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AHA Announces New National Research Awards

The American Heart Association's National Center Research Program is providing research support to 307 new awardees in 1993-1994 and has committed $47.7 million to support these new awards for the next 1 to 5 years. The AHA continues to support an additional 707 awards that were initiated from 1989 through 1992.

The AHA's National Center Research Program supports two types of awards: project support awards and salary support awards. Project support awards, or grants-in-aid, are used to purchase supplies and equipment and other items needed to test a specific hypothesis. Of the 307 new awardees, 175 are receiving grants-in-aid. Salary support awards pay all or part of an individual's salary while that individual develops the skills and experience needed to initiate or develop a career as an independent scientific investigator. One hundred and thirty-two of the new awards for 1993-1994 provide salary support.


In addition to the projects funded by the national research program, AHA affiliates throughout the United States support scientific research projects via their own research programs.

The newly funded awards for 1993-1994 will support research in the broad field of cardiovascular function and disease as well as stroke. Arteriosclerosis, behavioral medicine, cerebral circulation and cerebrovascular disease, behavior, epidemiology, genetics and gene regulation, heart failure, hypertension, kidney properties, lipid metabolism, nutrition, preventive medicine, pulmonary function, thrombosis, and properties of the vascular wall are some of the areas being explored by the investigators supported through these AHA awards.

The names of the new 1993-1994 national research program awardees, the titles of their projects, their institutions, and approved award periods are available on request. Contact the Division of Research Administration, American Heart Association, 7272 Greenville Avenue, Dallas, TX 75231-4596. Telephone 214-706-1450. Fax 214-706-1341.

Publications Available From the AHA

Are Your Kids Getting a Head Start on Heart Disease? This leaflet highlights risk factors and prevention of cardiovascular disease for children. It includes a new graphic depicting how AHA dollars are spent and a receipt for the donor. Order No. 02-9217.

The FITT Kit. The FITT Kit, developed by volunteers and staff from the AHA and the American Alliance for Health, Physical Education, Recreation and Dance, focuses on the FITT concept (frequency, intensity, time, and type), the foundation for healthful aerobic exercise. It contains a 35-minute video, a teacher's guide, a jump rope curriculum guide, six laminated lesson plan cards, a plastic wall chart, two colorful posters, and a reward stamp. The video shows students how to exercise properly, using jumping rope as an example. The teacher's guide explains the 12 lessons and suggests reinforcement activities. Order No. 06-0216.

Get Fit With the FITT Kit. This three-panel brochure promotes the FITT Kit and the Jump Rope for Heart event to physical education instructors, teachers, and school principals. It emphasizes the growing need to teach children the benefits of regular aerobic exercise and describes how the FITT Kit can help. Order No. 06-3331.

Who Killed Eldon Finney? This entertaining VHS video from the Schoolsite Middle School Program "Heart Decisions" presents a message appropriate for all ages. It features Manderville Nails, a fictional private detective, searching for the killer of Eldon Finney. Focusing particularly on Eldon Finney's diet and exercise habits, the video shows the potential effect of an unhealthy lifestyle. Order No. 24-0308.

Heart Attack and Stroke: Signals and Action. This updated leaflet gives a clear explanation of a heart attack, angina pectoris, and coronary atherosclerosis. It includes general rules for the heart patient and discusses what to do in case of a heart attack. Order No. 50-1053.

Six Hopeful Facts About Stroke. This publication was created to develop public awareness and promote a better understanding of stroke. It includes warning signs of an impending stroke as well as information about risk factors for stroke. Order No. 51-1053. (Related materials: Recovering From a Stroke [Order No. 50-076A], Stroke: A
**AHA Announces New Kids' Cookbook**

To help children develop heart-healthy eating habits early in life, the AHA released its first children's cookbook in June.

The *American Heart Association Kids' Cookbook* contains more than 30 recipes representing many types of foods, from soups to desserts, with special attention to microwaveable snacks and party foods. The recipes emphasize substitution and modification rather than elimination of children's favorite foods.

A children's educational consultant provided guidance in determining the cooking skill levels for each recipe. These levels range from beginning to advanced. All are simple enough for most children ages 8 to 12, but adult supervision is recommended for some.

