

American Heart Association
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JANUARY
2005



Aorta Reporter

The Mended Hearts
Founded

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

It is Dedicated to the Memory of Dr. Paul Ambery

**ADDIS ALEMAYEHU,
PHARM.D.**

**ANDY SIMPSON, PHARM.D.
SAINT JOSEPH HOSPITAL PHARMACY**

Update and Information about Our Prescriptions and Options

Tuesday, January 18, 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)

CHAPTER NOTES

'Tis the night after our December holiday dinner, and as I sit in front of my computer screen, all is quiet and I'm drawing a blank. Come thoughts, come words—there's a column to write. Okay, so Happy New Year, everyone!

The seasonal celebration last night was just great. Many thanks go to Jill Wilkins for arranging it all—great food and good friends sharing in a really happy time. My only complaint is that the evening flew by. One among many special moments was the reading of "Celebration," a poem specially written the day before by our own Marcelene Rumble just for the occasion. You can read it for yourself elsewhere in this issue. Marcelene has written many beautiful and touching poems over the years just for us, and we thank her ever so much. President Doug mentioned to me that he found a couple of odd-named streets (remembering my list earlier this year), those being Knuckle Lane and Old Boring Road.

Sadly though, we pass on to you the recent deaths of two stalwarts of the chapter, Barney LaSauce and Jerry Mandel. Last month we reported that Jerry's wife Roslynn had passed away, and Jerry (age 83) passed away only 13 days later. Jerry was a long-time visitor at Saint Joseph Hospital; and until Roslynn's health deteriorated, they hardly ever missed a meeting or a chance to help out. Years ago at our holiday dinners, some members, including Jerry, entertained us with song and skits made up by Edna LaSauce, and the group was led by Barbara Carroll. At first these shows were known as our no-talent shows, but later on as our some-talent shows. No matter, they were always a lot of fun. Jackie and I will never forget Jerry and Ros, for when we attended our first dinner meeting shortly after my heart surgery in 1985, we were seated at a table with the Mandels. They welcomed us warmly and made us feel right at home.

Barney LaSauce had been a resident of Wesley Woods in recent years, but long before we ever became a part of this chapter, he and Edna were involved in every aspect of the chapter's activities. Between the two of them, they prepared each and every issue of the Aorta Reporter. As editor Edna prepared stencils of each page on her typewriter, typed all the mailing labels, and Barney went down to the Fulton County unit of the American Heart Association and ran off all the copies on the old ditto machine. I remember helping him and how difficult it was to get the machine to operate properly while trying not to end up covered in ink. A group of our members then came together at the LaSauce's apartment where we folded the 600-800 or more newsletters (first sorting and stapling all the pages together), affixed labels, sorted by zip code, and finally off we went to the Doraville post office to get them into the mail. What a lot of work, but what fun, too. While we folded and sorted, there was constant banter, laughter and joke telling. In

addition, whenever we were volunteering at the AHA to stuff envelopes or prepare packets for the Heart Trek runners...no matter what the event, Barney took charge of our crew. He kept us on the straight and narrow until the job was done.

Speaking of the Aorta Reporters they prepared, I went back to the January 1986 issue. We were meeting at the Atlanta Jewish Center on Peachtree Street. Dr. Stan Pollock, professor of Pharmacy at Mercer, was the featured speaker. Edna reported that there were 201 hospital visits the previous month. Sixty people had attended the December holiday dinner (I think we had 65 or so last month). Edna reported that there was delicious food, lusty singing, and good fellowship. For the New Year, her wish was "May our hearts beat strongly all through the year, and may the year be filled with happiness and love."

I couldn't have said it better, so I'd like to make the same wish from me to you. I'll look forward to seeing you here next month.

