

July 27, 2009

Dear Friend,

It's not everyone who can say that a piece of mail saved a life. Pete and Pat can! Throughout the spring, Pete did not feel well and was often dizzy. One day, while climbing a ladder, Pete nearly passed out. Pat knew something was wrong, and with Pete's family history of heart disease, decided to call their local hospital about tests. It was going to cost \$2,000 and Pete refused to even consider it.

Two days later a HeartReach Mobile Lab brochure arrived in their mailbox. HeartReach, Iowa Lutheran and Iowa Methodist's mobile lab that travels throughout Iowa offering a variety of screenings and tests to assess the risk for future heart and vascular problems, was going to be in their southern Iowa town. With hope, Pat made the call and learned that a complete set of tests would only cost \$135.

Pete agreed to the HeartReach assessment and Pat immediately made appointments for both of them. Pete's results were unbelievable: his carotid arteries – which supply the neck and brain with blood – were 80 to 90% blocked. This explained his dizziness - he was having "mini-strokes".

At the encouragement of the HeartReach nurse, his results were sent to his doctor and urged to go to the hospital immediately. Pete was moments away from having a major stroke. Within days Pete was safely recovering at Iowa Lutheran Hospital.

"The service and dedication of the staff aboard the HeartReach Mobile Lab not only saved my husband's life, but also mine by keeping the love of my life here with me," reflects Pat.

It's hard to imagine that one timely piece of mail would make such a difference. This time it did. Heart disease and stroke are two of the leading causes of death in Iowa. And, too many times, the first symptom of heart disease goes undetected until there is an actual heart attack.

The HeartReach Mobile Lab can help prevent heart disease and stroke before they become a problem throughout the state of Iowa. Won't you consider sending in your gift to help provide this life-saving service?

Sincerely,



 Dennis W. Linderbaum
 President, Iowa Health Foundation

515-241-6304

www.iowahealthfoundation.org

Take charge of your heart and vascular health today. There are many in Iowa who aren't able to afford these services. Can they count on your gift today?

YES! I want to give for my heart. Enclosed is my gift for the HeartReach Mobile Lab.

\$135 Full Test Package Sponsor \$50 \$100 \$200 Other \$ _____

Please charge my donation: Mastercard Visa Discover

Amount \$ _____ Credit Card #: _____ Code: _____

Signature: _____ Phone: _____ Exp. Date: _____

My e-mail address is: _____ @ _____

Please write to us at 1440 Ingersoll Avenue, Des Moines, IA 50309 if you wish to have your name removed from the list to receive fund-raising requests supporting HeartReach Mobile Lab.

