



Myrna Aguilar – Family History of Heart Disease

Myrna Aguilar is determined to stop the disease that has hurt her family for so long.

In addition to her mother and grandmother's heart issues, Myrna's father suffered from high-cholesterol and kidney disease. His ailments eventually led to a deadly heart attack, devastating her entire family.

"Every daughter imagines their Dad walking them down the aisle at their wedding and that's not going to happen for me."

Yet, as Myrna grew older and became a parent herself, she needed a doctor to help her realize that she was putting her own life at risk.

"Every year around my birthday I have my yearly check-up. But this year my doctor said, 'you may want to start doing things differently.'"

Like many single mothers, Myrna had been putting her son's needs first, while neglecting her own health. In the back of her mind, she was aware of her family's history, and grew fearful that heart disease would strike her family again or even herself, so she decided to start making changes.

"I'm going to be 35 this year, and I decided, no more!"

First, Myrna set health and fitness goals for herself, one of which included doing her very first bike marathon. Next, she started making lifestyle changes for her son. Now heart health, rather than heart disease, is a family affair.

"I taught him how to bike ride, so now we can enjoy that together."

While Myrna and her son used to dine out often, now they find themselves cooking healthy at home—incorporating fruit smoothies and more vegetables into both of their diets.

"I want us to have adventures for many, many years to come."

Myrna's passion for change extends beyond just her family. She's spreading the word to her entire community. She knows firsthand the challenges that face Hispanic women and wants to get them talking about heart disease.

"Hispanic women think [heart disease] is something that is 'my' problem and they don't want to share it with their family. It makes it more difficult for them to get the help they need."

A true success story, Myrna pledges to Go Red for her family.