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community impact |

Turning Tragedy INTO TRIUMPH

Heart Screening Coming To Ahwatukee In August!

By **Kim Tarnopolski**, Chief Community Builder, 100+ Women Who Care Valley of the Sun
Sponsored By **Parker & Sons**



Life is an ongoing dance. We move in the rhythm of a flamboyant salsa when celebrating. We do what we can to

waltz through obstacles with grace. When tragedy strikes, we do our best to get our dancing shoes back on, keep smiling and find a purpose bigger than our grief. Sharon Bates did just that in 2002.

The Anthony Bates Foundation came out of the tragic loss of Sharon's son Anthony in 2002. He died from undiagnosed cardiomyopathy (HCM) at the young age of 20. As a football player at Mountain Pointe High School and Kansas State University, Anthony appeared to be all things strong and healthy. Unfortunately, his heart hid a deadly secret.

After Anthony's passing, Sharon learned that HCM is a genetic disease that attacks the heart muscle, typically during the teenage years. The only way to detect HCM in our active kids is through an echocardiogram of the heart. Unfortunately, this test is not part

of a routine sports physical. Sadly, HCM holds a staggering and sobering statistic on the number of childhoods the disease steals.

For Sharon, the astonishing data did not matter because it was her child that was the statistic. As a result, Sharon has made it her life's purpose to promote heart health and education in our communities. She learned how to dance again by successfully producing community heart screening events in an effort to save lives through early diagnosis.

One of these proactive heart screening events is coming to Ahwatukee on August 27th! This event is made possible because of donations from the incredible members of 100+ Women Who Care Valley of the Sun. The event on August 27th will be held at the Foothills Golf Club from 10am to 4pm and is open to anyone 10 years of age and older. The screening tests include a blood pressure check, electrocardiogram and echocardiogram/ultrasound of the heart which will seek to identify preventable Sudden Cardiac Arrest (SCA). Yes, preventable!!

Schedule your appointment for this event today at www.anthonybates.org or call 602-482-5606. A tax deductible donation of \$40 will help the Anthony Bates Foundation continue to protect Arizona families. Volunteers are needed too. A second event is being held at Horizon High School in Scottsdale on August 14th.

Learn more about 100+ Women Who Care Valley of the Sun at: www.100wvcvalleyofthesun.org.



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