

FROM THE HEART: THE UCLA WOMEN'S CARDIOVASCULAR CENTER

Breast cancer, cervical cancer and uterine cancer are all devastating diseases. But each year, more women die from heart disease than all three of these cancers combined. Yet despite these statistics, women are understudied, often undertreated and many times met with skepticism when they relay their symptoms to doctors.

The UCLA Women's Cardiovascular Center — led by renowned cardiologist Dr. Karol Watson — is attacking this heart disease epidemic in women by providing optimal clinical care and patient programs, as well as groundbreaking research.

"UCLA physicians and scientists are conducting cutting-edge research and are involved in the latest investigations and clinical trials aimed at improving cardiovascular diagnosis, treatment, management and care for women with, or at risk for, heart disease," says Dr. Watson, pointing out that federal funding for biomedical research has declined by more than 20 percent in the past decade. "We are extremely grateful for philanthropists who help bridge the gap to enable our researchers to continue their pioneering investigations."

As director of the center, Dr. Watson also serves at the helm of the UCLA Barbra Streisand Women's Heart Health Program (the arm of the center that provides educational and outreach efforts), where she is passionate about educating women on the difference between heart disease symptoms in men and women.

"Chest pain is a classic sign that occurs with heart disease in men," says Dr. Watson. "But women may also, or instead, experience different symptoms like sweating, unusual fatigue, nausea, abdominal pain or dizziness." Her message to women of all ages, young and old: If you have any symptom that comes on with exertion — either physical or emotional — and goes away with rest, get it checked out right away. Heart disease is sneaky, and you can feel perfectly well the day before you have a heart attack.

As for Dr. Watson's own heart, it's filled with gratitude. "Sometimes I have to pinch myself to believe how lucky I am to work on a vibrant, thriving campus where undergraduate students, graduate students, physicians, scientists and professionals from all areas work together," she says. "I tell all of my younger colleagues, 'whatever



Dr. Karol Watson - director of the UCLA Women's Cardiovascular Center and the UCLA Barbra Streisand Women's Heart Health Program

you need or can dream up ... you can find someone who's doing it at UCLA." For more information about how you can help support the UCLA Women's Cardiovascular Center, call Michelle Jacobson at 310-267-1213.



SYMPTOMS OF HEART DISEASE IN WOMEN

"Heart disease feels differently in women, develops differently and acts differently in women," says Dr. Karol Watson, director of the UCLA Barbra Streisand Women's Heart Health Program.

Symptoms to be aware of:

- sweating
- unusual fatigue
- nausea
- abdominal pain
- dizziness



Be aware of a symptom that comes on with exertion — either physical or emotional — and goes away with rest.

PRESIDENT'S MESSAGE: REACHING AND INSPIRING EVEN MORE WOMEN



Passion. Vision. Gratitude. These three words encapsulate how I feel as I begin my term as the new president of Women & Philanthropy. I'm honored to lead this group of amazing women during such a momentous year celebrating our 20th anniversary.

As part of Women & Philanthropy, I'm excited to be surrounded by a group of women who are equally enthusiastic about supporting what's most meaningful to them at UCLA, whether it be arts and athletics, law and public policy, health and sciences, or anything in between. When I lost my husband to pancreatic cancer in 1997, it became my mission to support pancreatic cancer research and care. As Chancellor Gene Block acknowledged during our recent 20th Anniversary Celebration (page 3), our group has made a critical impact on virtually every area of the university during the past two decades. Together, our passion has

endowed faculty chairs, funded leading-edge research, established student scholarships, and aided countless campus programs and initiatives.

Looking ahead, I'm thrilled that Women & Philanthropy is implementing a new structure (see below) that will allow us to reach and inspire even more dynamic women. Already, our group introduces female visionaries to unique opportunities to create change and progress. This new approach will engage even more women who support UCLA's world-class programs and scholars through philanthropy, leadership and mentoring.

I'd like to extend my gratitude to so many of you who have become family to me through Women & Philanthropy. To Sue Baumgarten: Thank you for all that you've done as president; I'm deeply honored to take the baton from you. And to those of you I've yet to meet, I'm grateful for your support of this amazing university. I welcome your help and participation, and look forward to making an impact in the future of UCLA together.

Agi Hirshberg
President, Women & Philanthropy



DID YOU KNOW?

Women & Philanthropy is growing!

