted that YADUNA is leading global efforts in fighting heart disease and stroke, a declared critical challenge of contemporary Medicine. The entire team is enthusiastic and remain committed to moving forward with the distinguished legacy of human service.

I thank the entire YADUNA family for the support and dedication and wish the center relentless success.

**Samir Alam, MD, FACC, FRCP**  
Professor of Medicine - Cardiology  
Chief of Staff  
American University of Beirut  
Faculty of Medicine and Medical Center  
Board of Trustees and Directors Yaduna - WHHC

**For Yaduna's 5th anniversary, how about you celebrate this occasion with us with these 5-ingredients heart-healthy flourless brownies!**

**You will need:**

- 3 medium mashed ripe bananas
- ½ cup of smooth almond butter
- 2 tablespoons of pure dark cocoa powder (at least 60% cocoa)
- A pinch of salt to enhance the taste
- Dark chocolate chips

**Instructions:**

Preheat your oven to 180°C, then grease a cake pan with some vegetable spray oil and set it aside.

Melt your almond butter in the microwave. Transfer it to a mixing bowl, and then add the mashed bananas, the cocoa powder, the dark chocolate chips and the pinch of salt. Mix them very well.

Pour your mixture into the greased cake pan and bake for around 20 minutes. Remove from the oven and do not slice the brownies into small pieces before you allow them to cool completely.

**Now, why are these brownies heart-healthy?**

These brownies do not contain any added or refined sugars. Their texture allows you not to add any flour; therefore, it is a smart recipe if you are controlling the number of carbohydrates in your diet.

Dark cocoa powder and dark chocolate chips contain bioactive flavanols which are antioxidants that participate in the prevention of heart diseases and strokes, according to studies published in the Journal of the American Heart Association.

Furthermore, bananas are full of Potassium that helps in the regulation of blood pressure.

Finally, studies have also shown that almonds and almond butter can play a role in cholesterol-lowering diets by raising HDL levels and lowering LDL levels significantly. They are also a good source of fibers and calcium.

**Enjoy these brownies with us and may every anniversary of ours bring you nothing but a healthy heart!**

**Stéphanie Nassar**

Clinical and Community Dietitian / Yaduna - WHHC

*(Ref: American Heart Association)*

“ I know a common saying, “If you find a job you love, you will never have to work a day in your life.” This is exactly what I can say about the five years of my life that have passed at a glance in Yaduna, Women’s Heart Health Center.

My profession stems from 5 years of experience as a social worker in the Women’s Heart Health Center, which aims to protect Lebanese women from cardiovascular disease.

My duty is to organize lectures on awareness and guidance. We have organized more than 320 lectures in various Lebanese regions, in cooperation with several municipalities, the Ministry of Health, the Ministry of Social Affairs, clinics, schools, fraternities, associations, women’s gatherings and festivals. These lectures have reached over 25,000 women who have benefited from medical information provided by cardiologists, nutrition guidelines by nutritionists, and social and psychosocial advice that help and stimulate the prevention of this malignant disease, which is the leading cause of death for women in the world and in Lebanon!

I also study the social and physical situation of women who do not benefit from any health coverage and intend to carry out preliminary medical examinations to assist early detection. The Center offers discounts on these examinations according to their status within the scope of professional confidentiality.

I also provide social guidance through follow-up sessions where women are referred to other specialized associations or centers, depending on their needs and problems.

I decided to continue my studies in a field that serves the Association and its beneficiaries, and also helps me develop my skills so that I can continue to practice my profession and provide the newest services of its kind. Because the heart is the refuge of emotions, my MA thesis, “Psychological Follow-up,” addressed the importance of this follow-up in our center for the prevention of cardiovascular diseases not only from the medical and nutritional point of view but also psychologically and socially. This is confirmed by the significant medical and psychological changes in women who participated in many of the individual and group social intervention sessions I conducted at the Center during the training of some students in this field.

I am proud and honored to be a member of Yaduna’s small but unique and professional team.

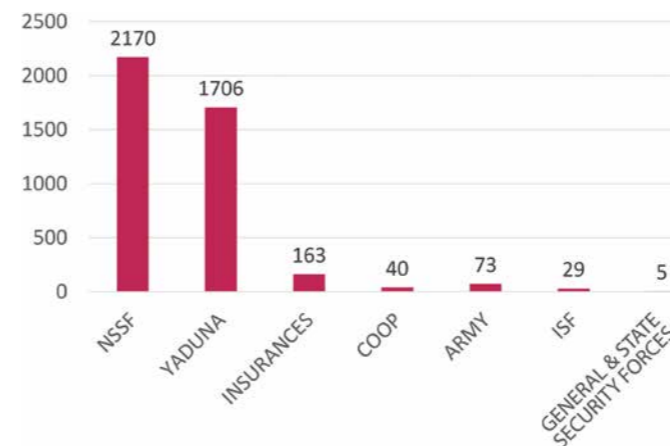
Here’s a toast to the 5 years that have passed and another toast to the 5 years to come!

