

American Heart Association
1101 Northchase Parkway
Marietta, GA 30067

PRST STD
U.S. Postage
PAID
Waycross, GA
Permit #76



2005



Aorta Reporter

The Mended Heart
Founded

It's Great to be Alive—and to Help Others

It is Dedicated to the Memory of Dr. Paul Ambery

ANNUAL DAY MEETING & DUTCH TREAT LUNCH

The Spaghetti Warehouse

2475 Delk Road SE – Marietta, GA (Two blocks east of I-75)

The Spaghetti Warehouse offers many lunch specialties served with sourdough bread and their famous tossed salad bowl.

Call Jill Wilkins at 770-974-0538 to reserve your space at the Spaghetti Warehouse

ERIN BROWN AMERICAN HEART ASSOCIATION

Tuesday, August 16, 2005

11:00 a.m. – 12:30 p.m.

Come join us for the annual day meeting and/or lunch!!

Remember — If you're reading this, you're invited!!!
(and we do it all for you; please come, learn & meet many other MENDED HEARTS)

PRESIDENT'S NOTES

THE MAGIC OF POSITIVE THINKING

Dr. Norman Vincent Peale wrote a book entitled, *The Power of Positive Thinking*. For us heart attack survivors and caregivers, there is real magic in what Dr. Peale writes about. I firmly believe there are three things that got me through my heart attacks.

The first is that you must develop a strong faith—that through God's help and positive thinking you will overcome some of your medical challenges. Do you remember the Gold Book series entitled, *The Little Engine That Could?* What did that little engine teach us? "I know I can! I know I can!"

The second concept is to overcome the challenges that are in front of you. My caregiver(s) assisted me physically and verbally by reminding me that I could do it. Remember the positive thinking. "I know I can! I know I can!" My caregiver(s) cheered me on.

The third concept is to develop and practice a positive attitude with consistency. You can think up positive thoughts all you want, but Dr. Peale mentions in his book these attitudes must become second nature to you every day. When a negative thought percolates up, you need to erase it with a positive thought. You must believe in yourself regardless of what the challenges are. I know I can be positive! I know I can be positive! Start small and build on that.

Read Dr. Peale's book or reread it if you already have a copy. Your investment in the book will be well worth it. By the way, it is on CD. The book and CD are released through Simon and Schuster.

Doug Steingraber

CHAPTER NOTES

In case you haven't noticed, the dog days of August are upon us. Can you believe the kiddies are going back to school? Don't look now, but the year is on a fast track! It's also time for our annual luncheon meeting, followed in rapid succession by the annual picnic. I hope you will plan to be at and enjoy both events. While on the subject, I have to ask where you've been for the past few meetings? We've had some very interesting speakers who have given of their time, and you weren't there. Turns out our June speaker, Patrick Jansen, and I worked in the same health programs of the Appalachian Regional Commission some 30 years ago when he was in health planning in Greenville, SC, and I was with the U.S. Public Health Service in Atlanta. We had a nice time reminiscing during the social time after our meeting.

Other people in the news: please keep John Cole and Milton Klein, our former vice president who lives in Maryland, in your thoughts and prayers; ditto for Bob Fisher, who recently had a pacemaker and carotid artery

surgery. Congratulations to James Scaglione, one of our visitors at Emory Hospital and also manager of the hospital gift shop, for being recognized by the hospital auxiliary as one of their sweethearts.

Back in June, a number of our volunteers at the American Heart Association enjoyed a great volunteer appreciation luncheon. Mended Hearts was once again recognized for its contribution to the AHA effort.

I may sound like a broken record but as heart and stroke survivors, the AHA should be at the top of our list for support, both monetary and helping as a volunteer. Note the Heart Walk is coming up in early November. Look for details in upcoming newsletters. Elsewhere in this issue, dates to help at the AHA office for the remainder of the year are listed. If you'd like to help, contact Max Feinstein at 404-355-7771.

According to the August 1986 Aorta Reporter, the scheduled meeting was to feature a speaker from the AHA. Coincidentally, they are also to speak to us this August. In this same 1986 issue, yours truly had recently taken over as president of the chapter. Reminds me to pass along our thanks to Doug Steingraber for being such a dedicated president today!

