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of her involvement with the organization until the mid-1990s, when she and Mieres began delving into women's heart health. Leaders at the association, Rosen joined her local board. Soon, she was speaking about women's heart health with everyone from homemakers to lawmakers. Her playful, plain-spoken delivery combined with the people skills honed over her diverse collection of workplaces clicked with all audiences. The power and reach of the American Heart Association meant plenty of opportunities. Based on everything else in her life and career, it would've been more surprising if she didn't ramp up her involvement. Dr. Stacey Rosen, shown at a Go Red for Women event in New York in 2024, has been a vocal advocate of women's heart health issues throughout her career. (American Heart Association photo) She became vice president of the local board, then president. She joined the regional board, then the national board from 2016-18. Next, she was asked to take on a role that could've had some of the same issues as consolidating the cardiology division post-merger. The association was turning three regions near the Northeastern Seaboard into a single entity. While this merger was less acrimonious, some sensitivities had to be navigated. Rosen and the board chair planned to smooth things out in person by visiting each office. Then the COVID-19 pandemic hit. Shifting to a plan B of meeting by Zoom, she made it work. Association executives and fellow volunteer leaders were impressed. The best evidence came one day last summer, when former American Heart Association President Dr. Michelle Albert called Rosen with the news that she'd been named president-elect. "I was blown away," Rosen said. "My volunteer work for the AHA is one of the most important things to me after my family. I just think so highly of the organization because of their focus on everything that I think is important - not just the science, it's the focus on optimal health for all, patient participation and advocacy." As president, she hopes to get more people talking about the differences between women's hearts and men's. Considering that women are 51% of the population, it's not like it's a niche subject. She also wants to emphasize the need for men to take a close look at the differences. With women comprising only 20% of cardiologists, the burden can't fall only on them. Besides, the amount of work to be done means there are opportunities for reputation-making breakthroughs. "Sex and gender need to be foundational to what we do," Rosen said. "Every study, every new device, everything we put in front of the Food and Drug Administration, every letter we write to a congressional subcommittee, all must ask and answer the question, 'What's different about women?' If we don't know, we need to study it." The true loves of her life When Rosen and her husband moved to Long Island, they had two kids, Max and Rebecca. Within a few years, the twins had a baby sister, Sarah. Just as Rosen learned from her parents, her kids have learned from her. Dr. Stacey Rosen and her husband, Dr. Mark Silverman, moved their practices to Long Island in New York to raise their children - Max (left), Sarah (bottom) and Rebecca (right) - in a similar environment to how they were raised. (Photo courtesy of the Rosen family) Rebecca is an ophthalmic surgeon in Philadelphia. She was an intern at a Brooklyn hospital at the start of the COVID-19 pandemic, an unfortunate parallel with her mom's days as an intern as the AIDS epidemic hit the Bronx. Her husband, Alex, works for the city of New York, focused on financing affordable housing. Sarah is a clinical psychologist in New York. She followed the path of her mom and grandma by challenging herself to start in tough situations: first among the diverse, under-resourced population at Bellevue Hospital, then kids with mental and physical limitations and now, fresh off earning her Psy.D., at a city agency in the foster care system. Max, meanwhile, is in the world of banking and finance, also in New York. His wife, Julia, is a consultant. Their daughter, Mira, is almost 2 and has been an endless source of joy to the entire family (including Rosen's mom, who remains thriving at 86.) Of the many values Rosen has modeled for her kids, what radiates most is her enthusiasm for everything that matters to her - from being their mom to saving lives. Dr. Stacey Rosen (right) and four generations of her family, from her mom (middle row, second from left) to her baby granddaughter. (Photo courtesy of the Rosen family) That latter passion emerged repeatedly in the conversation for this story. With the giddiness of a candy stripper, she talked about hospitals being "magical places." Her explanation included marveling at an ecosystem that is buzzing at 2 a.m. with doctors, nurses and all sorts of supporting staff (cashiers, HVAC technicians, librarians) all hard at work, "all doing it to help sick people." She described working with patients and what it means when they "trust you so much they share information they don't tell their spouses or other loved ones." Her conviction led to her receiving the American Heart Association's Physician of the Year award in 2021, one of many such accolades from a variety of outlets. (In 2018, she also received the association's Women in Cardiology Mentoring Award.) Of course, 40 years into this career, she knows it's not always magical and people don't always trust her. She admits to sometimes being sarcastic and snarky and cynical. And that confession led to another anecdote. "About a year ago, we were overbooked one morning and everyone was yelling at us," she said. "I was really losing it. Then my nurse practitioner and I gave the results of a stress test to a 70-year-old woman. She was so relieved. She kept thanking us and even hugging me. After that, my nurse practitioner said, 'You can live on that comment for a month.'" Rosen smiled at the memory - because she did. Then she added: "As long as I have enough moments like those, I'll continue to say the greatest privilege is getting to wear a white coat." Our organization was founded by cardiologists. To this day, we strive to support professionals in the fight against cardiovascular disease and stroke. You can rely on the American Heart Association for credible science, guidelines, and statements and a wealth of resources. Join us and make a difference. AHA Professional Members enjoy many unique benefits, including opportunities to network with other healthcare professionals and scientists. 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