**Diana El Helou**  
Social Worker / Yaduna -WHHC

**After 5 Years Of Operation At WHHC (7/2013 until 4/2018)**

Cardiology consultation: **4,186 women**  
Follow up visits: **9,394 women**  
Dietitian consultation: **1,638 women**  
Follow up consultations: **4,557 women**  
Laboratory Tests: **7,507**  
Electrocardiogram: **6,405**  
CT Calcium Score: **2,992**  
Ultra Sound Heart: **2,642**  
Chest X-ray: **256**

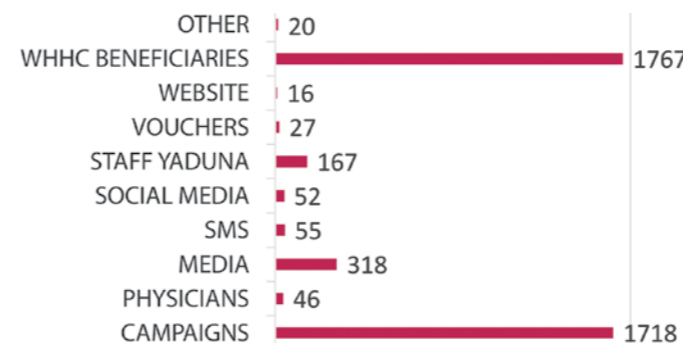
**MEDICAL COVERAGE:**



**WHHC VISION:** To become a model of excellence in preventive and primary treatment of cardiovascular disease in women, regardless of their social and economic background.

From the spirit of WHHC vision, the division of women shows that 41% of WHHC population does not have any medical coverage (underprivileged), 52% were covered by the National Social Security Fund, 4% by the insurance companies and the remaining were divided between army, COOP, ISF ...

**WOMEN REFERRAL:**



As you can see, the majority of women that are visiting WHHC are coming through other women who benefited from the center’s services, which means the high satisfaction rate that is resulting by the high number of women coming by WORD OF MOUTH.

One of YADUNA-WHHC activities is the awareness campaigns that are done throughout LEBANON and are crucial to inform the population about cardiovascular diseases and prevention. As a result of these campaigns, women are coming to WHHC to get screened. Media plays also a role in encouraging women to get screened.

**Ghada Akiki**  
Chief Operating Officer / Yaduna-WHHC

“ The Women Heart Health Center founded by Yaduna Organization in 2013, is a medical centre designed to spread awareness and education -especially among women aged 45 years or older- on the urgency and importance of carrying preventive medical examinations in order to protect them from “cardiovascular disease”, being the number one killer of women in Lebanon and worldwide, while offering them a financial medical support.

I have had the privilege of starting to participate in the mission of this humanitarian medical facility since its establishment, as a cardiologist referred by the American University of Beirut Medical Centre, which is one of the MOU partners who participated in the establishment of Yaduna-WHHC.

Yaduna’s mission and our vision as medical doctors specialized in cardiology is one. We believe that we support a great humanitarian cause, to which attention is not drawn enough. Our role does not lie in only applying our knowledge coldly, otherwise we participate in this sacred cause with the ultimate faith that giving without anything in return, is the best thing one can do to others.

The greatness of giving lies in ensuring that we do not detract from the dignity of the receiver. For the greatness of a man is measured by what he offers to his fellow man.

This is the approach of Yaduna, and our approach, which has achieved excellent results in the area of women’s education and treatment during the first five years of its life.

**Dr. Ziad Itani**  
Cardiologist /Yaduna- WHHC

**From our first patient Samira Neimeh**

“ For the past 5 years, my daughter and I have been undergoing annual heart checkups, thanks to Yaduna and the Women Heart Health Center’s TV announcement. We thank all those who contributed to the establishment of this center where I met the kindest of staff and doctors. Their dedicated care and humanistic approach are just beyond description.



**Donate to Save a Heart**  
Call us on 05-923229  
Follow us on social media



# 5 Years in Pictures

# ٥ سنوات في صور

2013



2014



2015



2016



2017



2018

