

American Heart Association
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Aorta Reporter

The Mended Hearts, Inc. Atlanta Chapter #81
Founded 1951 Chartered 1973

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

ERIN POPESCU, R.N.

Dedicated to the Memory of Dr. Paul Ambery

**Robotic Program Manager
Saint Joseph's Hospital**

“MEET DA VINCI”

Erin will demonstrate robotic procedures and answer your questions

**Tuesday, January 16, 2007
7:30 – 9:00 p.m.**

SAINT JOSEPH'S 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

Riddle: What can you give away without wrapping or paying for? Hint: You already have it.

About 25 years ago, I went out on my own to start an insurance agency. In my mind it seems like yesterday, but in reality it has been a very lengthy trip and has had some very lean times and very good times. When it came around holiday times, I noticed a lot of agents gave out all kinds of gifts. I initially gave out nothing to my clients but four things—a smile, dependability, caring, and honesty. I still give out the same gifts.

The nice thing about these gifts is that you can give them 365 days a year, and you don't have to spend money on them or wrap them either. The only ingredient needed to give these gifts is sincerity.

So instead of giving wrapped presents this coming year, try giving out the above.

Doug Steingraber

CHAPTER NOTES

Well, there goes another year in the record books. I sincerely hope this new year will be a good one for you and that you will continue to resolve to take good care of your heart so it can see you through another year.

John Friese and Bea Caine accompanied Jackie and me last evening to our chapter's holiday dinner meeting (remember we're preparing each issue weeks in advance). It was a lovely evening, mild weather and all. The best parts were joining up with a wonderful group of fellow survivors and a really great meal served in a festive setting. I can't say enough about the service, the food and how wonderfully it was presented, starting with the salad, then a chicken breast and delicious salmon with veggies and rice, ending with a fantastic dessert—a light and tasty chocolate mousse. This was followed by a bevy of door prizes, including a cruise, which was won by Jim and Marilyn Torbert, and two weekend hotel stays with breakfast—one at the Hilton Suites and another at the Embassy Suites.

If you missed this event, you missed a great evening. Too bad, but there's always next year. Cathy Schmit, thanks from all of us for planning and putting it all on. It was great! Also our thanks to Doug and Sara Steingraber, John and Dody Crosbie, and Herb Jardine for all you did as well.

While we're at it, let's give a great big thank you to Max and Lucille Feinstein and Herb and Dixie Jardine for volunteering at the last American Heart Association stuffing day.

Let me take a minute to talk about our November meeting—Dr. Mangel on stents. It was a fantastic program, followed by Herb's Pie-a-Rama. Verdict: one great pie after another.

While I was doing my own sampling of the pies, I got into a discussion with one of our members about a heart-healthier piecrust. In turn, I was asked to provide a recipe that I used and have used over the years. It is a slight modification from one in the American Heart Association cookbook. It goes like this:

For a 9" two-crust pie: sift together 3 cups of all-purpose flour and a teaspoon of salt. Measure out 2/3 cup of canola oil and 1/3 cup skim milk. Using a fork, mix the oil/milk with flour. Divide in half and roll out between two sheets of wax paper.

Peel off top wax paper, place it back on and flip it over; peel off other sheet. Lay pie plate upside down over piecrust, turn it over and straighten in plate as you peel off remaining wax paper.

Note: This mixture doesn't have the same elastic properties as butter or shortening mixtures, but with a little practice and experimenting (e.g., if too crumbly to hold together, try next time with just a very little more oil), you will end up with a very tasty and healthier pie. For single crust pies, just halve the ingredients.

I entered a pumpkin pie in the event. To make a healthier pie, I follow the Libby's recipe except use fat-free evaporated milk and either Eggbeaters or 2 egg whites for each egg called for. I have to confess to being a pie lover with blueberry, apple, pumpkin, and strawberry/rhubarb being at the top of my list! I can't pick just one.

Way back in January 1987, we had our first meeting at Northside Hospital, having moved from the Jewish Community Center. Dr. Lembo, cardiologist, was our speaker. Coincidentally, I remember he did his residency at the same hospital, St. Joseph's in Paterson, New Jersey, where my wife, Jackie, received her nurse training.

