



Brown & Toland Physicians and the American Heart Association Honor Hercules Woman as a “Heart Champion”

EVENT: American Heart Association’s Go Red For Women Luncheon

DATE: Friday, April 30

TIME: 10 AM - 1:30 PM

LOCATION: The Fairmont Hotel, 950 Mason Street in San Francisco

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SAN FRANCISCO, CALIF. (April 29, 2010) – Brown & Toland Physicians and the American Heart Association are honoring **Sheri Silva of Hercules, Calif.** as the 2010 Go Red For Women “Heart Champion.”

The American Heart Association’s Go Red For Women campaign raises awareness about cardiac disease, the No.1 killer of women in the United States. The Heart Champion award goes to one Bay Area woman who has made great strides to lead a more heart healthy lifestyle.

Silva will be honored at the Go Red For Women Luncheon on Friday at 10:30 a.m. to 1:30 p.m. at the Fairmont Hotel, 950 Mason Street in San Francisco.

“We are recognizing Sheri Silva because she is an inspiration to every woman who wants to lead a more active lifestyle and reduce their risk for cardiovascular disease,” said Grace Moore, a nurse with Brown & Toland Physicians who will present the award to Silva on Friday. “What she has overcome to get to this point is remarkable.”

The 57-year-old’s journey toward a living a more heart healthy lifestyle began nearly two years ago when her son Matthew died at age 25 from heart troubles.

“It was cardiac arrest in the middle of the night,” Silva said. “It’s the worst thing a parent can go through. You look for ways of dealing with that loss, something positive.”

To honor Matthew and help heal from the loss, she and her family started by working with the American Heart Association to support the nonprofit entity’s research and education efforts. Two of Matthew’s grandfathers had passed away from heart attacks, too, which made their commitment to the cause even greater.

This year, Silva, her husband Frank, and their 23-year-old daughter Lesley decided to take part in a half marathon. They all joined an American Heart Association training group in January to



prepare for the American River Parkway Half Marathon for walkers and runners in Sacramento on May 1. Silva will walk, while her husband and daughter plan to run.

“All three of us have struggled to cope with the loss,” she said. “I thought training might be both good for us physically and mentally, and give us something to do socially.”

During their weekly training sessions in San Francisco, Silva has strengthened bonds with her family and learned to enjoy the natural beauty of the Bay Area. She recently completed her first race.

“I didn’t think I could do it,” Silva said, “but I did.”

For more information about the American Heart Association, visit www.heart.org

About Brown & Toland Physicians

Brown & Toland is one of California’s largest and most successful physician networks. A leader in providing innovative technological solutions for its physicians, Brown & Toland has earned numerous awards for quality of care and disease management. Brown & Toland has more than 800 physicians caring for 300,000 HMO and PPO patients. For additional information, visit www.browntoland.com.

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