

American Heart Association
1101 Northchase Parkway
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FEBRUARY
2005



Aorta Reporter

The Mended Hearts
Founded *It's Great to be Alive – and to Help Others*

It Dedicated to the Memory of Dr. Paul Ambery

SHERRI BARTON, M.D.
WELLSTAR URGENT CARE

“What You Should Expect in Urgent Care”

Tuesday, February 15, 2005, 7:30 p.m.

SAINT JOSEPH HOSPITAL AUDITORIUM (ONE FLOOR BELOW LOBBY LEVEL)

FREE PARKING AVAILABLE

Drive past the HOSPITAL front entrance and watch for the CANCER CENTER parking deck on the left opposite the main entrance to the CANCER CENTER. Ring the button at the parking deck entrance and tell the attendant who answers that you are attending the Mended Hearts meeting and the gate will be opened.

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

PRESIDENT'S NOTES

February—the month I forget my New Year's resolutions. I am sure by now all, and I mean all, of your New Year's resolutions are gone.

We are told bad habits are hard to break unless we come up with new habits to replace them. Try this; write on a sheet of paper the bad habit you want to drop and put next to it the new habit you want to start. State your new habit as a New Year's resolution.

In the book entitled, *Is It Worth Dying For?* by Dr. Robert S. Eliot and Dennis I. Breo, Part 2, entitled *Learning to Manage Stress*, talks about “changing your self-talks.” The authors say much of our stress is due to conversations we have with ourselves. Psychologists call the thoughts that are always running through our minds self-talks. Unfortunately, we often talk ourselves into the ground. Our mental tapes are always running; and if they are programmed with negative messages, they become a prime cause of stress. Other self-talks are more useful and constructive, as when you think about your day and organize your priorities or praise yourself for a job well done.

Another way you can be more positive to yourself and starting a new habit is to become an active volunteer for Mended Hearts. Get up and show your story by helping others.

Doug Steingraber

CHAPTER NOTES

It's February and a very important month for us, indeed. Of course, it's Heart Month; and since Valentine's Day is also celebrated this month, we can celebrate both hearts—the physical and the metaphysical. And no, we can't really live without either one. So take time to take care of each. Happy Valentine's Day!

Now that the holidays are long past, I hope you are back in the routine of regular exercise and eating heart healthy; i.e., taking the very best care of your mended heart.

This February, in addition to being the anniversary month of my open heart surgery (at Emory), is also a rather significant milestone. I will never, ever forget that 20 years ago on the 21st, I was given another chance at life. I have so much to be thankful for...large among the many things and events is the recent birth of our fifth grandchild and our first granddaughter. Without the wonderful and skilled people at Emory, I would surely have never seen even the first of my grandchildren.

While we were in Maryland at this latest birthing, we had the opportunity to meet and have lunch with our

former Atlanta Mended Hearts, Alma and Milton Klein. The Kleins are as active in the Baltimore chapter as they were here in Chapter 81. Good and caring people they are!

Speaking of old friends, I saw an article in the *DeKalb Neighbor* recently that Dr. Neil Shulman, Emory University professor and author, has been involved in writing, directing, and acting in another movie, “Who Nose.” Many of you will recall that the doctor also wrote the story that became the movie *Doc Hollywood*, starring Michael J. Fox. Doctor Shulman has spoken to and helped us laugh a lot at several of our meetings in the past. We continue to wish him well in his endeavors.

Our February 1986 *Aorta Reporter* reported that 155 hospital visits were made. Our membership stood at 101 family and 77 singles.

In closing and remembering that laughter is the best medicine, here are a few quick quotes from *The South Jersey Devil* funny paper called *Things You'll Never Hear a Woman Say*:

...This diamond is too big.

...It's okay, I also forgot today was our anniversary.

...You don't need a glass; just drink from the carton.

...You don't need to wash that shirt; you've only worn it three days.

...You don't need to take the trash out—I'll do it. I need the exercise.

...Don't get up. I'll get you a beer.

...I don't need directions; I'll find a shortcut.

Watch for the February 14 issue of *Newsweek*. There is to be a special on heart matters, including a section on Mended Hearts.

See you here next month, God willing.

George Waterhouse

SPECIAL GIFTS

When you want to celebrate a special occasion, remember a dear friend or family member, please consider making a memorial donation to our Mended Hearts, Chapter 81.

Your donation will help us reach out to more heart patients each month. It is tax deductible and will be acknowledged. See Page 8 for the name and address of the treasurer.