The book includes information on shopping, reading food labels, substitution tables, menu planning, table setting, kitchen clean-up, and safety. "Did You Know?" sections explain the ethnic background of foods such as pita bread; "Cook's Note" sections give valuable hints, for example on cutting onions without getting teary-eyed.

The *American Heart Association Kids' Cookbook* is published by Times Books, a division of Random House, and is available in local bookstores or can be ordered by calling Times Books/Random House, 1-800-733-3000.

Other AHA cookbooks and nutrition publications are available, including the *American Heart Association Cookbook, Fifth Edition*, the *American Heart Association Low-Salt Cookbook*, the *American Heart Association Low-Fat, Low-Cholesterol Cookbook*, and the *American Heart Association Fat and Cholesterol Counter*. 

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*Guide for the Family* [Order No. 50-1017], *How Stroke Affects Behavior* [Order No. 50-1033], and *Facts About Stroke* [Order No. 51-1015].

*No te la Juegues, Cuidate y Gana (Don't Play, Take Care and You Shall Win).* This colorful poster, in Spanish, illustrates a game of tic-tac-toe. It encourages people to take care of themselves and win at life by seeing their doctor, becoming more physically active, cutting down on fat in the diet, quitting smoking, and eating more fruits, vegetables, and fish. Order No. 51-1055.

*Thank You for Not Smoking Table Tent.* This handy item for use in areas designated as non-smoking is printed on both sides for convenient placement. Bold black lettering and the eye-catching red heart and torch logo stress the message. Order No. 55-0200. (Related materials: "Thank You for Not Smoking" sign [Order No. 77-011A], stand [Order No. 77-011B], magnet [Order No. 77-011C], and postcard stickers [Order No. 77-012A].)

*Heart Treasure Chest Vegetable Soup Chart.* This four-color poster was designed as a teaching aid for the classroom in the Heart Treasure Chest Program. Order No. 64-5007.

*Heart Treasure Chest Stethoscope Card.* Directions for children are on the front of this four-color card for use in a "discovery center" setting. Teacher directions are on the back of the card. Order No. 64-5008.

*Heart Treasure Chest "My Pulse" Card.* This four-color card was designed as a teaching aid in the Heart Treasure Chest program. Directions for children are on the front of the card and those for teachers are on the back. Order No. 64-5009.
Meetings Calendar

AHA Meetings

1993


1994


1995


Other Meetings Abroad

1993


Oct 10-14: Fourth International Conference on Noninvasive Cardiology. Limassol, Cyprus. Sponsored by the International Society and Federation of Cardiology, Cyprus Society of Cardiology, and Israel Heart Foundation. Zvi Vered, Richard S. Meltzer, and Ronald G. Schwartz, codirectors. Inquiries: Secretariat, International Conferences on Noninvasive Cardiology, PO Box 5006, Tel Aviv 61500, Israel (tel 972-3-5174571; fax 972-3-5175674 or 972-3-...
660325) or Ambassador Chevy Chase Travel, 2 Wisconsin Circle, Chevy Chase, MD 20814, USA (tel 1-800-424-8282 or 301-656-1700; fax 301-907-4787).


Oct 11-15: International Conference on Health Preservation and Rehabilitation and Exhibition of Products for Health Maintenance and Rehabilitation. Beijing, China. Sponsored by the China Association for Science and Technology, China International Conference Center for Science and Technology, and Beijing Research Center for Eastern Asian Medicine. Inquiries: Mr Tao Hao, CIC CST/ICPR'93, PO Box 300, Friendship Hotel, Beijing 100086, China. Tel 86-1-8313335. Fax 86-1-8316091.


Oct 14-16: International Conference on Stroke Prevention and Epidemiology. Sheraton Cavalier Centre, Saskatchewan, Saskatchewan, Canada. Inquiries: Saskatchewan Stroke Research Centre, Royal University Hospital, Saskatoon, Saskatchewan S7N 0X0, Canada. Tel 306-966-7695. Fax 306-966-7685.


Nov 25-27: Inborn Heart Disease: Developmental Mechanism. Keio Plaza Hotel, Tokyo, Japan. Sponsored by the Akemi Fund of Sankei Press, Japan Research Society of Cardiovascular Disease, and Pediatric Cardiology Alumni, the Heart Institute of Japan, Tokyo Women’s Medical College. Atsuyoshi Takao, MD, conference chairman. Inquiries: Japan Research Promotion Society for Cardiovascular Disease, Tokyo Women’s Medical College, Kawada-cho 8-1, Shinjuku-ku, Tokyo 162, Japan. Fax 03-3353-8090.


