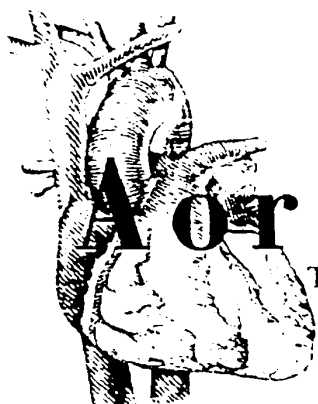


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Aorta Reporter

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

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

Dedicated to the Memory of Dr. Paul Ambery

JENNIFER HARRELL AND BEVERLY STEGMAN, Physical Therapists

**"The Importance of Exercising
and Strengthening Your Body"**

Tuesday, May 17, 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 & meet many other MENDED HEARTS)

PRESIDENT'S NOTES

WHAT'S THAT I SEE? WHAT'S THAT I HEAR?

As I opened my garage door the other morning, I noticed that the jonquils, tulips, azaleas, and dogwoods were beginning to bloom. Algernon Swinburne said it best in his chorus line from *Atalanta in Calydon*, "Blossom by blossom the spring begins."

James Stephens wrote in *The Rivals*, "I heard a bird at dawn singing sweetly on a tree, that the dew was on the lawn, and the wind was on the lea; but I didn't listen to him, for he didn't sing to me."

We have learned or observed that there are no guarantees in life, so why not take time to enjoy God's artistry and orchestral sounds of the season. Take a very long moment and inhale the bouquet of spring and enjoy the chorus of birds singing.

Life moves much faster as we grow older. Don't let spring slip through because it's just the beginning of the rest of our springs. Don't forget those spring walks, too.

Doug Steingraber

CHAPTER NOTES

As I sit to write a few thoughts down for this column, it's early April, and there's enough pollen around to choke a horse. When you read this, May will be right on top of us. The kids will be getting out for the summer and here comes Memorial Day. Tell me—is the year going fast enough for you?

Talk about time going by, I was looking at the May 1986 *Aorta* and editor Edna had a paragraph on the April speaker from Emory. Dr. Knof reported that Emory had already performed almost 6,000 of the relatively new angioplasty procedures. Channel 11 newscaster Hal Suit, who had bypass surgery several years prior, was to be the May speaker. Our chapter had performed 319 hospital visits in March of that year. A couple of good one-liners: It's wrong to repeat gossip, but what else can you do with it? It's gardening time, but remember that gardening is a matter of your enthusiasm holding up until your back gets used to it.

I must confess to being one of the people who have been taking 400 IU of vitamin E every day now for a bunch of years, even though the medical profession has at least been neutral in recent years on the actual benefits of consuming extra doses of the vitamin. Now have you seen the article in the latest issue of our *Heart Beat* magazine warning that taking higher doses could lead to an earlier death? I should have known better. It seems so many times what looks like a great idea to start off with turns into a no-no, especially in the case of people (like me) who already eat a lot of nuts and fruit. I really was already

getting plenty of vitamin E. By the way, can anyone use an extra couple of hundred vitamin E capsules?

The next volunteer day at the American Heart Association office is right at the cusp of this issue going to print, but we'll squeeze in the names of you who helped out in this issue and many thanks to each and every one of you—Linda McLaren, Rudy Galistel, Max and Lucille Feinstein, and Doug Steingraber.

I am now soliciting some nice clean humorous jokes or one-liners for our upcoming June humor issue, so please send a couple in to me. In the meantime, since we try to brighten your day just a little bit with every issue, here are a few I came across recently.

One day a guy named Steve was walking across a bridge when he saw a man slip and fall into the river below. He peeked over the edge and saw the man desperately treading water. "Drop me a line!" yelled the man. "How can I?" asked Steve. "I don't know your address!"

Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today it's called golf.

