



American  
Heart  
Association®



## MEET BOWEN ELEMENTARY SCHOOL'S HEART HERO, KATHERYN!



Hi, I'm Kathryn Clark, and I am 7. When I was 48 hours old, my heart started giving me trouble. I spent almost a month in the newborn intensive care unit (NICU) and 2 weeks on a feeding tube, because I was a very sick newborn and had to be put on an oxygen machine. At birth, my PFO valve didn't shut so it was shunting causing issues. (A patent foramen ovale (PFO) is a hole in the heart that didn't close the way it should after birth.) A week later, it did shut, but I was still a very sick baby. At my 10-week cardio check-up, they diagnosed me with aortic stenosis. (This narrowing of the aortic valve between the left ventricle of the heart and the aorta blocks the delivery of blood to the body through the aorta and makes the heart work harder.)

I'm doing great now though and get checked every 5 years at Children's Hospital. I have two brothers: Trent, age 15; and Colby, age 24; and a sister: Riley Anne, age 16. My dad is Frank, and my mom is Theresa. I love to sing, dance, and gymnastics.

My mom says, "I wish you could see her eyes every time she gets a donation, she is so excited to support American Heart Association."

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As the largest private funding source for cardiovascular disease and stroke research next to the federal government, the AHA continues to fund research for medicines and treatments to improve the overall health of heart patients like Kathryn.