The 1986 Aorta had a few good one-liners: Doctor to patient: "Are you having any pains?" Patient: "Only when I look at your bill, Doc."

Cannibal to screaming man in pot of boiling water: "Simmer down."

Woman browsing in a greeting card shop: "My husband is in the hospital, and I'm looking for sympathy cards for the nurses."

Sign posted in front of a health club: "Come in and waist away."

Lastly, "When it comes to picking up dirt, the telephone beats the vacuum every time."

So once again, God willing, I'll see you here again next month. In the meantime, be good to your heart.

George Waterhouse

CHAPTER 81 ANNUAL PICNIC SATURDAY, SEPTEMBER 10, 2005 Jones Bridge Park in Gwinnett County

Good Age Building
(Directions on page 4)

3:00 – 6:00 p.m.
(meal served 3:30 – 5:00)

\$5.00 per Family
All Goodies Provided

Bring a dessert to share!

Sorry, no alcoholic beverages.

RESERVATION DEADLINE IS SEPTEMBER 7!

WELCOME NEW MEMBERS

To receive the most benefit from your membership, make it *YOUR* Mended Hearts chapter.

**Evelyn Bost (Piedmont Satellite)*

JULY CARDIO-VERSARIES

1986	Adrian Fowler
1991	Richard Swope
1994	Jane Pendergast
1995	James Fier James Wilson
1997	Susan Page
2000	Patricia Ryle
2001	Wayne Smith Joan Krahl
2004	Michael Fowler Dorothy Simpson Joseph Szombathy

AUGUST CARDIO-VERSARIES

1981	Edmund Caine
1982	Marvin Brown
1985	Fred Nichols
1986	W.B. Schwartz
1991	Robert Fisher
1992	Lula Parker
1993	Harry Popkin
1998	Charles McClain, Sr. Eric Holmes Smith Smallwood
1999	Helen Brooks
2001	Pauline Fitzpatrick Joe Slykerman Arthur French
2002	Rick Fisher James Barnes Joseph Walls
2003	Effie Musser
2004	James Fitzsimons Sylvia Head

HOSPITAL VISITING REPORT

During the months of May and June 2005, we recorded 333 hospital and telephone visits at Emory University Hospital, Crawford Long Hospital, Saint Joseph Hospital, Atlanta Medical Center, Piedmont Hospital, and Grady Hospital.

LET'S VISIT AWHILE

Doug Steingraber and I are to meet with Dr. Cooper, Chief of Heart Surgery at Kennestone Hospital, on July 14 to try and get our visiting program going. They are up to about 200 open-heart procedures now. Harry Holding, who visited at St. Joseph's on July 8, reports that they have cut back on open-heart surgeries due to the blood shortage that has hit the area. Incidentally, Harry and his wife have just returned from a month-long trip to the West and Midwest.

In looking over the visitors' sheets, I find that many of you failed penmanship in school as badly as I did. How about all of us making an extra effort to keep the sheets legible so Linda can read them. Of particular help, please mark through and rewrite any corrections instead of trying to write over the original text. Copy them over if needed.



Herb Jardine

VOLUNTEERING DATES AT AMERICAN HEART ASSOCIATION

September 15
November 10

SATELLITE MEETING INFO.....

Marietta Satellite

First Tuesday of the month – 6:30 p.m.
Kennestone Hospital Rehab Center (behind the hospital)
Call Doug Steingraber at 770-926-0157 for information.

Piedmont Satellite

Second Thursday of the month – 6:30 p.m.
Piedmont Hospital – Cardiac Rehab
Call Joann Gorell at 404-605-3283 for information.

**ENTERTAINMENT BOOKS
NOW ON SALE!!
THIS IS A BARGAIN AT \$10.00!**

Call Lucille Feinstein at 404-355-7771
to order your book today!!
This is Chapter 81's only fundraiser.