And toddler property laws: If I like it, it's mine. If it's in my hands, it's mine. If I can take it from you, it's mine. If I had it a week ago, it's mine. If it's mine, it must never appear to be yours in any way. If I'm building something, all the pieces are mine. If it looks just like mine, it's mine. If I think it's mine, it's mine. If it's near me, it's mine. If it's broccoli, it's yours.

Take good care of your heart, get out there and walk; and God willing, I'll see you here again next month.

George Waterhouse

I awoke Saturday, April 9, 2005, to a beautiful day. The sun was shining, and it was finally warm out. My husband and I decided to go for our daily walk. As I was getting ready, he heard sirens in the neighborhood. He decided to go see what was going on. I had waited about half an hour for him to come home when I decided to go find him. At the top of our street there were police cars and fire trucks. I asked the three young children standing at the top of the hill what was going on. Their reply was that they thought there was a man in the woods. I asked the three YOUNG children if they knew if he was DANGEROUS. They did not know. (I know you are thinking—what does this story have to do with Mended Hearts?)

As I was walking down the next street to see why there were so many police cars, fire trucks, and an ambulance, one of the neighbors told me that an insurance adjuster who was checking a roof for hail damage had a heart attack. The owner of the home was on the roof with him; and when the adjuster stopped breathing, our neighbor not only called 911 but also administered CPR. Several other men who ventured out to see what the commotion was about were first witnesses to the use of an AED device and then were called upon to help lower the ailing man to the ground.

After the ambulance was gone and the rest of the rescue persons were leaving or taking statements, Bill and I talked about how scary this was. Even though we have both had CPR training, it would be extremely stressful and very hard to remember what needed to be done and do it. I keep thinking about the events of that morning and I have decided that we need to take the CPR training again. And maybe again after that. I had looked at knowing CPR as a family thing, but now I realize that the knowledge and confidence that comes from really knowing CPR could alter the outcome of an emergency situation.

Jill Wilkins

LET'S VISIT AWHILE

We have completed our visiting report for the period April 1, 2004 to March 30, 2005. We made 2,344 visits to 1,679 patients, families and Internet patients. With additional visitors, we hope to increase our visiting for 2005-2006.

I would like to introduce Rick Fisher, lone Internet visitor for Chapter 81. Those of you who are computer savvy and don't have time to actually visit patients at the hospital or can't get out, might consider this visiting venue. In that vein, we continue to look for a few more telephone callers to remind members about our meetings.

Herb Jardine

HOSPITAL VISITING REPORT

During the month of March 2005, we recorded 276 hospital and telephone visits at Emory University Hospital, Crawford Long Hospital, Saint Joseph Hospital, Atlanta Medical Center, Piedmont Hospital, and Grady Hospital.

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

(Note Meeting Date and Time Changes)
Second Thursday of the month – 6:30 p.m.

Piedmont Hospital – Cardiac Rehab
Call Joann Gorell at 404-605-3283 for information.

WELCOME NEW MEMBERS

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

**Maurice Tabickman*

**Janet K. Thompson*

MAY CARDIO-VERSARIES

1984	Treva Bridge John Nicolescu
1992	Marilyn Spamer
1994	Bill Price Al Smith
1997	Nina Sanofsky Marshall Lewis
1998	Russ McDaniel Elsie Carroll
2000	Fred Skey
2001	Harry McGinnis Rosemary Mosteller
2002	Charles Evans
2003	David Sanders
2004	Thomas Dodson Billy Fleming Mike McDonald Cathy Schmit

UPCOMING EVENTS.....

Expo: **HeArteries**

Thou Well?

In celebration of 125 years of caring and of offering the most advanced technologies in cardiac and vascular care, Saint Joseph's invites you to join us on Saturday, May 21, for a free Heart and Vascular Wellness Expo.

Come learn about the risk factors and prevention techniques of heart disease and stroke from 9:00 a.m. to 2:00 p.m. in the Carroll Conference and Education Center on the hospital's ground floor.