George Waterhouse

Tuesday, December 7, was Chapter 81's annual Holiday Dinner at the Prime Hotel and Suites in Atlanta. Sixty-three people attended with cheer and good spirits. It is one of my favorite functions of our chapter and one of the things my husband attends with me. (He usually makes it to anything that includes a meal.) Not only did we have a wonderful meal (that I did not have to prepare and do the dishes for), but also I got to see so many of my Mended Hearts friends that I do not see that often. I arrived at the dinner planning to be good and eat light. That lasted almost seven minutes – the hors d' oeuvres were too inviting, and I had to sample the cheese and crackers and the vegetables. Next, our esteemed president, Doug Steingraber, started our meal off with a champagne toast and a short prayer.

During dinner we had a wonderful poem by Marcelene Rumble, and then we started the raffle give-away. Jerry Gilbert and Herb Jardine pulled tickets, called out numbers, and presented the winners with American Heart Association golf shirts, caps, towels, and tote bags. Also given away were four handcrafted bracelets, two hand-blown glass hearts, and a beautiful sculpture made by Cora Miles. Nina and Mel Sanofsky won the big prize of a two-day weekend stay at the Prime Hotel and Suites. I won a bracelet and have already worn it. Even if your number was not called, there were plenty of personal fans given away thanks to the generosity of the Prime Hotel and Suites.

It was a very exciting evening with lots of warmth and laughter. I am already looking forward to the holiday party in 2005.

Jill Wilkins

WELCOME NEW MEMBERS

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

**Sylvia A. Head*
**Dorothy T. Simpson*
**Joseph Szombathy*

HOSPITAL VISITING REPORT

During the month of November 2004, we recorded 174 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

I would like to wish all of our visitors a very Happy New Year! I would also urge all of you to attend the reaccreditation meeting on January 29. This is required by National to keep your visitor status current.

Herb Jardine

Volunteering dates at American Heart Association

January 13
April 14

ENTERTAINMENT BOOKS NOW ON SALE!!

THIS IS A BARGAIN AT \$10.00!

Call Lucille Feinstein at 404-355-7771
to order your book today!!

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.

This is Chapter 81's only fundraiser.

JANUARY CARDIO-VERSARIES

1983	Martin Espeland
1984	Esther Griffin
1987	Doris Johnston Margie Silver
1988	Samuel Barnett
1991	Edwin Foster
1992	Flemming Jolley
1993	Max Weber, Jr. Leroy Redmon Odell Stamey
1995	John Lawrence Luther Lindsey, Jr. Helen Friese
1997	Marcelene Rumble
1998	Anthony Leskavansky John Harrison
1999	Amelia Smith John Fleetwood Ray Sigmon
2000	Marcelle Smith Jack Maddox
2001	Lois Donmoyer John Newsome Joy Murray
2002	Marcia Rafig Edward Johnston Avonelle Ballinger
2003	Mandy Storr Pat Travis John Crellin

UPCOMING EVENTS!

Saturday, January 29, 2005
Visitor Reaccreditation Meeting

9:30 a.m. – 12 Noon
Saint Joseph Hospital

Note change: **People in Progress Classroom**
(Refreshments will be served)

Thursday, February 10, 2005
Braveheart Bash

Fox Theater

AHA Volunteers—Be on the lookout for your invitation.

Saint Joseph Hospital's Heart Health Expo

Due to construction at the hospital,
the venue and date of this event are uncertain.
More information in the February Aorta Reporter.

AMERICAN HEART ASSOCIATION CONNECTIONS

GO RED FOR WOMEN

The **Go Red For Women** initiative encourages women to take charge of their heart health by making it a top priority so they can live stronger, longer lives. To build awareness of heart disease, which claims nearly a half million women's lives every year, the American Heart Association will:

- ♥ encourage women and men to wear red clothing and accessories on February 4, "National Wear Red Day for Women" in support of all women who have been touched by heart disease or stroke;

- ♥ Wear Red Day and Vintage Affair events will be held in Atlanta to kick off the **Go Red For Women** campaign. Contact the AHA at 678-385-2000 for more information concerning these events.

