



## **AMY ROBBINS**

For the past three years I have been honored to emcee the American Heart Association's annual Go Red for Women Luncheon in Syracuse and am looking forward to returning again this fall.

Raising awareness for the dangers of heart disease is a cause that is very dear to me as I have a very large history of heart disease on my father's side. His mother and brother both passed away from heart disease at a very young age.

My father knew the risks and was very vigilant when it came to his heart health. He underwent a triple bypass before he suffered what his doctors said was an inevitable heart attack. That was 20 years ago and today he is still going strong!

I try to watch my weight, eat healthy and "know my numbers," yet I still know that I am at risk for heart disease simply because of my family history.

I'm very grateful to the American Heart Association for raising funds to support the critical research and education that makes it possible to raise the level of awareness for this serious health issue.