Women & Philanthropy is pleased to announce that its network of women has expanded.

- The program has moved to a recognition model, which automatically welcomes all women who give at the appropriate level into our exclusive network, rather than asking women donors to "join."
- This means our membership has increased from 140 members to **more than 1,200 members!**

How it works:

- Circle Member: All women who give a \$25K+ gift/pledge to any area of UCLA are welcomed into the prestigious network (for five years).
- Lifetime Member: All women who give a one-time gift or whose lifetime giving reaches \$250K are recognized as Lifetime Members.
- University Leadership Member: Women & Philanthropy has expanded its membership to include female academic, administrative and athletic university leaders.

- Associate Member: Donors who give \$2,500–\$24,999 will be welcomed as Associate Members with limited membership benefits.

Once you qualify for the Circle, Lifetime or University Leadership level, a letter will be sent welcoming you to membership in the program. You will then begin receiving invitations to Women & Philanthropy events and activities.

"We are excited about where this new, inclusive direction will take us," says Sue Baumgarten, who, as former president, helped lead and implement the expansion. "We hope to recognize and honor more women donors and engage them in the life of the university."

For more information about the benefits of being a part of Women & Philanthropy, including exclusive special events and opportunities to meet like-minded women leaders who are passionate about UCLA, please call Women & Philanthropy at **310.794.2389** or email **wmphil@support.ucla.edu**.

WE ENCOURAGE YOU TO PARTICIPATE AS WE CELEBRATE AND INSPIRE WOMEN THROUGHOUT THE UCLA COMMUNITY!

CELEBRATING THE PAST. CREATING THE FUTURE. WOMEN & PHILANTHROPY COMMEMORATES 20 YEARS.

The room was abuzz with energy and excitement as hundreds of members, guests and university leadership gathered to celebrate Women & Philanthropy's 20th-year milestone. Held on campus earlier this summer, the special luncheon commemorated two decades of women making a powerful impact on the university. "As we celebrate all that we've accomplished, we're also looking forward to mentoring and inspiring the next generation of women leaders," shared outgoing president Sue Baumgarten.

Here are a few snapshots of the many event highlights.



A word from the Chancellor. "We're all part of a great mission, and you're critical in it," said Chancellor Gene Block, as he congratulated the group on 20 extraordinary years. "I salute you as role models for women."



Leading the way. Gathered together are the current and past presidents of Women & Philanthropy — true trailblazers who are dedicated to UCLA. (From left to right) Bea Mandel, Sue Baumgarten, Marianne Murphy, Monica Salinas, Agi Hirshberg, Joy Monkarsh, Toby Waldorf, Rue Pine and Kathleen Flanagan.



An inspiring message. As a longtime supporter of the UCLA School of the Arts and Architecture, event speaker Dallas Price-Van Breda shared about the vital role that philanthropy has played in her life and what it means to give back.



First at the helm. As Women & Philanthropy's founding president Toby Waldorf (center) says, "Philanthropy, when thoughtfully directed, can make a profound and positive change in the lives of others." Here she is pictured with founding staff members Dyan Sublett (l) and Karen Stone (r).



Powerful voices. The ladies of UCLA's Signature A Capella group brought their passion for singing to the luncheon, captivating the audience with their strong, vibrant tunes.



Honoring two exceptional women. Betsy Wood Knapp and Bea Mandel were honored for their commitment to the group and for their many accomplishments at the university.

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AN INVITATION TO AN EXCLUSIVE EVENT ...

LET GIRLS LEARN: ACTIVATING THE ENTERTAINMENT INDUSTRY FOR SOCIAL GOOD



NOVEMBER 20, 2014

6:00 PM–8:30 PM

TAMKIN AUDITORIUM, RONALD REAGAN UCLA MEDICAL CENTER



Around the world there are 62 million girls who are not in school. There are millions more fighting to stay there. These are just a few startling facts from a new video that the UCLA Burkle Global Impact Initiative (BGI) helped produce to promote the U.S. Agency for International Development's "Let Girls Learn" campaign.

Learn more about the "Let Girls Learn" campaign and how BGI promotes and facilitates the treatment of critical international issues within the entertainment industry as a way to educate and inform the public about international affairs.



To join this dynamic group, email us at wmnphil@support.ucla.edu or call **310.794.2389**.

To find out more, see a list of current members, and be inspired, visit women.support.ucla.edu.