

HEALTH & FITNESS



Analise’s teammates have been a source of support.

Staying the course

Analise Tiffany is running the race her way

BY MEGAN MOLSEED
Living with a heart condition has never been a choice for Newell-Fonda senior Analise Tiffany—it’s just part of her life.

Diagnosed as a newborn with truncus arteriosus, a rare heart defect, Analise has been managing her condition her entire life. Doctor visits, surgeries, and heart monitoring have always been part of her routine. For the Newell-Fonda teen, it’s simply how things are.

What Analise has chosen, however, is how she handles the challenges choosing to stay active, setting a pace and looking ahead with a steady focus on what’s next.

THE DIAGNOSIS

When Analise Tiffany was three weeks old, she showed concerning signs that something was seriously wrong.

“At three weeks old, I turned blue and I was panting because I couldn’t breathe properly,” Tiffany relates.

The little girl was rushed to the hospital for treatment, and soon came the diagnosis: Tiffany had truncus arteriosus, a rare heart condition. Her heart wasn’t working as it should—rather than two arteries carrying blood to her lungs and the rest of her body, she had just one. This caused oxygen-rich and oxygen-poor blood to mix.

NO EXCUSES

Growing up, Analise knew managing her condition would set her apart from her peers.



Four-year-old Analise, already familiar with hospital stays, learning to navigate life with a heart condition.

Daily medications, regular blood draws, constant monitoring, and surgeries became part of her routine. But it took some time for the full impact of how it would affect her life to really sink in.

“I realized my disease and its impact on my life when I was promised my last surgery at nine years old and then had another one when I was 12,” Tiffany says. “This is when I really discovered how this disease might shape my future.”

But this has not stopped the young woman from pushing herself as far as she can go,

and she says, the disease has only made her more determined.

“I decided that I would never use my disease as an excuse,” the Newell-Fonda senior says. “I have trained hard enough in certain sports that my body has learned to adjust to the level of activity.”

Contact sports are off the table for Tiffany because of injury risks tied to her heart condition.

“I’m at risk of easy bruising/blot clotting and bleeding,” she explains. Endurance sports are Analise’s focus now,



Analise was diagnosed with a rare heart condition when she was just three weeks old. Despite the challenges, the Newell-Fonda senior refuses to let it dictate her path, staying on top of her health while running cross-country for the Mustangs.

primarily running and cycling. Last season, she made her mark on the Newell-Fonda cross-country course. “With running, there are few precautions since I am at lower risk of injury,” Analise says.

STAYING THE COURSE

Some scary health episodes made the season tough for Analise when she battled moderate heart failure, forcing her to make several adjustments both on and off the course.

“My heart just can’t keep up with my daily life,” Tiffany says. Throughout cross-country season, the Newell-Fonda senior spent weeks adjusting her heart failure medication, but she rarely let that slow her down. Analise was determined to keep the pace, hitting the course whenever she could.

“If I was having a harder time, Coach Davis was amazing, letting me adjust my runs,” Analise says; her friends and teammates were right by her side.

“The entire girl’s team was so supportive of each other,” said Newell-Fonda cross-country coach Craig Davis.

Analise’s last meet of the season, the State Qualifying Meet in Holstein, was a stand-out. She set her personal record, running about 2 minutes and 40 seconds faster

than her time on the same course earlier in the season, Davis recalled. He also remembers how her teammate April Meyer stuck by her side for most of the race.

“I believe it was April’s

THE NEXT CHAPTER

With graduation just a few months away, Analise is focusing on what’s next.

“Next year, I’ll be attending Morningside University and majoring in nursing,” she says. Analise was inspired to go into the field by those who have helped her all of her life. She’s seen firsthand what good care can do.

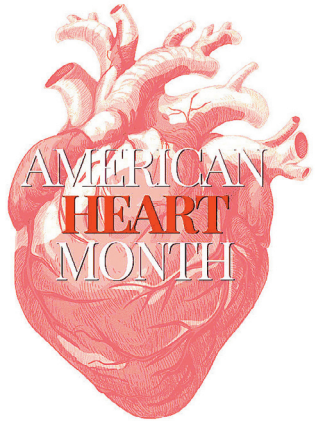
Analise says, her disease will remain a part of her life, sometimes it will be easier to manage, and other times it will mean big changes. Analise still manages her condition with daily medications.

“My disease will always be with me,” she relates. “Eventually I’ll need my heart valve replaced with surgery, or another surgery will come sooner if the moderate heart failure gets worse.”

Adjustments will be constant the teen adds, especially as she continues to manage her medication. “They dictate the type of foods that I eat and my blood thinner dosage.”

Analise plans to continue cycling. She rode in RAGBRAI in 2023 and hopes to face the challenge again this summer. “I like to believe that I am able to just get through each day,” she says.

“She helped me to remember that it’s not always about finishing something,” Coach Davis said of the Newell-Fonda senior. “It’s about having the courage to start



main goal that day to get Analise racing under 30 minutes and to get Analise to her personal best,” he said with a smile. Davis notes that Analise’s stubbornness is part of what makes her a great runner. “She loves a challenge,” he added.

“We gave her the freedom to do what she was comfortable with,” Davis continued of Tiffany, noting that her determination paid off as she completed nine 5k races during the season.

“She proved so much to herself,” Davis said. “We’re all really proud of her.”



Analise and her fellow Mustang runners form a close circle before hitting the course.



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