WELCOME NEW MEMBERS

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

**James M. Fitzsimons*

HOSPITAL VISITING REPORT

During the month of December 2004, we recorded 135 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

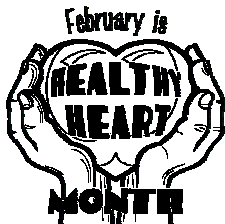
Congratulations to Harry Holding for becoming a fully accredited visitor at Saint Joseph Hospital. Also, thanks to Carl Anderson and Robin Eason for volunteering to become visitors at Saint Joseph.

We continue to be very much in need of visitors at Piedmont. Call me at 770-973-5816 if you can help.

Herb Jardine

FEBRUARY CARDIO-VERSARIES

- 1974 James Hedderman
- 1984 Daryl Thompson
- 1985 George Waterhouse
- 1987 Reyo Margolin
- 1991 Karen Brannon
Louise Summers
- 1994 Evelyn Wood
- 1995 James Cleveland
- 1996 Morris Benator
Lola Phillips
- 1998 Nick Pavese
- 2001 Thomas Strickland
George Alexander
- 2002 Michael Fuerth
- 2003 Phil Chapman
Mae Barkan
- 2004 Jack Horsford



UPCOMING EVENTS!

Wear Red/Vintage Affair
Saturday, February 4
103 West, Buckhead — 6:30 p.m.

Thursday, February 10
Braveheart Bash
Fox Theater
AHA Volunteers—Be on the lookout for your invitation.

2005 Woman To Woman Conference
Saturday, February 26
CNN Omni Hotel, Downtown Atlanta
7:30 a.m. – 2:30 p.m.

Saint Joseph Hospital's Heart Health and Stroke Expo
Postponed until Saturday, May 21

Volunteering date at
American Heart Association
April 14

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 Monday of the month – 6 p.m.
Piedmont Hospital – Phase Two Rehab Classroom
Call Fred Skey at 404-531-0276 for information.

MEMBERS NOTE:

Our board meetings are routinely held on the second Tuesday of each month (except July) at 10:30 a.m. at the Metro Office of the American Heart Association, 1101 Northchase Parkway, Marietta, GA. You are always welcome to sit in.

AMERICAN HEART ASSOCIATION CONNECTIONS

AMERICAN HEART ASSOCIATION'S TOP 10 ADVANCES FOR 2004

The first implantable artificial heart and a drug that dramatically improves survival in black heart failure patients are among the top 10 research advances in heart disease and stroke for 2004, says Alice Jacobs, M.D., president of the American Heart Association. Other major milestones include the use of a less invasive angioplasty technique for stroke prevention and a pill that fights smoking and overeating.

Created in 1996, the American Heart Association's Top 10 list highlights major gains in heart disease and stroke research.

1. First implantable artificial heart approved. The United States Food and Drug Administration (FDA) approved the first implantable artificial heart, which keeps heart failure patients alive until they can receive a transplant.

2. Nitric oxide-boosting drug improves heart failure survival among blacks. Adding the experimental drug BiDil to standard therapy dramatically improved survival among black heart failure patients, according to the first major trial to test a drug only in African-Americans.

3. One-two punch opens blocked brain vessels faster. By itself, tissue plasminogen activator (tPA) effectively dissolves clots that can cause an acute ischemic stroke. But using ultrasonography via continuous transcranial Doppler, in combination with tPA improves the drug's clot-busting abilities, leading to even better clinical responses, a 2004 study showed.

4. Less invasive technique as effective as surgery for stroke prevention. Patients at high risk of stroke due to fatty blockages in the arteries leading to the brain can benefit from a refined angioplasty procedure, researchers reported in 2004.

Angioplasty, which involves inserting a balloon and installing a stent to widen the blood vessel, has not traditionally been used to widen cerebral arteries. Stents can jab against the walls of the blood vessels, causing fatty debris to break off and enter the bloodstream. If the debris travels to and lodges in a blood vessel to the brain, the result can be a stroke or a short-term blockage of blood flow known as a transient ischemic attack.

The new technique circumvents that problem by using a small filter that catches loose bits of plaque before they have a chance to migrate to the brain.

5. Artificial blood vessels work like the real thing. Researchers reported that in 2004, they were able to

create long-lasting functional blood vessels by implanting two types of cells (endothelial cells that line the inner walls of the blood vessels and cells from the outer layer of the blood vessels), into a collagen gel, and then implanting them into mice. This technique will help scientists create artificially grown blood vessels which can aid the further study of vessel growth and maturation, and critical factors in the workings of vascular beds.

6. Public defibrillators a lifesaver for cardiac arrest victims. Training volunteers to use defibrillators distributed in shopping malls, sports venues and other public places can double the survival rate of cardiac arrest victims, researchers reported in 2004.