Free screenings for stroke, blood pressure, cholesterol and glucose will be offered, along with pulmonary function and body-mass index testing.

Our experts will offer pre-diabetes and diabetes consultations, fitness consultations, posture and flexibility assessments, relaxation and stress-reduction techniques, smoking cessation tools, healthy cooking demonstrations, ask the nurse, hospital tours, giveaways and much, much more! Please register on-line at www.stjosephsatlanta.org or call 404-851-5112. Free parking is available at our Cancer Center, along with courtesy cart service to our new main lobby. For more information, phone: 404-851-5925.

GUEST COLUMNIST

A GREAT MENDED HEARTS STORY

John Friese has been volunteering at Emory University Hospital for the past 18 years, and this past month he had a most rewarding encounter. John was checking on open-heart surgery patients on the fourth floor cardiac wing, where they were loaded with cardiac cases. He visited 12 people. At the end of the hall in the last room was a patient who had that room number for 16 MONTHS waiting for a new heart.

John and the other five Emory visitors usually checked on him during their semi-monthly rounds. The 57-year-old, well-educated man always seemed to have a terrific and positive attitude about his dilemma. He was always tethered to the huge heart-pumping machine that kept his body going, but from time to time they would hook him up to a Portable Pack machine so he could leave his room for walks outside the hospital or a visit to his home. Several evenings he went to outdoor concerts. But, of course, always back to his so-called "home" at Emory.

When John walked into his room, the machines were gone, and he was fully dressed, walking around the room and smiling. It was a miracle! A transplant heart had been located on Valentine's Day. How's that for a heart story?

The surgery took almost 15 hours to give him a new life. He went home on March 2, and Fox News reported on the gentleman and the Emory doctors and nurses. They had a going-home party for him before he left the floor. As he said, "I forgot what it was like to sleep in my own bed. I'm really looking forward to that."

This story is one of the hidden rewards of being a Chapter 81 hospital visitor. We can always think of the determination and courage of this man to give us mental strength.

Helen M. Friese

AMERICAN HEART ASSOCIATION CONNECTIONS

AMERICAN HEART ASSOCIATION ADDRESSES USE OF PAIN MEDICATIONS

American Heart Association scientific advisory

DALLAS, March 22 – Confused about which painkillers are safe to use? A new American Heart Association science advisory on the use of COX-2 inhibitors and other non-steroidal anti-inflammatory drugs (NSAIDs) suggests this simple rule of thumb: Use the drug with the fewest known risks.

The advisory is published in *Circulation: Journal of the American Heart Association*. The advisory affirms the

cautions issued by the U.S. Food and Drug Administration (FDA) in February 2005.

This rule means that potent drugs like the COX-2 inhibitors Celebrex (celecoxib) and Bextra (valdecoxib) should be "held in reserve, generally for short-term use," said Joel S. Bennett, M.D., a hematologist and a member of the writing group that drafted the advisory.

The association advisory comes in response to several reports that COX-2 inhibitors increase cardiovascular risks.

Bennett, who is a professor of medicine at the University of Pennsylvania, explained that COX-2 drugs were developed with the idea of "having a good pain reliever that wouldn't upset the stomach, which sounded great." But that good idea was questioned when reports surfaced that long-term use of one of the drugs, rofecoxib (Vioxx), was associated with increased heart attacks and strokes.

Merck, the company that makes Vioxx, voluntarily removed it from the market in September 2004 when it received evidence that daily use of the drug for more than 18 months increased the risk of blood clots. Since then, the FDA has conducted hearings into other COX-2 inhibitors.

The American Heart Association advisory recommends physicians weigh the benefits and risks before prescribing Celebrex or Bextra. Because the risks of adverse effects of COX-2 inhibitors are likely greatest in patients with – or at high risk for – cardiovascular disease, the statement suggests limiting the use of COX-2 drugs to those who have no appropriate alternatives. The lowest recommended dose should be given for the shortest duration necessary.