Please keep the following folks who are ill or recovering in your thoughts and prayers: Marcelene Rumble, Marvin Brown, Jerry Gilbert and Milton Klein.

Let me close with a few I hope you'll enjoy and with the permission of the *South Jersey Devil*:

I went to my doctor with the complaint that I couldn't stop singing "The Green, Green Grass of Home."

My doctor said, "That sounds like Tom Jones syndrome."

I asked him if it was common?

He said, "It's not unusual."

I only have a kitchen because it came with the house.

And finally, I'm addicted to placebos. I'd give them up, but it wouldn't make any difference.

Good grief, I've gone on too long again. See you here next month, God willing.

George Waterhouse

WELCOME NEW MEMBERS

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

**Chet Dettlinger*

**James & Mary Grimage*

**Harry & Dorothy Holding*

**Mathew & Nancy Ruck (Southside satellite)*

HOSPITAL VISITING REPORT

During the month of November 2006, we recorded 169 hospital and telephone visits at Emory University Hospital, Crawford Long Hospital, Saint Joseph's Hospital, Atlanta Medical Center, Piedmont Hospital, Grady Hospital, and WellStar Kennestone Hospital.

LET'S VISIT AWHILE

We welcome Ed Cook and Bill Bishop, two new members who are volunteering to be visitors. Ed Cook will be "Stent Man," as he will be visiting the stent and angioplasty patients at Saint Joseph's. We have not had any coverage in this category of patient for a long time. Perhaps some other "Stent Men" will come forward. Our November speaker, Dr. Mangel, believes that drug-coated stents are the wave of the future, cutting down on the number of bypass operations. Bill Bishop will visit at Emory with his friend Phil Chapman. He has also expressed interest in getting qualified at Saint Joseph's. Thank you both.

Attention Caregivers: The American Heart Association has a web site just for you at www.americanheart.org/caregivers.

ANNUAL REACCREDITATION CLASS

Saturday – January 27, 2007

Saint Joseph's Hospital / 9 a.m. – Noon

Ground Floor Classrooms 1 & 2

Free parking at the Cancer Center lot

Herb Jardine

JANUARY CARDIO-VERSARIES

1983	Martin Espeland
1984	Esther Griffin
1987	Doris Johnston
	Margie Silver
1988	Samuel Barnett
1991	Edwin Foster
1993	Max Weber, Jr.
	Leroy Redmon
	Odell Stamey
1995	Luther Lindsey, Jr.
1997	Marcelene Rumble
1998	Anthony Leskavansky

	John Harrison
1999	Amelia Smith
2000	Jack Maddox
	Michael Fowler
2001	Lois Donmoyer
	Joy Murray
	John Newsome
2002	Edward Johnston
2003	Mandy Storr
2005	Maurice Tabickman
2006	Thomas Sprecher
	Greg Dorsey
	Judy Housenet

SATELLITE MEETING INFO.....

Marietta Satellite

First Tuesday of the month – 7 p.m.

Kennestone Hospital Rehab Center (behind the hospital)

Call Doug Steingraber at 770-926-0157

Piedmont Satellite

Meetings are quarterly

Call Joann Gorell at 404-605-3283

WellStar Cobb Hospital — Rehab Center

First Thursday of the month – 7 p.m.

Call Marie Thomas-Stanley at 770-732-4129

New Satellite!!

Southern Regional Medical Center in Riverdale

Second Tuesday of the month – 7 p.m.

Education Building – Room A

Call Jan or Lewis Harris at 770-473-4725

CALLING ALL RED CAPS!

Many of you received your survivor cap at the Cobb/Cherokee Heart Walk or the huge Atlanta Heart Walk. Wear it proudly!

We're asking all members to wear their caps to the January meeting of Mended Hearts at Saint Joseph's Hospital — that's January 16 at 7:30 p.m. Our speaker will be Erin Popescu, R.N., robotics manager at Saint Joseph's Hospital. She will demonstrate and answer questions on robotic procedures.

If you have suggestions for program topics or speakers, please contact Cathy Schmit. Her phone number and email address are listed on page 8.