DIRECTIONS TO JONES BRIDGE PARK

- From I-285, take Peachtree Industrial north for approximately 3.8 miles to the split in the road.
- Take the left fork onto Route 141 North.
- Go approximately 3 miles (5th traffic light after the split) and turn left onto East Jones Bridge Road (there is a BP station on the right and a CVS Pharmacy on the left. There is also a small sign on the right that says "Jones Bridge Park.")
- Go approximately 1.7 miles past the school and the road goes straight into the park.
- **If you are coming south** on Route 141, East Jones Bridge Road will be approximately 3 miles past State Bridge Road.
- In the park, look for the sign for the Good Age Building, which is on the left and is the only building on the park property.

PICNIC RESERVATION FORM
Saturday, September 10, 2005

Please reserve for: _____ Adults _____ Children

Name _____

Telephone _____

Enclosed is my check for \$5.00

Send to: Mended Hearts, Chapter 81 (c/o John Crosbie)
3401 Winter Wood Court; Marietta, GA 30062
Telephone: 770-977-4358

**RESERVATION DEADLINE IS SEPTEMBER 7, 2005,
SO SEND YOUR FORM IN NOW!**

**BRING A DESERT
TO SHARE**

AMERICAN HEART ASSOCIATION CONNECTIONS

HOSPITALS PERFORMING MORE HEART VALVE SURGERIES PICK SAFER VALVES

Hospitals that perform more heart valve replacement surgeries are far more likely to insert the type of aortic valve considered safest for most older patients, according to a study reported in *Circulation: Journal of the American Heart Association*.

"Our analyses showed that where you receive your valve replacement appears to be more important than your medical condition or other factors in determining what kind of valve you will receive," said lead author Erik B. Schelbert, M.D., a fellow in the division of cardiovascular diseases at the University of Iowa in Iowa City.

The aortic valve opens and closes with each heartbeat to allow oxygen-rich blood to flow from the heart's main pumping chamber (the left ventricle) to the aorta. As the body's largest artery, the aorta then carries blood to the rest of the body. Aortic valve disease is a malfunction of the aortic valve. This disease is more common in men, smokers, and people with high blood pressure and high levels of cholesterol in their blood.

When an aortic valve must be replaced, surgeons choose between two types. Bioprosthetic valves (BPVs), made from human or animal tissue, can wear out and may need to be replaced within 10 years. Mechanical valves, made of metal, are more durable, so a patient is less likely to require a second operation to replace the valve. However, patients who have mechanical valves are at heightened risk of blood clot formation. For that reason, they must take powerful blood-thinning medications, such as warfarin, which can result in dangerous bleeding. In selecting a valve, the risks of each option must be weighed, along with the patient's preferences and other medical considerations.

In 1998, the American Heart Association and the American College of Cardiology issued guidelines about the choice of valves. They recommended that most patients 65 and older would be better off with BPVs because the risks of complications from blood-thinning therapy is greater than the risk that they will require a second valve replacement.

In the current study, the researchers examined the valve choices made during the three years after the AHA/ACC guidelines were released. Their study was based on national Medicare data in 80,470 patients, each at least 65 years old (average 76), who underwent aortic valve replacement (with or without coronary artery bypass surgery) at 1,045 different hospitals.

Although the guidelines would suggest that most of these patients would receive a BPV, overall less than half of older patients (48 percent) did. The older a patient, the

more the balance of risks shifts in favor of utilizing a BPV, according to the guidelines. In the study, older patients were significantly more likely to receive the BPV, given to 60 percent of patients over 90 but only 36 percent of patients between 65 and 69 years of age.

Use of BPVs increased each year, from 44 percent in 1999 to 52 percent in 2001, but was still much lower than anticipated.

“The apparently large percentage of people over age 65 receiving mechanical valves is troubling, because it suggests unnecessary exposure to anticoagulation as well as the associated risks of blood clots,” said Schelbert.

Valve choice was strongly associated with the number of valve replacement surgeries performed in the hospital. When hospitals were divided into 10 groups, based on the number of surgeries, patients who had surgery at the highest-volume hospitals were 2.3 times as likely to receive a BPV (68 percent) as those at the lowest-volume hospitals (28 percent).