Through the **Go Red For Women** campaign, the American Heart Association seeks to improve women's heart health by providing education and tools about women and heart disease to: the general public – to help women reduce their risk by providing information on healthful eating, exercising, quitting smoking, maintaining a healthy weight, blood pressure and blood cholesterol, and controlling diabetes; healthcare professionals – to ensure that women are treated according to the American Heart Association's guidelines; federal, state and local policy makers – to encourage them to support policies to improve women's cardiovascular health; and corporations – to encourage them to participate in the Wear Red Day corporate fundraiser to help fight heart disease.

The American Heart Association also advises learning your family's medical history and visiting your doctor to find out if you are at risk for heart disease or stroke. If a healthy diet and regular exercise aren't enough, ask your doctor about medication and take it as prescribed. Even if women take medication, a healthy diet and exercise are still important.

The campaign is nationally co-sponsored by Macy's and Pfizer. **Go Red For Women** also is funded with an educational grant from PacifiCare.

- ♥ Call 1-888-MY-HEART (694-3278) to receive the American Heart Association's red dress pin, a women and heart disease brochure and wallet card to track your cholesterol, blood pressure and weight or visit www.americanheart.org for more information on Go Red For Women.

ATLANTA'S GO RED EVENTS:

Wear Red/Vintage Affair

Saturday, February 4, 2005

103 West, Buckhead — 6:30 p.m.

2005 Woman To Woman Conference

Saturday, February 26, 2005

CNN Omni Hotel, Downtown Atlanta

7:30 a.m. – 2:30 p.m.

Jill Burnham

*Volunteer & Communications Coordinator
American Heart Association*

POET'S CORNER

CELEBRATION

As the days pass each year, preparations begin for special celebrations that occur during the ending season.

People of many races, cultures and religions celebrate in ways that are significant, joyful and dear.

Smiling faces, handshakes, hugs and kisses combine; denoting the joy of an assemblage of hearts filled with love, hope and thankfulness for fulfilled wishes.

Numerous gathering places overflow with beautiful sounds and words.

Organ chimes chime and brass bells are rung. Drums, flutes, harps and other musical instruments are heard. Melodious voices are lifted in hums, chants and songs.

Myriad decorative displays add splendor for the eyes to behold.

Colorful candles and sparkling lights are lovely and bright.

Fresh flowers, berries and evergreens help make fragrant scenes unfold.



Most festive of all is the preparation of nourishing and delicious foods.

As many families and friends sit around heavily laden tables, there are often expressions of praise and thanksgiving.

Others choose to reach out to the less fortunate by encouraging and sharing with their goods.

What a wonderful way to end the year in
CELEBRATION!

by Marcelene Kajora White Rumble-written December 6, 2004

MEDICINE & TECHNOLOGY

AVOID DEEP VEIN THROMBOSIS: KEEP THE BLOOD FLOWING

Holiday travelers will soon clog the nation's highways and inundate its airports in numbers not seen in recent years. The number of travelers over the four-day Thanksgiving holiday was expected to surpass the 31 million Americans who traveled more than 50 miles by car and the 5 million who went by plane in 2003, according to AAA spokesman Lon Anderson. "This is the first year we've seen travel returned to what it was pre-9/11," he says.

No matter what the mode of transportation, sitting motionless for long periods may put some travelers at an increased risk for deep vein thrombosis (DVT), a blood clot in a vein deep within the muscles, usually in the calf or thigh. But people can reduce their risk of getting DVT, says the American Heart Association (AHA), by taking some simple precautions on long trips.

The AHA estimates that 1 out of every 1,000 Americans develops DVT each year. "It oftentimes gives you a swollen, painful leg, usually in the calf," says Richard Stein, M.D., a cardiologist and associate chair of medicine at Beth Israel Medical Center in New York City and a spokesman for the AHA. "But it can be silent," producing no noticeable signs. "Tragic cases are when ... a piece of thrombus [blood clot] breaks off and goes into the lungs," says Stein. This complication of DVT, known as pulmonary embolism, was brought to public attention in 2003 when it caused the death of 39-year-old NBC reporter David Bloom. Bloom had spent long hours reporting the war in Iraq from the cramped quarters of a military vehicle.