AMERICAN HEART ASSOCIATION CONNECTIONS

MEN WITH MIGRAINES HAVE HIGHER RISK OF CARDIOVASCULAR DISEASE

Men with migraine headaches have an increased risk for cardiovascular disease (CVD), primarily because of a higher chance of heart attack, researchers reported at the American Heart Association's Scientific Sessions 2006.

"This does not mean that individuals with migraine headaches should panic," said Tobias Kurth, M.D., Sc.D., lead author of the study and assistant professor of medicine at Brigham and Women's Hospital, Harvard Medical School in Boston, Mass. "However, individuals with migraines should be aware of proven cardiovascular risk factors such as high blood pressure, diabetes, high cholesterol levels, smoking and obesity."

The study in men comes shortly after Kurth and colleagues found that women with migraines — especially those accompanied by neurologic features such as visual disturbances known as migraine aura — had a higher risk of CVD.

In the current study, men who suffered migraines had a 42 percent increased risk of heart attack compared to men who did not have migraines — a finding similar to that in the study of women.

The study included 20,084 men participating in the Physicians' Health Study. Migraine was reported in 7.2 percent of the men. Researchers classified the men as having migraine if they reported migraine during the first five years of the study. After the first five years, follow-up for the incidence of newly developed CVD began.

The men, who were on average 56 years old and considered healthy at the start of the study, were asked about risk factors for CVD and the occurrence of a first major CVD event such as stroke, nonfatal heart attack or death from CVD during the 15.7 years of follow-up was noted.

The 1,449 men who reported migraine had 2,236 major cardiovascular events during follow-up. Overall, these men had a significant 24 percent increased risk for major CVD events, a figure that was primarily driven by a 42 percent increased risk of heart attack.

Men with migraines had a 12 percent increased risk of ischemic stroke; 5 percent increased risk of revascularization; and 7 percent increased risk of cardiovascular death. But none of these findings were statistically significant, Kurth said.

At the start of the study, men with migraines were found to have a slightly higher prevalence of high blood pressure and an elevated cholesterol profile than men who didn't have migraines. "But these risk factors didn't explain the findings because our analyses controlled for these factors," Kurth said.

"Although the association between migraine and heart attack was similar in men and women, the findings from the Women's Health Study also indicated increased risk for other heart disease and CVD mortality," he said. "Since this migraine-CVD association was only apparent from migraine with aura in women, this difference may be explained by the missing information on migraine aura in men."

Researchers started the men's study in 1982, before they suspected an association between migraine aura and CVD; so they hadn't obtained information about migraine aura.

"This study and the study in women support the hypothesis that migraine is associated with heart disease," Kurth said. "The exact reason why migraine may lead to CVD, however, is not clear. Suspected mechanisms include an increase in factors that can result in blood clots, as well a genetic factor that can increase homocysteine levels, placing them at higher risk for CVD."

Most migraine headaches start in early adulthood up until age 30, he said. While the migraine headaches may disappear with increasing age, they still occur in some people later in life.

Migraine headaches are not as significant as known cardiovascular risk factors such as high blood pressure, high cholesterol, smoking and obesity. But people with migraines should be aware of their known CVD risk factors and try to reduce them, Kurth said.

"Physicians should emphasize modifying other risk factors for CVD to their migraine patients," he said. "Further research is needed to understand why migraine is associated with CVD before potential preventive strategies can be developed."

Vanessa G. Garrity

Volunteer and Communications Coordinator



"Side effects? Destitution, poverty, indigence ..."

PAGES Editorial Service, Inc.

MEDICINE & TECHNOLOGY

NEW USE FOR PLAVIX

The FDA has approved the use of Plavix (clopidogrel) for people who have had a type of heart attack called acute ST-segment elevation myocardial infarction (STEMI), and who are not going to have coronary artery repair (angioplasty).

A STEMI is a severe heart attack caused by the sudden, total blockage of an artery. Each year, an estimated 500,000 Americans have a STEMI heart attack, according to the American Heart Association. In STEMI patients, Plavix prevents subsequent blockage in the already-damaged heart vessel, which could lead to more heart attacks, stroke, and possibly death.