“The finding that hospital volume was a very strong predictor of BPV use suggests that most of the variation in BPV use was attributable to where the surgery occurred, rather than any characteristic of the patient. To us, this was a very provocative finding, and we were surprised by the magnitude of the association. I think that hospital valve surgery volume was a proxy for doctors’ experience, and our findings suggest that those with less experience in taking care of patients in need of aortic valve replacement do not adhere to the guidelines as well as those with more experience,” explained Schelbert.

In the study, most surgery in the nation was performed at low-volume hospitals. In previous studies, hospital volume has been linked with mortality rates following heart surgery, but this study suggests that it might be important to study the relationship of volume with other quality indicators as well.

“Schelbert’s article serves as a reminder that what is published in generally accepted guidelines may not necessarily be translated to real-world practice,” wrote Lawrence H. Cohn, M.D., professor of cardiac surgery at Brigham & Women’s Hospital in Boston, in an accompanying editorial from the same issue. At his hospital, data from 1992-2004 indicates that 81 percent of patients 65 and older received BPVs in their replacement surgeries.

Because the data came from Medicare claim forms, rather than a clinical study, the researchers caution that they cannot verify the accuracy of the forms’ data on valve type, although they find no reason to suspect that coding mistakes would favor one type over another.

“We also could not capture the patients’ wishes regarding which valve type they would prefer, although I would guess that most would follow the advice of their doctors,” says Schelbert.

Vanessa G. Garrity
Volunteer and Communications Coordinator

MEDICINE & TECHNOLOGY

HEALTHIER EATING

Most Americans consume too many calories and not enough nutrients, according to the latest revision to the Dietary Guidelines for Americans. In January 2005, two federal agencies—the Department of Health and Human Services and the Department of Agriculture (USDA)—released the guidelines to help adults and children ages 2 and up live healthier lives.

Currently, the typical American diet is low in fruits, vegetables, and whole grains, and high in saturated fat, salt, and sugar. As a result, more Americans than ever are overweight, obese, and at increased risk for chronic diseases such as heart disease, high blood pressure, diabetes, and certain cancers.

Of course old habits are hard to break, and the notion of change can seem overwhelming. But it can be done with planning and a gradual approach, says Dee Sandquist, a spokeswoman for the American Dietetic Association (ADA) and manager of nutrition and diabetes at the Southwest Washington Medical Center in Vancouver, Wash.

“Some people can improve eating habits on their own, while others need a registered dietitian to guide them through the process,” Sandquist says. You may need a dietitian if you are trying to lose weight or if you have a health condition such as osteoporosis, high blood pressure, high cholesterol, or diabetes.

Sandquist says that many people she counsels have been used to eating a certain way and never thought about what they were actually putting into their bodies. “Someone may tell me they drink six cans of regular soda every day,” she says. “When they find out there are about nine teaspoons of sugar in one can, it puts things in perspective. Then I work with the person to cut back to three cans a day, then to two and so on, and to start replacing some of the soda with healthier options.” Others are eating a lot of food between mid-day and bedtime because they skip breakfast, Sandquist says.

Another common scenario is when someone has grown up thinking that meat should be the focus of every meal. “We may start by having the person try eating two-thirds of the meat they would normally eat, and then decreasing the portion little by little,” Sandquist says. Cutting portion size limits calories. So does eating lean cuts of meat and using lower-fat methods of preparation such as broiling.

Sandquist says that when people strive for more balance in their diets, they tend to enjoy mixing up their food choices. “A lot of times, they’ve been eating the same things over and over. So when they start trying new foods, they find out what they’ve been missing.”

Barbara Schneeman, Ph.D., director of the Food and Drug Administration’s Office of Nutritional Products, Labeling, and Dietary Supplements, encourages consumers to make smart food choices from every food

group. “The Nutrition Facts label is an important tool that gives guidance for making these choices,” she says. The label shows how high or low a food is in various nutrients.

Experts say that once you start using the label to compare products, you’ll find there is flexibility in creating a balanced diet and enjoying a variety of foods in moderation. For example, you could eat a favorite food that’s higher in fat for breakfast and have lower-fat foods for lunch and dinner. You could have a full-fat dip on a low-fat cracker. “What matters is how all the food works together,” Sandquist says.