7. Preventing birth defects—in the womb. Researchers reported in 2004 that they can identify infants at high risk of a serious heart defect and then correct the problem—while the fetus is still in the womb.

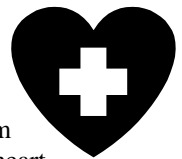
8. Genetic screening for heart disease a step closer to reality. This year, researchers uncovered three new mutations in MEF2A, the same gene they directly linked to heart attacks in 2003.

The MEF2A gene plays a role in protecting artery walls from building up plaque that can impede blood flow and lead to heart attacks. In the near future, genetic testing for MEF2A mutations may help to pinpoint patients at increased risk of coronary artery disease before symptoms develop. That will give doctors time to offer aggressive lifestyle changes and medication to offset the risk.

9. Human heart, repair thyself. Two years ago, the field of heart medicine received a shock when researchers reported that the human heart can generate new muscle cells. In 2004, scientists took the work a step further, reporting at American Heart Association Scientific Sessions 2004 that the human heart contains stem cells that can generate muscle cells and other cells; moreover, these cardiac stem cells can regenerate heart tissue after a heart attack. The recognition that the human heart possesses these characteristics dramatically changes the traditional view, suggesting that the heart, like bone marrow, skin and liver, is self-renewing.

10. One drug tackles two harmful habits. Researchers reported that rimonabant, the diet drug, packs a double whammy against obesity and smoking.

* Statements and conclusions of study authors that are published in the American Heart Association scientific journals are solely those of the study authors and do not necessarily reflect association policy or position. The American Heart Association makes no representation or warranty as to their accuracy or reliability.



*Ann-Marie White
Communications Manager, AHA*

MEDICINE & TECHNOLOGY

NUMBER OF AMERICANS WITH HIGH BLOOD PRESSURE ROSE IN LAST DECADE

The number of adults in the United States with high blood pressure increased by 30 percent between 1988 and 2000, according to a study that analyzed government health statistics and other data gathered nationwide during the period.

The study found that at least 65 million Americans have hypertension, defined as blood pressure of 140/90 millimeters of mercury (mm Hg) or higher, using blood-pressure-lowering medications, or having been told at least twice by a physician or other health professional that they had high blood pressure. By that definition, almost a third of U.S. adults have hypertension.

"The bottom line is that the estimated number of adults with high blood pressure has increased," says Larry E. Fields, M.D., lead author of the study and senior executive advisor to the assistant secretary of the Department of Health and Human Services.

"High blood pressure is a major risk factor for coronary heart disease, kidney failure, heart failure, stroke, and other conditions. From a public and health professional perspective, it is important to be aware of high blood pressure, to have blood pressure checked regularly, and, if blood pressure is elevated, to initiate appropriate counseling and treatment," he says.

The findings came from an analysis of data from the U.S. Census Bureau and the 1999-2000 National Health and Nutrition Examination Survey (NHANES) IV, which included 4,531 people. The study was limited to people at least 18 years old. The new estimate is much higher than the previous NHANES report, based on data gathered between 1988 and 1994, which estimated that at least 50 million U.S. adults had high blood pressure. Blood pressure values were based on three measurements that a physician took during a single visit to a mobile examination center.

Fields and his associates estimated that 59.2 million people had hypertension on the basis of blood pressure measurements or prescriptions for blood pressure medication. More than 6 million people had high blood pressure based on their medical history, resulting in an estimated total of 65.2 million hypertensive adults. The 1999-2000 survey shows that 28.7 percent of women and 28.3 percent of men have high blood pressure. When prevalence was divided along racial and ethnic categories, non-Hispanic black Americans have the highest prevalence at 38.8 percent. High blood pressure is prevalent in 28.7 percent of the Mexican-American population, and in 27.2 percent of the non-Hispanic white population.

The study, published in the August 24, 2004, issue of *Hypertension*, did not specifically examine potential

reasons for the increased prevalence of high blood pressure. However, the investigators cited the aging of the U.S. population and the growing proportion of overweight and obese Americans as potential major contributors.

"It has been demonstrated that interventions that center on health behavior, such as getting regular physical activity, controlling weight, and eating a nutritious diet that includes lots of fruits and vegetables and moderate amounts of salt, can reduce a person's chances of developing high blood pressure," says Fields.

STUDY: WALKING IMPROVES MEMORY, LEARNING, ATTENTION IN OLDER WOMEN

A new study of older women indicates that regular walking is not just good for the body; it's good for the brain.

