



The Children's Heart Foundation™ E-newsletter

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Upcoming Events

June 7: [Heart Warrior Walk](#)

Cresson, PA

Join the Pennsylvania Chapter for a walk to honor heart warriors. Proceeds benefit CHF. [Click here](#) to register.

June 7: [Delaware Valley Congenital Heart Walk](#)

Wayne, PA

Wilson Farm Park

June 13: [Chicago Congenital Heart Walk](#)

Chicago, IL

Lincoln Park Rowing Lagoon

June 13: [San Francisco Congenital Heart Walk](#)

San Francisco, CA

Lakeside Park

June 14: [Hayden's Outing](#)

Fond Du Lac, WI

The 5th annual golf outing will take place at Whispering Springs Golf Course on June 14th. The money we raise goes directly to CHF. To register, [click here](#).

CHD Research Makes Breakthrough



Research performed by Dr. Patrick Jay, associate professor of pediatrics at the Washington School of Medicine in St. Louis, Missouri, and his colleagues, recently made a significant breakthrough. In a mouse model of congenital heart disease, exercise by mothers before becoming pregnant can reduce the risk of heart defects in their offspring who carry a disease-causing mutation.

Many factors besides the direct cause determine whether a person develops a heart defect and how severe it is. Some individuals who are exposed to a cause, such as a genetic mutation, still develop normal hearts. The Jay lab asks why, with the hope that understanding the factors that reduce risk in some individuals can help to develop novel strategies for prevention.

In humans, the age of the mother is associated with the risk of congenital heart disease. The maternal age-associated risk exists for baby mice that carry a genetic mutation too. Contrary to conventional wisdom, however, ovarian transplant experiments between young and old mothers proved that the risk was related to something in the mother rather than the egg. Most strikingly, a modest amount of exercise by mothers before they become pregnant mitigates the age-associated risk. The risk of heart defects was cut in half for the offspring of older mothers who exercised; their risk was equal to the low risk for the offspring of young mothers.

The experiments prove in principle that it is possible to prevent congenital heart disease by treating the mother rather than the

June 19: [More Miles More Smiles 5K](#)

St. Louis, MO

This 5K run/1 mile walk is for all ages and abilities! Proceeds benefit the CHF Missouri Chapter. To register, [click here](#).

June 28: [Wine Rides](#)

Salem, OR

Join the Oregon chapter for one their popular annual wine rides, featuring quiet, rural roads and beautiful wine country. Read more about the wine ride [here](#). To register, [click here](#).

June 28: [Greater Los Angeles Congenital Heart Walk](#)

Los Angeles, CA

Griffith Park - Crystal Springs Picnic Area

June 28: [Greater Pittsburgh Congenital Heart Walk](#)

McCandless Township, PA

North Park Boathouse

July 2: [Family Fun Event](#)

Tulsa, OK

Dinner, raffles, and a silent auction. Tickets are \$50 for adults and \$25 for kids ages 12 -18 (kids 12 & under are free). All proceeds benefit CHF. [Click here](#) to purchase tickets. For more information contact [Nicole Camp](#).



[The Children's Heart Foundation](#) (CHF) is the nation's leading organization solely committed

genetic mutation in the embryo. Granted, the study was performed in mice, but the results illuminate opportunities for research that could make an impact on the health of children and the lives of their families.

Dr. Jay's research was published in the journal *Nature*, and was reported on by the [New York Times](#) and FitPregnancy.

A project of Dr. Jay's was funded by CHF in 2012: ["Genes that Prevent Congenital Heart Disease"](#).

"The Children's Heart Foundation helped my lab get off the ground," said Dr. Jay. "The families who contribute to the foundation should know that they have had a real impact on the science. I truly appreciate the work that they all do!"

Dr. Jay also sits on CHF's Medical Advisory Board, which helps CHF decide which research proposals to give grants to each year.

Congenital Heart Walk Update

The 2015 [Congenital Heart Walk](#) season is in full swing! So far, 13 walks have taken place across the country and have raised over **\$1,000,000** for CHF and the ACHA!!

The first-ever Nashville Congenital Heart Walk, which took place May 16th, raised over \$54,000 - which is more than *double* their original fundraising goal! Way to go Nashville walkers! The Long Island Congenital Heart Walk was also a huge success, raising over \$120,000!

This month, the Delaware Valley, Chicago, San Francisco, Greater Pittsburgh, and Greater Los Angeles walks will take place! For more information about these upcoming walks, and to register or make a donation, [click here](#).

Thank you to everyone who has walked, donated, volunteered, or sponsored one of the walks this year! Without these fundraising efforts, we would not be able to fulfill our mission.

to funding Congenital Heart Defect (CHD) research.

CHF's mission is to fund the most promising research to advance the diagnosis, treatment, and prevention of CHDs. Our goal is to bring health, hope, and happiness to children and families impacted by CHDs.

Donate Now!



View more photos from the 2015 walks [here](#).

Memorializing or Honoring a Loved One

Olivia Guerriero, a volunteer who is currently working to develop a CHF North Carolina Chapter, shares her story of why she decided to get involved with The Children's Heart Foundation:

"Cooper was born on February 2, 2014 - Superbowl Sunday! - to first-time parents Kelly and Erik. At Kelly's 20-week ultrasound, there was a problem finding Cooper's heartbeat. After a closer look by the doctor and running some tests, it was discovered that Cooper had two CHDs: Tetralogy of Fallot and Complete Atrioventricular Canal Defect. Their cardiologist told them that Cooper's defects required open heart surgery.

After spending 91 days in the NICU at Boston Children's Hospital, it was determined that his surgery would need to be performed in June due to the severity of his defects. Cooper went in for open heart surgery on June 30th at just 5 months of age. Although he fought as hard as



he could, complications from the surgery proved to be too much for his little heart. Cooper passed away on July 17, 2014 in the company of his loving mother, father, and twin brother. In his memory, Cooper's Uncle Mike and Aunt Olivia are determined to support the mission of The Children's Heart Foundation to fund CHD research by developing a chapter in their home state of North Carolina." - Olivia

If you or someone you know is interested in hosting an event or fundraiser in honor or memory of a loved one with a CHD, please email info@childrensheartfoundation.org and we will help you get started.

Want to get involved with the developing North Carolina Chapter Please contact Olivia at CHFNC@childrensheartfoundation.org.



www.childrensheartfoundation.org
info@childrensheartfoundation.org

The Children's Heart Foundation is a 501(c)(3) tax-exempt charitable organization.