Older people are most likely to improve their eating habits, but nutrition is important for people of all ages, says Walter Willet, M.D., chairman of the nutrition department at the Harvard School of Public Health. “We know that when people have health problems or their friends become ill, these are strong motivators of change,” says Willet. “The more serious the health condition, the more serious the change. We’d rather people made changes early and prevent health problems in the first place.”

So what if you’re feeling trapped by a diet full of fast-food burgers and cookies? You can work your way out slowly but surely. Here are tips to move your eating habits in the right direction.

Look at What You Eat Now

Write down what you eat for a few days to get a good picture of what you’re taking in, suggests Cindy Moore, director of nutrition therapy at the Cleveland Clinic Foundation. “By looking at what you eat and how much you’re eating, you can figure out what adjustments you need to make,” she says.

Sometimes she asks patients to write down what they are feeling. Were you nervous, happy, or sad when you ate five slices of pizza in one sitting? “The very nature of writing things down in a food diary can help patients make changes,” Moore says. “Someone will tell me, ‘I didn’t want to have to write that I ate nine cookies, so I ate two instead.’”

Start With Small Changes

You don’t have to go cold turkey. In the end, you want to achieve a long-term healthy lifestyle. Small changes over time are the most likely to stick. “If you want to eat more vegetables, then try to add one more serving by sneaking it in,” Moore says. “Add bits of broccoli to something you already eat like pizza or soup. If you need more whole grains, add barley, whole wheat pasta, or brown rice to your soup.”

When you think about what you need to get more of, the other things tend to fall into place, Moore says. “If you have some baby carrots with lunch or add a banana to your cereal in the morning, you’re going to feel full longer.” You won’t need a food that’s high in sugar or fat an hour later, she adds.

Also, look for healthier versions of what you like to eat. If you like luncheon meat sandwiches, try a reduced-fat version. If you like the convenience of frozen dinners,

look for ones with lower sodium. If you love fast-food meals, try a salad as your side dish instead of french fries.

“Pick one or two changes to start with,” Moore says. “Once the changes have become habits, which usually happens in about two to four weeks, then try adding one or two more. In six to 12 months, you’ll find that you’ve made substantial changes.”

Use the Nutrition Facts Label

To make smart food choices quickly and easily, compare the Nutrition Facts labels on products. Look at the percent Daily Value (%DV) column. The general rule of thumb is that 5 percent or less of the Daily Value is considered low and 20 percent or more is high. Keep saturated fat, trans fat, cholesterol, and sodium low, while keeping fiber, potassium, iron, calcium, and vitamins A and C high. Be sure to look at the serving size and the number of servings per package. The serving size affects calories, amounts of each nutrient, and the percentage of Daily Value.

The %DV is based on a 2,000-calorie diet, but recommended calorie intake differs for individuals based on age, gender, and activity level. Some people need less than 2,000 calories a day. You can use the %DV as a frame of reference whether or not you consume more or less than 2,000 calories. The %DV makes it easy to compare the nutrients in each food product to see which ones are higher or lower. When comparing products, just make sure the serving sizes are similar, especially the weight (grams, milligrams, or ounces) of each product.

Control Portion Sizes

Understanding the serving size on the Nutrition Facts label is important for controlling portions, Moore says. “Someone may have a large bottled drink, assuming it’s one serving,” she says. “But if you look at the label, it’s actually two servings. And if you consume two servings of a product, you have to multiply all the numbers by two.” When the servings go up, so do the calories, fat, sugar, and salt.

Moore also suggests dishing out a smaller amount on your plate or using smaller plates. “If you put more food in front of you, you’ll eat it because it’s there,” she says. According to the ADA, an average serving size of meat looks like a deck of cards. An average serving size of pasta or rice is about the size of a tennis ball. Here are some other ways to limit portions: Split a meal or dessert with a friend at a restaurant, get a doggie bag for half of your meal, get in the habit of having one helping, and ask for salad dressing, butter, and sauces on the side so you can control how much you use.

*By Michelle Meadows
Contributed by Daryl Thompson, FDA (Ret.)*

Next month Part 2: Control Calories and Get the Most Nutrients

NUTRITION NOTES

TASTY APRICOTS BOOST ENERGY, PROTECT THE EYES AND HEART

If you were to check with NASA, they would tell you that apricots have been on the menu for astronauts in flight on many occasions including Apollo 15's trip to the moon. They are included in puddings and snack bars as quick sources of energy.

