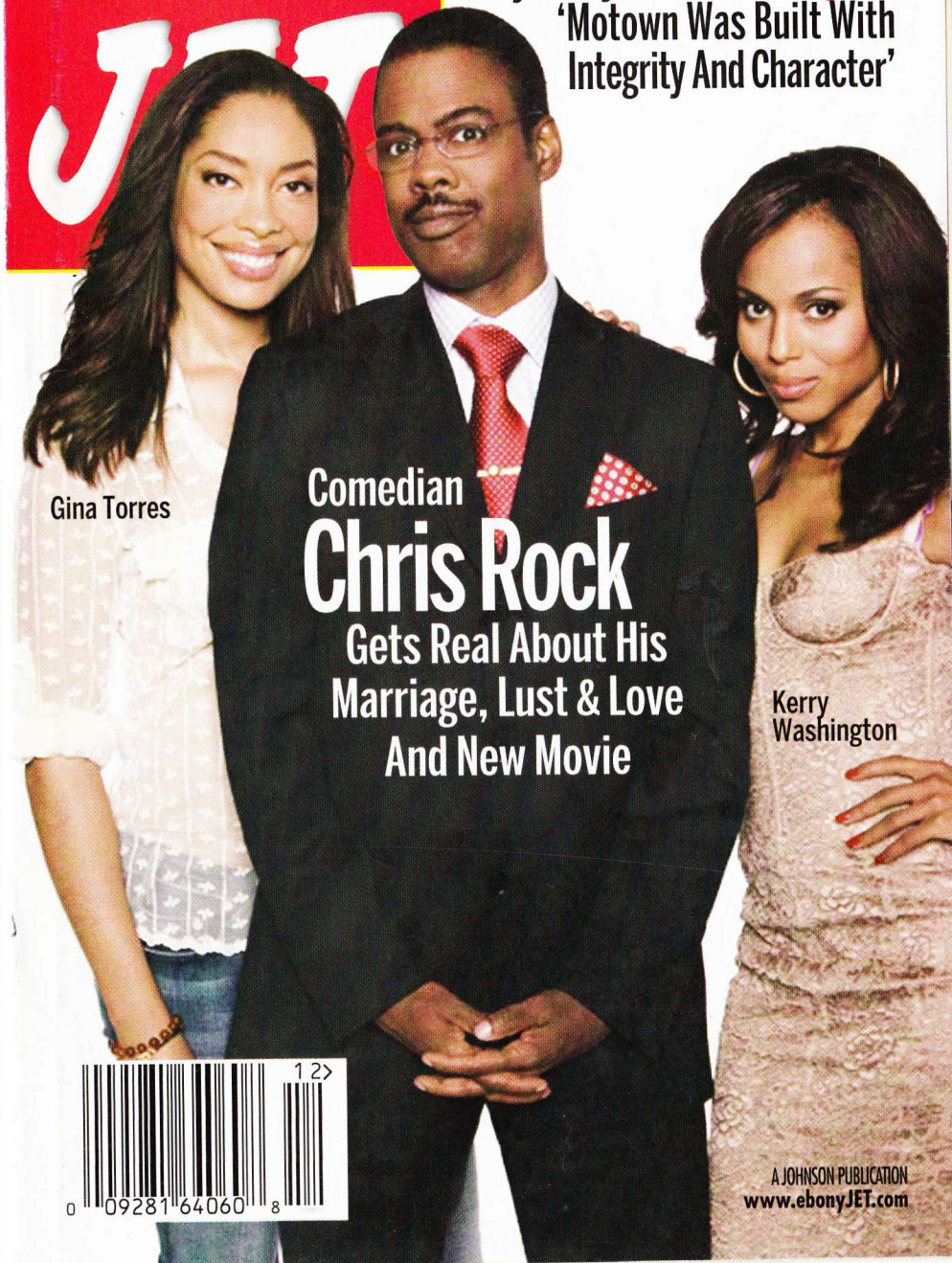


# Berry Gordy Knocks **Dreamgirls**: 'Motown Was Built With Integrity And Character'



Gina Torres

## Comedian **Chris Rock** Gets Real About His Marriage, Lust & Love And New Movie

Kerry  
Washington

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## HEALTH

### Woman Recovers From Heart Scare; Puts Faith In God

Courtesy/Joyce Aldridge



Joyce Aldridge



Dr. Vince Moss, M.D.

Courtesy/ Drs. Vince and Vance Moss

Joyce Aldridge never expected that the pain she was having in her chest would put her on the verge of death.

After all, she had been having the same nagging feeling for several weeks. But one day, the discomfort became so intense that she decided to head to her doctor's office instead of going to her job.

"I was just praying to God to just let me make it," the 52-year-old Philadelphia resident told JET.

Once she arrived to her doctor's office on January 5, 2007, she was surprised to find out that her visit would lead to a two-week hospital stay and triple bypass open-heart surgery.

Aldridge is one of many women who suffer from heart disease, the No. 1 killer in America, according to the American Heart Association, which recently released the 2007 Guidelines for Preventing Cardiovascular Disease.

The information is published in the special women's health issue of *Circulation: Journal of the American Heart Association*. It recommends treatments

for blood pressure and cholesterol control, and revised information for hormone and aspirin therapy. It also offers women the latest suggestions for lifestyle factors such as physical activity, nutrition and smoking cessation.

In addition to preventive measures, Dr. Jonathan Gomberg, M.D., cardiologist at the Hospital of the University of Pennsylvania who treated Aldridge, says that women need to pay attention to warning signs.

"Women tend not to think that these kind of chest symptoms could be coming from their heart," he said.

"Sometimes doctors do not think chest pain in a woman is cardiac, or many times women don't think that the chest pain is cardiac, so they don't do the things they should do immediately. Like having it checked out quickly, going to the emergency room if it's really bothering them, or going to the doctor and saying, 'My chest is hurting.'"

Dr. Vince Moss, M.D., a cardiologist at Mid Atlantic Surgical Group in Jackson, NJ, agrees and says Blacks should be more aware of heart disease.

"It targets our community because of our diet and genetics," Dr. Moss said.

Aldridge, who is recovering from surgery due to severe coronary artery disease (a condition that causes clogged arteries to block the heart's blood supply) says that weight and high blood