Any long period of immobility—such as being bedridden from illness, recovering from surgery, or sitting for extended periods while traveling—is a risk factor for DVT and pulmonary embolism, says the National Heart, Lung, and Blood Institute (NHLBI). DVT can also develop in other instances when the blood flow in the legs is restricted and slows down. Restricted flow may occur with certain types of cancer and cancer treatment, obesity, inherited clotting disorders, pregnancy, and damage to the veins following injury or orthopedic surgery.

Clotting the blood is "nature's way of trying to prevent bleeding," says Wolf Sapirstein, M.D., a cardiologist at the Food and Drug Administration. But when nature's protective mechanism overcompensates and precautions aren't taken, there is a danger of blood clots.

Reducing the Risk While Traveling

DVT has been dubbed "economy-class syndrome," reflecting the cramped legroom in economy class airline seating. But it can happen to passengers in any seating class of an aircraft, according to the Federal Aviation

Administration. It can also happen to people on long rides in cars, trains, or buses.

"People should not be afraid to travel," says Stanley Mohler, M.D., professor emeritus of aerospace medicine at the Wright State University School of Medicine in Dayton, Ohio. "They should just anticipate that they may be inclined to be immobile," he says, and take precautions. A two-hour flight wouldn't be a problem, he says, but a 12-hour flight would be "a big problem" if a person sits inactive the entire time. Children who travel don't appear to be at risk for DVT, says Mohler, because they are generally more active in their seats than adults.

In adults, "hub-and-spoke flying is also a problem," he says, referring to a series of connecting flights interspersed with long hours of waiting between flights. "It's important for passengers to keep moving their legs to help the blood flow," even when waiting in the airport terminal, says Mohler, who advises walking when possible. "When you walk, the muscles of the legs squeeze the veins and move blood to the heart."

Another way to help move blood to the heart is to wear compression stockings, which put gentle pressure on the leg muscles. Studies in healthy people have shown that wearing compression stockings minimizes the risk of developing DVT after long flights, according to the AHA. These stockings are available at medical supply stores.

Stein advises avoiding regular socks with very tight elastic bands at the top and sitting with your legs crossed for long periods of time, which constricts the veins. He also urges travelers who can't walk around frequently to exercise their legs by curling or pressing the toes down, which causes the muscles to contract and squeeze on the leg veins, helping to pump the blood along.

Airlines, also, are encouraging passengers to periodically move and stretch their legs. The Australian carrier Qantas, for example, offers leaflets with leg exercises that passengers can do in their seats. Qantas began printing warnings for DVT on its tickets following the highly publicized death of a 28-year-old woman in October 2000. The woman died from a pulmonary embolism shortly after she stepped off a 20-hour Qantas flight from Australia to England after attending the Olympic Games in Sydney.

Stein also advises drinking plenty of fluids to prevent dehydration. Dehydration causes blood vessels to narrow and blood to thicken, increasing the risk for DVT. Reducing alcohol and coffee consumption, which both contribute to dehydration, is also recommended. These steps aren't scientifically proven to prevent DVT, but they're common sense, says the AHA. As for taking aspirin to prevent DVT, "there is no real evidence that an aspirin reduces the likelihood, but it very possibly could be of value," says Stein.

When traveling by car, "Don't take a 10-hour trip without stopping every couple of hours," says Stein. "Get out and walk a bit." Even if you're the driver, you still need to take walking breaks, he says. "Pushing on the gas pedal isn't enough activity even for the one leg."

"Deep vein thrombosis went unrecognized for decades because the clots that formed in the large veins in the legs often started coming off in little pieces after a

person had been home for a day or two," says Mohler, "so they would go to the emergency room with a suspected possible heart attack."

Chest pain can be a symptom of both heart attack and pulmonary embolism. Other common symptoms of pulmonary embolism are unexplained shortness of breath and coughing up blood. It's important to tell your doctor if you have taken a long trip recently, says Mohler, so you can be diagnosed correctly.

