



Working with busy people to improve heart health, so they can work well, feel better, and stress less.

Fact Sheet



**(Pronounced e-liz, as in e-mail)
(Greene is pronounced like the color)**

Eliz Greene

Personal Background Information:

Eliz Greene

(Pronounced e-liz, as in e-mail) (Greene is pronounced like the color)

- *Age Now: 46 (May 28, 1965)*
- *Age at time of heart attack: 35*
- *Date of heart attack: 11/12/2000*
- *Profession: Heart Health Educator, Speaker and Author*
- *Previous Profession: Adaptive Movement Specialist, Dance Teacher and Choreographer*
- *Education: University of Wisconsin – Madison, BA 1989*
- *Mass Communications*
- *Husband: Clay Greene*
 - *Age at time of Eliz's heart attack: 34*
 - *Profession: Attorney Education: University of Wisconsin – Madison, BA 1988 Political Science JD 1993*
- *Daughters: Grace and Cathleen (Callie) Greene*
 - *Age Now: 11 Birth date: 11/12/2000*
 - *Attending 5th grade*
 - *Grace: (Grace Catherine) Redhead*
 - *Callie: (Cathleen Margaret) Brunette*

Heart Attack Details:

- *Health details leading up to event:*
 - *Healthy and fit dance teacher.*
 - *Five years of infertility treatments prior to this (first and only) pregnancy.*
 - *Discovered twins during an ultrasound at 9 weeks of pregnancy.*
 - *By 4th month of pregnancy, she was very large and experiencing contractions, put on bed rest.*
 - *10/13/2000 pre-term labor was stopped, but Eliz remained in the hospital on bed rest for a month.*
- *Hospital Details:*
 - *St. Joseph Regional Medical Center, Milwaukee, WI Contact for hospital and doctors:
Jennifer West: (414) 447-2057*
- *Doctors:*
 - *Dr. Margaret Carr, Perinatologist (High Risk ObGyn)*
 - *Dr. Richard Wakefield, Cardiologist*
 - *Dr. Husam Balkhy, Cardiothoracic Surgeon*
- *Heart Attack Details and Diagnosis:*
 - *11/12/2000*
 - *Eliz was 32 weeks pregnant (7 months)*
 - *Suffered a 10-minute cardiac arrest (no pulse or breath)*
 - *Received immediate CPR*
 - *Converted back to regular heart rhythm using a defibrillator (shocked the heart)*
 - *Was stabilized and then taken to the Cardiac Catheterization Lab (a small wire was threaded through her groin into her heart)*
 - *Diagnosis: Spontaneous dissection of the Left Anterior Cardiac Artery (the inside lining of the artery pulled away from the outside creating a "trap door" which stopped the flow of blood)*
 - *The dissection could not be fixed in the Cath Lab because two other branches of the artery were involved.*
 - *Eliz's only option was open-heart surgery.*
- *Surgery Details:*
 - *The Plan: Deliver the babies by Cesarean Section and then begin a triple bypass surgery.*
 - *Doctors were convinced Eliz would not survive a traditional bypass surgery using the heart-lung machine.*
 - *Since the blood needs to be thinned considerably, doctors believed she would bleed to death from the cesarean done just minutes before.*
 - *The Technology: Dr. Balkhy is a pioneer of the Beating Heart Bypass.*
 - *Using a devise to stabilize tiny parts of the heart, one-at-a-time, he is able to fix the heart while it is still beating.*
 - *Had Eliz's heart attack happened even eighteen months earlier or at a different hospital, Beating Heart Bypass wouldn't have been available and she would not have survived.*

- *The Recovery:*
 - *Due to the Beating Heart Bypass surgery, Eliz's recovery was quicker than would have been expected with a traditional bypass.*
 - *She was able to leave the Intensive Care Unit and go to see her infant daughters just seventeen hours after her surgery was complete.*
 - *During the first weeks Eliz was able to care for her daughters and breast feed them.*
 - *Today, Eliz enjoys a full recovery and has even competed in sprint-distance triathlons.*

Embrace Your Heart Wellness Initiative:

Today, As the director of the Embrace Your Heart Wellness Initiative, Eliz works with busy people to improve heart health so they can work well, feel better, and stress less. Drawing on her training as an adaptive movement specialist, Eliz developed down-to-earth strategies for building activity into everyday life, eating better and managing stress.

Eliz shares the lessons in her books, on her [Top 50 Health & Wellness blog](#), and as an award winning speaker delivering [wellness programs for women](#), the [workplace wellness programs](#), and [education programs for healthcare providers](#) across the country.

Eliz is an award winning speaker and the author of four books, a Top 50 Health and Wellness Blog, and countless articles.

Eliz Today:

- *Lives in Milwaukee, Wisconsin*
- *Girl Scout Leader, named Outstanding Volunteer by Girl Scouts of Wisconsin South East*
- *School Board Member, representing Fox Point Bayside School District*
- *Avid sailor*
- *Mentors people who want to become professional speakers*

The American Heart Association (AHA):

Since her heart attack, Eliz has been a dedicated volunteer helping to raise awareness as well as research dollars. In November 2010, Eliz was awarded the Heart Hero award for her service and a National spokesperson and volunteer. She currently chairs Wisconsin's AHA Advocacy Committee and has lobbied Congress on behalf of the AHA.

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