The advisory also addresses the use of other popular pain relievers such as aspirin and ibuprofen (Advil, Motrin). Consumers are warned that all over-the-counter drugs should be used in strict accordance with label directions and that if an over-the-counter NSAID is needed for more than 10 days, consult a physician.

"We are recommending that patients use some common sense in selecting a medication to treat pain," Bennett said. "In terms of drug choice, one rule is always best, and it holds whether you are treating cancer or treating a headache: use the safest medicine first."

Medications such as aspirin and acetaminophen (Tylenol) in recommended doses and durations have minimal toxicity, which makes them good first choices, he said. "If those medicines don't work, try a stronger NSAID such as naproxen (Aleve)."

Bennett noted that low-dose aspirin is recommended to reduce the risk of second heart attacks and that many people having a heart attack are given aspirin to limit heart muscle damage.

Co-authors are Alan Daugherty, Ph.D.; David Herrington, M.D., M.H.S.; Philip Greenland, M.D.; Harold Roberts, M.D., and Kathryn A. Taubert, Ph.D.

*Vanessa G. Garrity
Volunteer and Communications Coordinator*

MEDICINE & TECHNOLOGY

RADIOFREQUENCY IDENTIFICATION TECHNOLOGY: PROTECTING THE DRUG SUPPLY

The FDA has stepped up its efforts to improve the safety and security of the nation's drug supply by encouraging use of a state-of-the-art technology that tags product packaging electronically. The technology, called radiofrequency identification, or RFID, allows manufacturers and distributors to more precisely track drug products through the supply chain.

RFID makes it easier to ensure that drugs are authentic, and it also creates an electronic pedigree—a record of the chain of custody from the point of manufacture to the point of dispensing. Electronic pedigrees will improve patient safety and protect the public health by allowing wholesalers and retailers to rapidly identify, quarantine, and report suspected counterfeit drugs and conduct efficient, targeted recalls.

In November 2004, the FDA published a compliance policy guide for industry on implementing RFID studies and pilot programs. Acting FDA Commissioner Dr. Lester M. Crawford says the agency's actions were designed with one main goal: "to increase the safety of medications consumers receive by creating the capacity to track a drug from the manufacturer all the way to the pharmacy."

The FDA acknowledged the leadership of Johnson & Johnson in establishing standards for RFID technology and participating in RFID pilot studies. The agency also applauded initiatives announced by Pfizer, GlaxoSmithKline, and Purdue Pharma.

Pfizer announced its plans to place RFID tags on all bottles of Viagra (sildenafil) intended for sale in the United States in 2005. GlaxoSmithKline has announced that it intends to begin using RFID tags on at least one product deemed susceptible to counterfeiting.

Purdue Pharma announced that it is placing RFID tags on bottles of the pain reliever OxyContin (oxycodone) to make it easier to authenticate, as well as to track and trace the medication. OxyContin, which is a controlled substance, has been subject to abuse, theft, and diversion. Based on the availability of sufficient RFID tags, Purdue also plans to tag bottles of Palladone (hydromorphone), a newly approved product to treat persistent moderate-to-severe pain.

The FDA considers electronic pedigrees to be a type of "electronic safety net," which allows illicit drug transactions to be rapidly identified and potentially transmitted to the FDA. This could improve the agency's ability to conduct investigations of suspected counterfeiting or the diversion of prescription drugs.

The FDA believes its compliance guide will clear the way for more pilot programs that involve RFID tagging of

all packages of certain products, especially those that are highly likely to be counterfeited. The FDA hopes that more firms will use RFID technology and gain experience with transferring, storing, and securing data that RFID provides.

The scope of the compliance guide is based on information the FDA obtained concerning RFID feasibility studies examining the use of this technology for various business purposes, including inventory control and tracking and tracing of drugs. To encourage these studies, the guide announces the FDA's intention to exercise enforcement discretion if certain studies trigger regulatory requirements.