If you have any symptoms of pulmonary embolism, sit down and tell someone you have an emergency and need immediate help, says Stein. At that point, "there is no value in putting your feet up or drinking gallons of water. Getting to an emergency room quickly is your best shot."

Another potential complication of DVT is post-phlebotic syndrome, a permanent condition caused by valves in the leg veins that don't work properly. "The body has mechanisms within itself to dissolve clots, but it's a very slow process," says George Shashaty, M.D., an FDA hematologist. "In the interim, an inflammatory reaction occurs that can scar the veins, especially the valves." The valves then fail to prevent blood from flowing backwards, allowing the blood to pool in the leg veins and cause pain, swelling, and sometimes varicose veins and skin ulceration.

Diagnosis and Treatment

A commonly used FDA-approved medical test to diagnose DVT is the duplex ultrasound, says Sapirstein. A handheld device is passed back and forth on the surface of the affected area, sending sound waves from the body to a machine that generates and displays a picture of the blood flow on a video screen for a doctor to evaluate.

Another less commonly used test, venography, may be done to diagnose DVT if ultrasound does not give a clear diagnosis, says Sapirstein. A dye is injected into a vein, which makes the blood flow visible when an X-ray is taken.

Duplex ultrasound, chest X-rays, and other tests may be used to diagnose a pulmonary embolism. "The primary treatment for deep vein thrombosis and pulmonary embolism is blood thinners," says Sapirstein. Blood thinners, or anticoagulants, such as heparin, will not dissolve clots already formed, but will keep them from growing and prevent new ones from forming. Heparin may be given as an injection below the skin surface or into a vein (intravenously).

People at risk for DVT may be prescribed the blood thinner Coumadin (warfarin) to keep clots from growing. Warfarin is currently the only FDA-approved blood thinner taken orally. "Other agents are being developed as oral anticoagulants but aren't on the market yet," says Kathy Robie-Suh, M.D., Ph.D., an FDA internist. Warfarin interacts with many other medications. "If you are on warfarin, the doctor needs to know all the other medications you are on, including over-the-counter," says Robie-Suh, and patients should make sure they take their warfarin before going on a trip. People who have had one deep vein clot are prone to getting more.

"When a patient cannot tolerate blood thinners or continues to develop clots, then you have to go to an alternative, such as a filter," says Sapirstein. The FDA has cleared medical filters, such as "umbrella filters," that a surgeon can insert into the vena cava, a large vein in the abdomen that returns oxygen-depleted blood to the heart. The filter is inserted in a folded position and then springs open against the vein walls to keep the vein open for blood flow. The filter does not keep blood clots from forming, but it prevents their passage from the veins in the lower extremities to the heart and lungs. These filters may either remain in place permanently or be removed later.

Another treatment alternative for pulmonary embolisms is administering one of the FDA-approved thrombolytics. These potent drugs, known as "clot-busters," are given intravenously to quickly dissolve large clots that are unlikely to break up on their own. They are used only in life-threatening situations because they may cause sudden and severe bleeding.

What Makes Deep Vein Thrombosis More Likely?

- an inherited condition that causes increased risk for clotting
- low blood flow in a deep vein due to injury, surgery, or being immobile
- cancer and its treatment
- other medical conditions, such as varicose veins
- sitting for a long period of time, as on long trips
- pregnancy and the first six weeks after giving birth
- being older than age 60
- being overweight
- taking birth control pills or hormone therapy
- having a medical condition that requires a tube placed in a vein to allow easy access to the bloodstream for medical treatment (central venous catheter).

Facts About Deep Vein Thrombosis and Pulmonary Embolism

- Nine out of 10 cases of pulmonary embolism are caused by blood clots that form in the legs and then travel to the lungs.
- More than 600,000 people in the United States have a pulmonary embolism each year, and more than 10 percent of them die from it.
- Most who die do so within 30 to 60 minutes after symptoms start.
- Pulmonary embolism occurs equally in men and women.
- The risk of having a pulmonary embolism doubles for each 10 years after age 60.

By Linda Bren

Contributed by Daryl Thompson, FDA (Ret.)