The FDA approved Plavix in November 1997 to decrease platelet function in people who suffer from acute coronary syndrome. Platelets are sticky blood cells that help form a clot, and can contribute to blocked coronary arteries.

Two studies support the effectiveness of Plavix in treating STEMI heart attack patients. A large trial, the Clopidogrel and Metoprolol in Myocardial Infarction Trial (COMMIT) study, demonstrated that Plavix—when combined with other standard treatments including thrombolysis, a procedure to dissolve clots—reduced mortality and also reduced the combined number of recurrent heart attacks, strokes, and deaths. COMMIT was a randomized, double-blind, placebo-controlled trial of 46,000 patients conducted in China.

The findings in COMMIT are supported by results of the Clopidogrel as Adjunctive Reperfusion Therapy (CLARITY) study. CLARITY was a clinical trial of 3,500 patients undergoing thrombolysis for STEMI heart attacks. CLARITY showed that the coronary artery blood flow was better with clopidogrel treatment compared with placebo.

Serious side effects of Plavix include bleeding and, rarely, low white blood cell counts or low platelet counts with spontaneous bleeding and clotting (thrombotic thrombocytopenic purpura).

Plavix is manufactured by Sanofi Aventis of Bridgewater, N.J.

ADVISORY ON REFRIGERATION OF CARROT JUICE

Three cases of botulism in Georgia associated with pasteurized carrot juice that may not have been properly refrigerated prompted the FDA in September 2006 to remind consumers of the importance of keeping carrot juice at 40 degrees F or lower. The FDA, the Centers for Disease Control and Prevention (CDC), and health authorities in Georgia continue to investigate the cases.

Inadequate refrigeration of carrot juice allows botulinum spores to multiply to the level at which they

can cause illness. Botulism is a rare, serious illness that can cause paralysis. It's caused by botulinum toxin, a nerve poison that under certain conditions is produced by *Clostridium botulinum*, a bacterium commonly found in soil. Botulism can be fatal and is considered a medical emergency.

Botulinum poisoning can result in the following symptoms: double vision, droopy eyelids, altered voice or trouble with speaking or swallowing, and paralysis on both sides of the body that progresses from the neck down, possibly followed by difficulty in breathing. People experiencing these problems should seek immediate medical attention.

Cold temperatures keep most harmful pathogens from growing and multiplying. Refrigerator temperatures should be no higher than 40 degrees F and freezers no higher than 0 degrees F. Consumers should check the temperatures occasionally with an appliance thermometer. Consumers should look for the words "Keep Refrigerated" or "Refrigerate After Opening" on juice labels to know whether the product should be refrigerated.

Consumers with questions about juice safety also may call (888) SAFEFOOD (723-3366).

TOTALLY IMPLANTED ARTIFICIAL HEART

Under the Humanitarian Use Device (HUD) provisions of the Food, Drug, and Cosmetic Act, the FDA has approved the first totally implanted artificial heart for patients with advanced heart failure involving both pumping chambers of the heart.

The AbioCor Implantable Replacement Heart, made by Abiomed Inc., Danvers, Mass., was approved in September 2006. It is intended for people who are not eligible for a heart transplant and who are unlikely to live more than a month without intervention. In clinical studies, this product was shown to prolong the life and improve the quality of life for critically ill patients.

The AbioCor system consists of a two-pound mechanical heart that takes over the pumping function of the diseased heart, which is removed during the implantation procedure. There is a power transfer coil that powers the system across the skin and recharges the internal battery from the outside.

A controller and an internal battery are implanted in the patient's abdomen. The controller monitors and controls the functioning of the device, including the pumping rate of the heart. The internal battery allows the recipient to be free from all external connections for up to one hour. The system also includes two external batteries that allow free movement for up to two hours.

In addition to meeting other criteria, patients must undergo a screening process to determine whether their chest volume is large enough to hold the device before they can receive the artificial heart.

Devices approved under the HUD provisions are those intended to treat conditions or diseases that affect fewer than 4,000 people a year in the United States.