The FDA's actions are key steps in implementing a major recommendation of the agency's report, "Combating Counterfeit Drugs." That report recommended that RFID technology be in widespread use throughout the pharmaceutical industry by 2007.

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

MOSQUITOES: READY OR NOT, HERE THEY COME!

Now that mosquitoes are spreading West Nile virus, repellents are about more than avoiding ruined campouts and itchy bites. Where malaria and mosquito-borne dengue fever are endemic, repelling mosquitoes can save lives.

DEET is hard to beat. It was first patented by the U.S. Army and has been in commercial use since the 1950s.

Worries about its safety have tapered off, possibly because people are more concerned that a bite could make them sick. Many repellents have bright stickers that highlight the DEET content.

When you apply the repellent, it creates a cloud of molecules within a fraction of an inch over the skin. It doesn't actually repel a mosquito; DEET confuses it. The mosquito loses its appetite when those molecules clog receptors on its antennae.

Research reported in the *New England Journal of Medicine* shows that all DEET products delayed the first bite for much longer than other repellents. A product with a relatively small amount (6.65 percent) lasted an average of 112.4 minutes. OFF! Deep Woods (23.8 percent) lasted 301 minutes; Sawyer Controlled Release (20 percent) lasted 234 minutes. Citronella products lasted 10 to 20 minutes.

The American Academy of Pediatrics warns against using repellents that are more than 10 percent for children. Others say all DEET products are safe for children. Visit health.harvard.edu/health for more information.



PAGES Editorial Service, Inc.

IN THE NEWS

HOPE & HELP

Donna DeLeese was 32 and pregnant with her third child when the unthinkable happened. Seemingly perfectly healthy, she was diagnosed with congestive heart failure. The disease progressed for eight years, until she had one last chance for survival: She'd have to replace a faulty heart valve. At the time, this was considered an especially risky procedure. "I was about to have surgery, and I didn't think I was going to live through it," she recalls. "Then two strangers walked into my hospital room to change my rotten attitude—and ended up changing my life."

The "strangers" were volunteers from Mended Hearts, fellow cardiac patients who a few years earlier had been in the same situation as DeLeese. "As they told me about their experience and answered my questions," she says, "for the first time in eight years, I thought I might actually live through it—and maybe even come out healthy."

Two decades later, DeLeese makes her own visits as one of 3,200 trained volunteers—all recovering from heart disease—who counsel and chat with nearly 230,000 patients, family members and caregivers. "We discuss anything and everything, from the surgery itself to how to comfortably wear a bra with staples in your chest," says the Knoxville nurse and grandmother. Some 280 local chapters meet monthly to offer further encouragement and support.

The purpose of the program, started 50 years ago by a Boston cardiologist, is to inform, educate and (mostly) reassure patients. Studies show that about one in five people develops depression following a heart attack, which makes them two to four times more likely to die or develop new health concerns in the short-term. "We help patients develop the positive attitude that can be so crucial when you've been diagnosed with heart disease," says Mended Hearts spokesperson Tim Elsner. For more information, call 1-888-HEART99 or visit www.mendedhearts.org.

by Sid Kirchheimer

Reprinted from a special advertising section appearing in the February 14, 2005, issue of Newsweek

WANT TO TALK

with others who have had a similar
cardiac procedure/event?

Call 678-385-2062 and leave a message.

We'll work to find a connection!

NUTRITION NOTES

WHOLE GRAINS GIVE YOU THE LIVING POWER YOU NEED

When the armies of Alexander the Great went into battle, they subsisted on crude wheat cakes. Ancient Chinese emperors fed their troops a ball of brown rice each day. Centuries later, John Wayne and his group ate "corn dodgers" on the trail in "True Grit."

History holds many stories of whole grains sustaining people when they didn't have time to cook. Whole grains can still do the job. Fortunately, they are available in more tasty forms.

