



IS YOUR HEART HEALTHY?

The UCLA Harry Morton Congenital Heart Disease Screening Fund is here to help.

Key screening tests for monitoring heart health will:



Check blood pressure and, if necessary, control high blood pressure through lifestyle changes and/or medications. Check at least once per year if less than 120/80 mmHg, more often if higher.



Check cholesterol level and, if necessary, treat abnormal cholesterol patterns through lifestyle change and/or medication. Check every 4-6 years for normal risk adults, more often if there is increased risk or if abnormal.



Maintain healthy body weight and calculate body mass index (BMI). Obesity increases the risk of cardiovascular complications.



Daily exercise and a heart-healthy diet are key factors in helping prevent obesity. Check BMI during regular health care visits.



Check blood sugar levels to identify those with diabetes and those at risk of diabetes. Check at least every three years.



Refrain from smoking, and if necessary, discuss smoking-cessation strategies with your health care provider.



Discuss with your provider if you experience the following symptoms during exercise: pain (jaw, neck, back or chest), palpitations or nausea.

Sometimes simple cardiac testing and screening give excellent clues to your heart health and may help your doctor determine if more extensive testing is required.

UCLA's team of expert cardiologists are here to help you if you are experiencing symptoms. They can determine the tests and screenings needed to provide information to properly identify the source of those symptoms.



THE FIRST STEP IS TO SPEAK WITH YOUR PRIMARY CARE DOCTOR WHO CAN HELP GUIDE YOU TO THE HELP YOU NEED.

For adults and children who need further screening, including a heart scan to help determine if you have a congenital heart condition, you may qualify for assistance from the UCLA Harry Morton Congenital Heart Disease Screening Fund.

www.uclahealth.org/heart/cardiac-testing-program



HARRY MORTON: In Memory and In Hope for Early Detection of Heart Disease

Harry Morton was a man of many accomplishments: a restaurateur, triathlete, attended New York University, a Reserve Deputy Sheriff, and a dear friend to many. He was the beloved son of Peter Morton and Paulene Stone, older brother to Matthew and Grace, and a younger brother to Sophie Harvey.

Sadly, Harry was also someone with an undiagnosed congenital heart condition. At the age of 38 he died unexpectedly of sudden cardiac arrest on November 23, 2019. Harry had a probable cardiac arrhythmia as well as myocardial bridging with coronary atherosclerosis. The news of Harry's death shocked his family and friends, as he was living a healthy life with no outward signs of a heart condition.

In Harry's passing, his family wanted to honor the philanthropist he was and established the Harry Morton Congenital Heart Disease Screening Fund at UCLA to help advance screening and treatment for congenital heart disease. This fund will help pediatric and adult patients through early detection screening, scans, and care-related needs. With Harry's support, UCLA also will conduct research to expand the understanding of congenital heart disease.

In his significant business achievements, Harry followed in his father's footsteps as co-founder of the restaurant chain Hard Rock Cafe, and his grandfather Arnie Morton, who founded the restaurant chain Morton's The Steakhouse. A third-generation restaurateur, Harry was founder of the chain Pink Taco.

About Cardiovascular Disease

Cardiovascular diseases represent the leading cause of death globally, and sudden cardiac death (SCD) is the single largest cause of natural death in the United States. Accounting for approximately 325,000 adult deaths per year, SCD is responsible for nearly half of all deaths from cardiovascular disease. Twice as common in males, compared to females, SCD strikes people in the mid-30s to mid-40s age range. In more than 50 percent of cases, SCD occurs with no warning signs.

In addition to quitting smoking for a healthier heart, the American College of Cardiology (ACC) and American Heart Association (AHA) urge screening for a family history of SCD. For those with a known family history of heart disease or SCD, the ACC and AHA suggest screening for asymptomatic left ventricular dysfunction. In addition, if a person has a cardiac condition, it is important for family members to learn cardiopulmonary resuscitation (CPR), and how to use automated external defibrillators (AEDs), which are located in many offices and public buildings.