Researchers at the Harvard School of Public Health and three other institutions tracked the exercise habits of more than 18,000 older women over a period of eight to 15 years. Then, when the women reached age 70 and older, the researchers tested the women's cognitive abilities—their memory, learning, and attention—over a two-year period. They found that women who performed a moderate amount of activity, walking two to three hours at an easy pace every week, performed significantly better on these tests of cognition than women who walked less than one hour per week.

Women who engaged in the most activity—for example, walking at least six hours per week—had a 20 percent decrease in risk of cognitive impairment compared to those who were inactive, and they also demonstrated the cognitive functioning of someone three years younger than their actual age.

"Walking is a popular, accessible, and inexpensive activity for older adults that appears to provide many health benefits," says lead author Jennifer Weuve, Sc.D., of the Harvard School of Public Health. "In addition to studies showing a reduced risk of heart disease, pulmonary disease, and diabetes, a moderate level of walking also appeared to reduce the rate of cognitive decline in our study. What is most striking is that for older women who are able to engage in several hours per week of physical activity, their cognitive function seemed to be comparable to that of a woman several years younger."

Weuve and colleagues at Brigham and Women's Hospital in Boston analyzed the data from 18,766 U.S. women, ages 70 to 81 years, from the Nurses' Health Study. Women were assessed twice, two years apart, on general cognition, verbal memory, category fluency, and attention. They found that women who were more active and participated in activities that ranged from walking at an easy pace to jogging experienced less cognitive decline than women who were not active.

Overall, the researchers found that the more active the individuals, the better their cognitive performance and the less decline they seemed to have. The findings are published in the September 22, 2004, issue of the *Journal of the American Medical Association*.

“This is one of the first studies to explore the specific link between walking and cognitive function,” Weuve says. “The health benefits of walking are becoming well-established and [this study] should provide older people with additional evidence to help encourage them to engage in walking or another form of physical activity.”

Adults ages 65 years and older are the fastest-growing population in the United States and are at a high risk for dementia. Monitoring cognitive functioning and reducing risk factors associated with dementia are imperative to slowing its development.

The Nurses’ Health Study was established in 1976 to study the relationship between the use of oral contraceptives and cigarette smoking and the risk of major illnesses. For a variety of reasons, including the dedication and commitment of the participants, the scope and range of the study has broadened over time to evaluate the implications of various lifestyle factors such as exercise and diet on women’s health.

*FDA Consumer Magazine
Contributed by Daryl Thompson, FDA (Ret.)*

NUTRITION NOTES

DO DIETS REALLY WORK?



It seems that diets do work if you are trying to lose weight. The problem is sticking to it once you start. With the New Year here and many of us deciding this year will be the year to get back into those pants, take a bigger look at the diet you plan to use.

Here are some questions you may want to ask yourself before diving into the next fad.

1. Will I be able to stick to this for the rest of my life?
2. Is this healthy for me?
3. Are there foods or food groups being completely eliminated? Are these foods good for me?
4. Is exercise involved?
5. Will it work with my medications and medical conditions?
6. Are my goals realistic?
7. Would a dietitian agree with this diet?

A healthy weight loss plan is developed with a goal loss of 1-2 pounds per week. It is more likely to be fat and even more likely to stay off for good. Make this year a healthier year and a happier you.

*Claudia Lawson, RD, LD
Eat Smart Live Well LLC
www.eatsmartlivewell.com*

CORNER PHARMACY

STAY INFORMED ABOUT YOUR DRUGS

A few years ago, a new group of medications known as COX-2 inhibitors entered the market. The three agents most recently available were Vioxx (rofecoxib), Celebrex (celecoxib), and Bextra (valdecoxib). These medications are used to treat pain and inflammation from arthritis as well as soft tissue injuries like sprains or strains. The benefit of these agents over other available medications was a lower incidence of gastrointestinal problems such as ulcers. Older non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and naproxen have a higher rate of such gastrointestinal complications than the newer COX-2 inhibitors.

However, I’m sure that many of you are aware of the recent withdrawal of Vioxx from the market as well as the fact that at least one clinical trial involving Celebrex has been halted by the FDA. In both instances, the action taken was due to data showing that Vioxx and Celebrex increase the rates of cardiovascular events such as heart attacks. In a review of the literature available with these two and other COX-2 inhibitors, it is becoming clearer that an increase in cardiovascular events has been shown in numerous trials as compared to other NSAIDs or placebo. In the case of the Celebrex trial that was recently halted, higher doses of Celebrex seemed to be more problematic than lower doses. A second, ongoing trial with Celebrex at a lower dose is not demonstrating any increase in cardiovascular effects.