Similar to the Orphan Drug Act, the HUD provisions were designed to encourage development of innovative medical devices to treat rare conditions. They allow medical devices to be approved for market if they demonstrate safety and probable benefit.

The FDA based approval on the company's laboratory and animal testing, and on a small clinical study of 14 patients conducted by Abiomed. The study showed that the device is safe and has likely benefit for people with severe heart failure whose death is imminent and for whom no alternative treatments are available.

"FDA recognizes that not all patients who are eligible will choose this option, but for many patients faced with death, the chance to have additional time with family and friends—however limited—is a chance they are willing to take," says Daniel Schultz, M.D., director of the FDA's Center for Devices and Radiological Health. "The FDA is requiring the company to provide patients and families a comprehensive patient information package that clearly describes the risks and probable benefits of the device, and explains what patients should expect before, during, and after surgery.

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

Fulton Johnson, past president of Mended Hearts, sent the following information relating to the topic of our January program.

Dr. W. Randolph (Randy) Chitwood, Jr., was the first heart surgeon to use the da Vinci surgical procedure in the United States. Dr. Chitwood is Senior Associate Vice-Chancellor for Health Affairs and Professor and Chief, Division of Cardiothoracic and Vascular Surgery, Brody School of Medicine, East Carolina University, Greenville, North Carolina. Dr. Chitwood has been a Mended Hearts member for many years and had heart surgery about 10 years ago.

Mended Hearts, Inc. honored Dr. Chitwood at the 2004 National Conference in Cleveland, Ohio, with the Dwight E. Harkin Award. In 2003, Dr. Chitwood was one of three surgeons and the only American to be inducted as a fellow of the Royal College of Surgeons of England in London. Prior to his induction, Dr. Chitwood was installed as president of the Society for Heart Valve Disease at its biennial meeting in Paris. In 1996, Dr. Chitwood performed the first videoscopic mitral valve surgery in the United States. He worked with the manufacturers to design the instruments used in the da Vinci procedure. He is a native of Wytheville, Virginia, and I knew him as a teenager when I lived there a short time.

I'm sure Erin Popescu is much more knowledgeable about Dr. Chitwood. He told us in Cleveland that he has been in contact with NASA researchers about the feasibility of using technology aboard a space station for emergency surgeries.

NUTRITION NOTES

NEW YEAR...NEW SIZE

With the start of a new year and the end of the holiday season come many resolutions to lose weight and eat healthier. Sometimes even when we make good choices we just choose too much! Servings have gotten larger and larger in the past 50 years. What was a normal-sized portion at a restaurant years ago would be considered minuscule by our standards today. Part of the battle is knowing how much is just right.

- An appropriate serving of meat is around 3-4 oz., slightly larger than a deck of cards.
- One teaspoon of oil, butter, or margarine is just right and about the size of a quarter.
- For a serving of fruit, a tennis ball is the correct measure.
- For most starches and grains, one-half cup is the perfect size.
- Bagels can be healthy, but one serving is about the size of a 6-oz. tuna can.

Those extra sizes really pack on the calories! Jumbo buttered popcorn is 1,650 calories and 93 grams of fat! A normal serving should be 3 cups of non-buttered for only 165 calories and 9 grams of fat.

The 24-oz. sodas (1 bottle) are around 310 calories, while one can is only 155 calories. Those tortilla chips at the restaurant add up—40 chips (a plateful) are 400 calories and 20 grams of fat (and you haven't even eaten dinner yet!), while 10 chips at 100 calories and 5 grams of fat are the better choice.

How much should we eat? Most women and older adults should have around 1,600 calories to maintain their weight, while most men and young adults are around the 2,000-2,200 calorie range. Remember...just because it is bigger does not mean it is always better! Cut down on those large portions, and you may just cut down on your waistline.

Kristin Cox RD, LD
Atlanta Medical Center

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.

THE VENT-RICLE

John and Jessica were on their way home from the bar one night, when John got pulled over by the police. The officer told John that he was stopped because his taillight was burned out.

John said, "I'm very sorry, officer. I didn't realize it was out. I'll get it fixed right away."

Just then Jessica said, "I knew this would happen when I told you two days ago to get that light fixed."