In ages past, Chinese brides ate apricots to increase fertility. They didn't know why it did, but we now know that apricots are high in a mineral needed for the production of sex hormones.

Many of apricots' health benefits come from their high levels of carotenoids including alpha-carotene, and beta-carotene. The body converts beta-carotene to vitamin A, which has many healing qualities. It's a powerful antioxidant that protects the eyes from macular degeneration and greatly reduces the risk of getting cataracts.

Apricots protect your heart. Whether you eat this velvety fruit by hand or include it in recipes, you'll get plenty of lycopene, an important heart protector that fights formation of cholesterol, the bad kind. Researchers at the U.S. Department of Agriculture say lycopene is one of the strongest antioxidants.

Tasty apricots are high in fiber. That means eating them can help you lose weight, control high blood sugar, and lower cholesterol levels. Fiber is essential for keeping digestion regular.

To get the most from apricots, buy them when they are still slightly firm. Once they are soft, healthful compounds begin to break down. Avoid those with green spots, because apricots don't ripen after they leave the tree. Pick yellow or orange fruits.

PAGES Editorial Service, Inc.

THE VENT-RICLE

A man walks into a restaurant with a full-grown ostrich behind him. As he sits, the waitress comes over and asks for their orders. The man says, "I'll have a hamburger, fries and a coke," and turns to the ostrich, "What's yours?"

"I'll have the same," says the ostrich.

A short time later the waitress returns with the order. "That will be \$6.40 please," and the man reaches into his pocket and pulls out the exact change for payment.

The next day, the man and the ostrich come again and the man says, "I'll have a hamburger, fries and a coke," and the ostrich says, "I'll have the same." Once again, the man reaches into his pocket and pays with exact change.

This becomes a routine until, late one evening, the two enter again.

"The usual?" asks the waitress.

"No, this is Friday night so I will have a steak, baked potato and salad," says the man. "Same for me," says the ostrich.

A short time later, the waitress comes with the order and says, "That will be \$12.62." Once again the man pulls exact change out of his pocket and places it on the table. The waitress can't hold back her curiosity any longer.

"Excuse me, sir. How do you manage to always come up with the exact change out of your pocket every time?"

"Well," says the man, "several years ago I was cleaning the attic, and I found an old lamp. When I rubbed it a genie appeared and offered me two wishes. My first wish was that if I ever had to pay for anything, I would just put my hand in my pocket and the right amount of money would always be there."

"That's brilliant!" says the waitress. "Most people would wish for a million dollars or something, but you'll always be as rich as you want for as long as you live!"

"That's right. Whether it's a gallon of milk or a Rolls Royce, the exact money is always there," says the man.

The waitress asks, "One other thing, sir; what's with the ostrich?"

The man sighs, pauses, and answers, "My second wish was for a tall chick with long legs who agrees with everything I say."

Sally was driving home from one of her business trips in northern Arizona when she saw an elderly Navajo woman walking on the side of the road. As the trip was a long and quiet one, she stopped the car and asked the Navajo woman if she would like a ride. With a word or two of thanks, she got into the car. After resuming the journey and a bit of small talk, the Navajo woman noticed a brown bag on the seat next to Sally.

"What's in the bag?" asked the old woman.

Sally looked down at the brown bag and said, "It's a bottle of wine. Got it for my husband."

The Navajo woman was silent for a moment, and then speaking with the quiet wisdom of an elder said, "Good trade."

Contributed by John Crosbie

The end is near: Two monks were standing on the side of the road each holding a sign. The first monk's sign read, "The End is Near! It's closer than you think." The second monk's sign read, "Turn yourself around now...before it's too late!"

A man and woman driving by didn't appreciate the signs and shouted at them, "Leave us alone, you stupid religious nuts!"

All of a sudden the monks heard a big splash, and the one said to the other, "Do you think that we should just make a sign that says 'bridge is out' instead?"

