

Personal Profile Development Advisory

The following personal stories have been developed as **sample profiles** of people who are living with heart disease and/or stroke in order to “put a face” to the devastating impact of these diseases. These articles are based on real individuals living within the Washington, D.C., area, and they are primarily factual. However, individuals’ names, occupations, and locales have been changed to protect their privacy. While these sample articles, or excerpts from them, are available for your use in educating the media and/or policymakers about heart disease and stroke, it is advised that you develop profiles on local residents that are more relevant to your audiences. These should include profiles featuring women, African Americans, and urban or rural individuals living with heart disease or stroke. To help you develop these articles, we’ve included suggested interview questions and a list of sample headlines. Before disseminating them as handouts to policymakers or the media, please have a medical professional review them to ensure that the medical terminology and procedures mentioned are accurate.

Sample Headlines

1. The Heartache of Heart Disease: A Personal Story
2. The Truth about Living with Heart Disease/Stroke: One Man’s/One Woman’s Account
3. The Face of Heart Disease/Stroke: A Personal Story
4. Living with Heartache: One Man’s/Woman’s Account of Living with Heart Disease/Stroke

Suggested Interview Questions

1. What is the nature of your heart disease? Or the physical impact of stroke on you?
2. What factors contributed to your heart disease/stroke?
3. How has the disease/condition affected your ability to work? Play? Be active? Relate to your family? Have intimate relations with your spouse?
4. How has the disease/condition impacted your family members and their feelings/actions towards you?
5. Precisely how has it limited you?
6. What is the quality of your life now?
7. What regimen do you have to follow now?
8. If you could turn back time, is there anything you would do differently to prevent this from happening? (Did you consider or try any of these things before? Why/why not?)
9. What advice would you share with people who think that heart disease is just apart of life and that “you have to die from something, so it may as well be heart disease?”
10. What advice would you share with people who think that stroke is a part of aging?
11. If applicable: What does a heart attack feel like? What do angina attacks feel like? What does congestive heart failure feel like?