So the officer asked for John's license and after looking at it said, "Sir, your license has expired."

Again John apologized and mentioned that he didn't realize that it had expired and would take care of it first thing in the morning.

Jessica said, "I told you a week ago that the state sent you a letter telling you that your license had expired."

By this time, John is a bit upset with his wife for contradicting him in front of the officer, and he said in a rather loud voice, "Jessica, shut your mouth!"

The officer then leaned over toward Jessica and asked, "Does your husband always talk to you like that?"

Jessica replied, "Only when he's drunk."

Contributed by John Crosbie

A guy took his blonde girlfriend to her first football game. They had great seats right behind their team's bench. After the game, he asked her how she liked the experience.

"Oh, I really liked it," she replied, "especially the tight pants and the big muscles, but I couldn't understand why they were killing each other over 25 cents."

Dumbfounded, her date asked, "What do you mean?"

"Well, they flipped a coin, one team got it, and for the rest of the game, all they kept screaming was 'Get the quarterback! Get the quarterback!' I'm like...Hello-o-o? It's only 25 cents!!!!"

A plane is on its way to Melbourne when a blonde in Economy Class gets up and moves to the First Class section and sits down. The flight attendant watches her do this and asks to see her ticket. She then tells the blonde passenger that she paid for Economy Class and that she will have to go and sit in the back.

The blonde replies, "I'm blonde, I'm beautiful, I'm going to Melbourne, and I'm staying right here!"

The flight attendant goes into the cockpit and tells the pilot and co-pilot that there is some blonde bimbo sitting in First Class that belongs in Economy and won't move back to her seat. The co-pilot goes back to the blonde and tries to explain that because she only paid for Economy, she is only entitled to an economy place, and she will have to leave and return to her original seat.

The blonde replies, "I'm blonde, I'm beautiful, I'm going to Melbourne, and I'm staying right here!"

Exasperated, the co-pilot tells the pilot that it was no use and that he probably should have the police waiting when they land to arrest this blonde woman that won't listen to reason.

The pilot says, "You say she's blonde? I'll handle this. I'm married to a blonde, and I speak blonde!"

He goes back to the blonde, whispers in her ear, and she says, "Oh, I'm sorry—I had no idea," gets up and moves back to her seat in the economy section.

The flight attendant and co-pilot are amazed and asks him what he said to make her move without any fuss.

The pilot replied, "I told her First Class isn't going to Melbourne."

Panicking when his toddler swallowed a small magnet, George rushed him to the emergency room.

"He'll be fine," the doctor promised. "The magnet should pass through his system in a day or two."

"How will I be sure?" he pressed.

"Well," the doctor suggested, "you could stick him on the refrigerator. When he falls off, you'll know."

PAGES Editorial Service, Inc.

As a young minister, I was asked by a funeral director to hold a graveside service in a new cemetery for a derelict man with no family or friends who had died while traveling through the area. The cemetery was way back in the country. This man would be the first to be laid to rest at this new cemetery.

As I was not familiar with the backwoods area, I became lost. Being the typical man I didn't stop for directions. When I finally arrived an hour late, I saw a crew and a backhoe, but the hearse was nowhere in sight.

The workmen were eating lunch. I apologized for my tardiness, but the workers just looked puzzled. I stepped to the side of the open grave, to find the vault lid already in place. I assured the workers I would not hold them long, but this was the proper thing to do.

As the workers gathered around still eating their lunch, I poured out my heart and soul. As I preached, the workers began to say, "Amen, Praise the Lord." I preached, and I preached like I'd never preached before. I began at Genesis and worked all the way through to Revelation. I preached for 45 minutes. It was a long service. Finally, I closed in prayer, and it was finished.

As I was walking to my car, I felt that I had done my duty, and I would leave with a renewed sense of purpose and dedication in spite of my tardiness.

As I was opening the door and taking off my coat, I overheard one of the workers saying to another... "Ya know, I've been putting in septic tanks for 20 years, but I ain't never seen anything like that before."

APPLICATION FOR MEMBERSHIP

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

Atlanta or Satellite: Marietta Piedmont Southside

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 12-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 678-385-2062 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
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