NUTRITION NOTES

A CLEARER LOOK AT GREENS

It seems that Popeye may have been enhancing his eyesight along with his physique by consuming spinach by the canful.

According to research performed at Ohio State University, antioxidants found in green vegetables, lutein and zeaxanthin, seem to help prevent cataracts. These antioxidants are found in kale, spinach, collard greens and other green plants.

Results showed that lutein and zeaxanthin have the ability to help protect cells from exposure to ultraviolet light. This is one of the leading causes of cataracts formation. These antioxidants are more powerful in eye health than vitamin E.

It took 10 times less lutein and zeaxanthin than vitamin E to get the protective effect. This is yet another reason to eat all of your vegetables.

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



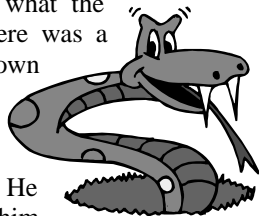
THE VENT-RICLE

GREEN GRASS SNAKES CAN BE DANGEROUS

A couple in Sweetwater, Texas, had a lot of potted plants; and during a recent cold spell, the wife was bringing a lot of them indoors to protect them from a possible freeze. A little green grass snake was hidden in one of the plants and when it had warmed up, it slithered out. The wife saw it go under the sofa and let out a very loud scream.

Her husband, who was taking a shower, ran out into the living room naked to see what the problem was. She told him there was a snake under the sofa. He got down on the floor on his hands and knees to look for it. About that time, the family dog came and cold-nosed him on the rear. He thought the snake had bitten him and he fainted. His wife thought he had a heart attack, so she called an ambulance.

The attendants rushed in and loaded him on a stretcher and started carrying him out. About that time, the snake came out from under the sofa, and one of the



paramedics saw it and dropped his end of the stretcher. That's when the man broke his leg, requiring a stay in the hospital.

The wife still had the problem of the snake in the house, so she called on a neighbor, who volunteered to capture the snake. He armed himself with a rolled-up newspaper and began poking under the couch. Soon he decided it was gone and told the woman, who sat down on the sofa in relief. But in relaxing, her hand dangled in between the cushions, where she felt the snake wriggling around. She screamed and fainted, the snake rushed back under the sofa, and the neighbor, seeing her lying unconscious, tried to use CPR to revive her.

The neighbor's wife, who had just returned from shopping at the grocery store, saw her husband's mouth on the woman's mouth and slammed her husband on the back of the head with a bag of canned goods, knocking him out and cutting his scalp to a point where it needed stitches. An ambulance was again called when it was determined that the injury required hospitalization.

The noise woke the woman from her dead faint, and she saw her neighbor lying on the floor with his wife bending over him, so she assumed he had been bitten by the snake. She went to the kitchen, brought back a small bottle of whiskey, and began pouring it down the man's throat. By now the police had arrived. They saw the unconscious man, smelled the whiskey, and assumed that a drunken fight had occurred. They were about to arrest them all, when the two women tried to explain how it all happened over a little green snake.

The ambulance arrived and took away the neighbor and his sobbing wife. Just then the little snake crawled out from under the couch. One of the policemen drew his gun and fired at it. He missed the snake and hit the leg of the end table that was on one side of the sofa. The table fell over, and the lamp on it shattered. As the bulb broke, it started a fire in the drapes. The other policeman tried to beat out the flames and fell through the window into the yard on top of the family dog, who, startled, jumped up and raced out into the street, where an oncoming car swerved to avoid it and smashed into the parked police car and set it on fire.

Meanwhile, the burning drapes had spread to the walls, and the entire house was blazing. Neighbors had called the fire department, and the arriving firemen started raising their ladder when they were halfway down the street. The rising ladder tore out the overhead wires and disconnected telephones in a ten-square block area.

Time passed. Both men were discharged from the hospital. The house was rebuilt. The police acquired a new car, and all was right with the world.

About a year later, while the original couple was watching television, the weatherman announced a cold snap for that night. The husband asked his wife if she thought they should bring in their plants for the night.

She shot him.

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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