Dec 3-4: Giant Intracranial Aneurysms: Second Montreal-Cleveland Cerebrovascular Symposium. Delta Hotel, Montreal, Canada. Issam A. Awad, MD, MSc, FACS, and Gérard Mohr, MD, FRCS(C), scientific directors. Inquiries: Aneurysms Secretariat, Conference Office, McGill University, 550 Sherbrooke St West, West Tower, Suite 490, Mon- treal, Quebec, Canada H3A 1B9. Tel 514-398-3770. Fax 514-398-4854.

Dec 4-5: Symposium on Rheumatic Heart Disease: Basic and Clinical Aspects. Riyadh, Saudi Arabia. Inquiries: Department of Cardiovascular Diseases, King Faisal Specialist Hospital and Research Centre, PO
Meetings Calendar

Dec 6-8: First Pan Arab Conference on Hypertension. Cairo Marriott Hotel, Cairo, Egypt. Sponsored by the University of Cairo and the National Heart, Lung, and Blood Institute. M. Moshen Ibrahim, MD, and Claude Lenfant, MD, conference cochairmen; Aram Chobanian, MD, organizing committee chairman. Inquiries: Dr M. Moshen Ibrahim, The First Pan Arab Conference on Hypertension, National Hypertension Project, Kasr El Aini, PO Box 139 El Roda, Cairo, Egypt. Tel 202-362-4803 or 202-363-9895. Fax 202-363-9895.

Dec 8-10: Material Engineering, Medicine, and Biology, Physics, and Chemistry. Lyon, France. Inquiries: Richard Moncorge, Conference Cochair, Université de Lyon, Bat. 205, F-69662 Villeurbanne Cedex, France. Fax 33-72-43-11-30.

Dec 9-11: 5th Annual World Congress on Clinical Cardiology and International Congress on Echocardiography. Delhi, India. Sponsored by the University of Alabama School of Medicine, Division of Continuing Medical Education, and International Society of Cardiovascular Ultrasound, USA. Navin C. Nanda, MD, international director. Heart Care Foundation of India, conference chair. Abstracts by Oct 15, 1993. Inquiries: B-95 Defence Colony, New Delhi, India (tel 4631398; fax 011-91-11-6839603) or (for US registrants) Lindy Chapman, University of Alabama at Birmingham, Heart Station SW/S102, Birmingham, AL 35233, USA (tel 205-934-8256; fax 205-934-6747).

Dec 17: International Conference on Cardiology and Echocardiography Workshop. Institute of Cardiology, Tamil Nadu, Dr MGR Medical University, Madras, India. Sponsored by the University of Alabama School of Medicine, Division of Continuing Medical Education. Navin C. Nanda, MD, international director. Inquiries: Lindy Chapman, University of Alabama at Birmingham, Heart Station SW/S102, Birmingham, AL 35233. Tel 205-934-8256. Fax 205-934-6747.

1994


Feb 28-Mar 3: 10th Annual Cardiovascular Conference at Lake Louise. Alberta, Canada. Inquiries: Extramural Programs Department, American College of Cardiology, 9111 Old Georgetown Rd, Bethesda, MD 20814-1699. Tel 800-257-4739 or (outside the US and Canada) 301-897-2695. Fax 301-897-9745.


Mar 20-24: 15th Scientific Meeting of the International Society of Hypertension. Melbourne, Australia. Prof C.I. Johnston, chairman. Inquiries: Secretariat, PO Box 29, Parkville, Victoria 3052, Australia. Fax 61-3-3873120. Scientific inquiries: Dr Warwick P. Anderson, Honorary Secretary, Organizing Committee, c/o Baker Medical Research Institute, PO Box 348, Prahran, Victoria 3181, Australia. Fax 61-3-5105472.

Mar 27-28: Sleep Apnea and Hypertension. Sydney, Australia. Inquiries: Dr Ian Wilcox, Dept of Medicine, University of Sydney, Australia, 2006. Tel +61-2-5168024. Fax +61-2-5503851.

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