One point that is often overlooked is that the COX-2 inhibitors have never been shown to be more effective for relieving pain than the NSAIDs, rather they offer an improved gastrointestinal safety profile. However, it now appears that the cardiovascular risk would outweigh any safety gained by the decrease in gastrointestinal events. Traditional NSAIDs taken in combination with stomach protective medications such as proton pump inhibitors (Prevacid, Nexium, Protonix) are just as safe on the gastrointestinal system without offering any increase in cardiovascular events. Prophylactic gastrointestinal protection is most likely warranted only in those people with a history of ulcers rather than in all people taking NSAIDs.

Until such time as the question of whether all COX-2 inhibitors cause similar cardiovascular risks as Vioxx, these agents should be used cautiously in people with cardiovascular problems. If you are currently taking one of these agents, I would advise discussing its use with your physician and considering other alternatives to therapy. There is no perfect answer, though, as people with heart failure or high blood pressure can be worsened by NSAIDs due to retention of sodium and water in the body. In the end, all of these factors must be taken into consideration when choosing a medication for long-term treatment of arthritis. If the decision is made to use a

COX-2 inhibitor, a lower dose should probably be utilized as this may be safer.

Try to stay informed and demand the same of your health care providers. It's your life and your health and together we can all achieve a better quality of life.

Julie Hixson-Wallace, Pharm.D., BCPS

THE VENT-RICLE

Two Wal-Mart greeters were sitting on a bench during break. One turned to the other asking, "Slim, I'm 75 years old and I'm just full of aches and pains. I know you are about my age. How do you feel?"

Slim said, "I feel just like a newborn babe."

Rather amazed, his co-worker repeated his statement in the form of a question, "Really? A newborn babe???"

Yup," grinned Slim, "No teeth, no hair, and I'm pretty sure I just wet my pants."

A visiting minister waxed eloquent during the offertory prayer. "Dear Lord," he began, with arms extended toward heaven and a rapturous look on his upturned face, "without you we are but dust."

He would have continued, but at that moment a very obedient little girl (who was listening!) leaned over to her mother and asked quite audibly in her shrill little girl voice, "Mom, what is butt dust?"

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. "Careful...CAREFUL!" he yelled. "Put in some more butter! Oh my GOD! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my GOD! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful...CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!"

The wife stared at him incredulously. "What the hell is wrong with you?" she said. "You think I don't know how to fry a couple of eggs after all these years?"



The husband calmly replied, "I just wanted to show you what it feels like when I'm driving with you in the car."

He should be out of the hospital by Christmas.

SENIOR BUS TOUR

A tour bus driver was driving a bus full of senior citizens down a highway, when a little old lady tapped him on the shoulder. She offered him a handful of peanuts, which he gratefully munched away on. After about 15 minutes, she tapped him on his shoulder again, and she handed him another handful of peanuts. She repeated this gesture eight times.

At the ninth time, he asked the lady why they didn't eat the peanuts themselves, whereupon she replied because of their old teeth, they were not able to chew them.

"Why do you buy them then?" he asked, puzzled.

The old lady answered, "We just love the chocolate around them."

WIFE VS. HUSBAND

A couple drove down a country road for several miles, not saying a word. An earlier discussion had led to an argument and neither of them wanted to concede their position.

As they passed a barnyard of mules, goats, and pigs, the husband asked sarcastically, "Relatives of yours?"

"Yep," the wife replied, "in-laws."

A husband (a doctor) and his wife were having a fight at the breakfast table. The husband got up in a rage and said, "And you are no good in bed either," and stormed out of the house.

After some time, he realized he was nasty and, deciding to make amends, called her up. She came to the phone after many rings, and the irritated husband said, "What took you so long to answer the phone?"

She said, "I was in bed."

"In bed this early, doing what?"

"Getting a second opinion!"

A man had six children and was very proud of his achievement. He was so proud of himself, that he started calling his wife "Mother of Six" in spite of her objections.

One night, they went to a party. The man decided that it was time to go home and wanted to find out if his wife was ready to leave as well. He shouted at the top of his voice, "Shall we go home, Mother of Six?"

His wife, irritated by her husband's lack of discretion, shouted right back, "Anytime you're ready, Father of Four."

Here's something to think about...

With all the sadness and trauma going on in the world at the moment, it is worth reflecting on the death of a very important person which almost went unnoticed recently.

Larry LaPrise, the man who wrote "The Hokey Pokey," died peacefully at age 93. The most traumatic part for his family was getting him into the coffin. They put his left foot in. And then the trouble started...

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

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