Reprinted with permission, The South Jersey Devil

APPLICATION FOR MEMBERSHIP

We (I) would like to join Mended Hearts, Inc., Chapter #81

Atlanta or Satellite: Marietta Piedmont

NAME _____

SPOUSE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ DATE OF BIRTH _____

DID YOU HAVE:

- Bypass Surgery Balloon Pacemaker Heart Attack
- Valve Surgery: Mitral Tricuspid Aortic Pulmonary
- Other _____

New member family dues are \$32.00 and new member single dues are \$22.00.
Please make your check payable to:
The Mended Hearts, Inc., Chapter #81
Mail to: John Crosbie, Treasurer
3401 Winter Wood Court
Marietta, GA 30062-1247

RETIRED YES NO

DATE OF CARDIAC EVENT OR SURGERY: _____

TYPE OF MEMBERSHIP: FAMILY SINGLE

Membership covers a twelve-month period from date of enrollment and includes:

- Insignia pin
- Chapter newsletter
- Subscription to quarterly national magazine, *Heartbeat*

Aorta Reporter

A copy of *Aorta Reporter* is mailed for three consecutive months following your hospital stay or referral as a heart patient. It is our way of keeping in touch while you continue to recuperate. We enjoyed meeting you and hope you received some comfort and encouragement from us. Having lived the same experiences, we are willing to take time out of our lives because we want to share our experiences in your recovery. As you become active again, you and your family are invited to attend our Atlanta Chapter #81 or any other chapter meetings as guests. In getting to know us, we hope you will decide to join us in helping each other. Our 7:30 p.m. meetings are the third Tuesday of each month.

Mended Hearts

Mended Hearts is a nationwide support organization, affiliated with the American Heart Association, for individuals with heart disease, including persons recovering from heart attacks or open-heart surgery. Members give hope and encouragement to others by providing living proof that persons with heart disease can lead full, productive lives. Family and friends are also welcome to attend the free monthly sessions. For information, call 770-850-6945 or your local American Heart Association.

**Visit Chapter #81 at
www.mendedheartatlanta.org**

ATLANTA MENDED HEARTS, CHAPTER #81

678-385-2062

c/o American Heart Association
1101 Northchase Parkway; Marietta, GA 30067-6421
678-385-2000

ADVISORY BOARD

Virgil Brown, M.D.	Michael B. Sabom, M.D., F.A.C.C.
Michael A. Chorches, M.D.	Daryl Thompson, F.D.A. (Ret.)
Isaac Hermoni, M.D.	Brett Tracy, Pharm.D.

Officers 2005-2006

President

Doug Steingraber770-926-0157

Vice President

Jill Wilkins 770-974-0538

Secretary

Neal Barronton.....770-971-2697

Treasurer

John Crosbie.....770-977-4358

Directors

Max Feinstein.....404-355-7771
Bob Fisher.....770-579-6480
John Friese404-296-6711
Jerry Gilbert404-250-0560
Daryl Thompson404-296-1715
Howard Fine.....404-634-3559

Immediate Past President

Herb Jardine

**Activity Chairpersons
Program**

Jill Wilkins770-974-0538

Caring

Dixie Jardine770-973-5816

Membership

Linda Ledford.....941-408-8620

Visiting

Herb Jardine 770-973-5816

Telephone

Dody Crosbie770-977-4358

Historian

Patsy Woods.....404- 633-0432

Editor

George Waterhouse
770-939-5799
clockdoc35@yahoo.com

Newsletter Staff

Assistant Editor
Jill Wilkins
770-974-0538
camp1nguy@aol.com

Production

Linda Ledford
941-408-8620
llgtfan@aol.com

Visiting Coordinators

CRAWFORD LONG HOSPITAL
Herb Jardine
770-973-5816

SAINT JOSEPH HOSPITAL
Bob Fisher
770-579-6480
Howard Fine
404-634-3559

ATLANTA MEDICAL CENT
Max Feinstein
404-355-7771

EMORY UNIVERSITY HOSPITAL
John Friese
404-296-6711

GRADY MEMORIAL HOSPITAL
James Cleveland
404-691-8537

PIEDMONT HOSPITAL
Monroe Smith
404-367-0367