Edible grains include wheat, barley, corn, millet, oats, rice, rye and many others. Nature constructs them alike. Each particle in an outer bran layer contains nearly all the fiber. The germ layer is richest in nutrients.

Today, we know that whole grains give us much more than fiber for sustained energy. The American Cancer Society is urging us to return to an era when the staff of life was more likely to be brown than white.

Studies show that those who eat whole grains are less likely to develop colorectal, stomach, and endometrial cancers and heart disease. The plant chemicals they contain include lignans, flavonoids, and many healthful acids.

Whole grains are good sources of vitamin E, an important antioxidant, and all grains are well endowed with minerals including zinc, selenium, copper, iron, manganese, and magnesium. The minerals are thought to protect cells against oxidation damage.

Whole-Wheat Pancakes

Combine 1-1/4 cup whole-wheat flour with 1/4 cup wheat germ, 1-1/2 teaspoon baking powder, 1/2 teaspoon cinnamon, and 1/8 teaspoon salt.

Add 1-1/2 cup skim milk, 1/4 cup fat-free egg substitute, and 1 tablespoon unsalted butter, melted.

Warm a skillet to medium-high heat and drop 1/4 cup of batter for each pancake. Don't crowd them. Cook for two minutes, flip and cook for one more minute.

PAGES Editorial Service, Inc.

WARNING – NEW SCAM

This new scam is being pulled mainly on older men.

What happens is that when you stop for a red-light, a young, nude woman comes up and pretends to be washing your windshield. While she is doing this, another person opens your back door and steals anything in the car.

They are very good at this.

They got me seven times Friday and five times Saturday. I wasn't able to find them on Sunday.

THE VENT-RICLE

WHY WE LOVE KIDS

Jane was driving with her three young children one warm summer evening when a woman in the convertible ahead of them stood up and waved. She was stark naked!

As Jane was reeling from the shock, she heard her 5-year-old shout from the back seat, "Mom! That lady isn't wearing a seatbelt!"

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, "What's the matter, haven't you ever seen a little boy before?"

While walking along the sidewalk in front of his church, our minister heard the intoning of a prayer that nearly made his collar wilt. Apparently, his 5-year-old son and his playmates had found a dead robin.

Feeling that proper burial should be performed, they had secured a small box and cotton batting, then dug a hole and made ready for the disposal of the deceased.

The minister's son was chosen to say the appropriate prayers and with sonorous dignity intoned his version of what he thought his father always said:

"Glory be unto the Fa-a-a-a-ther, and unto the Son-n-n, and into the hole he go-o-o-oes."

Contributed by Helen Friese

SOME REASONS NOT TO MESS WITH CHILDREN

The children had all been photographed, and the teacher was trying to persuade them each to buy a copy of the group picture.

"Just think how nice it will be to look at it when you are all grown up and say, "There's Jennifer—she's a lawyer or that's Michael—he's a doctor."

A small voice at the back of the room rang out, "and there's the teacher; she's dead."

A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, "Now, class, if I stood on my head, the blood, as you know, would run into it' and I would turn red in the face."

"Yes," the class said.

"Then why is it that while I am standing upright in the ordinary position, the blood doesn't run into my feet?"

A little fellow shouted, "Cause your feet ain't empty."

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note and posted on the apple tray: "Take only ONE. God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies.

A child had written a note, "Take all you want. God is watching the apples."

QUESTIONS THAT REALLY NEED ANSWERS

1. Who was the first person to look at a cow and say, "I think I'll squeeze these dangly things here and drink whatever comes out?"

2. Who was the first person to say, "See that chicken there? I'm gonna eat the next thing that comes out of its rear."

3. Why is there a light in the fridge and not in the freezer?

4. If Jimmy cracks corn and no one cares, why is there a song about him?

5. Can a hearse carrying a corpse drive in the carpool lane?

6. Why do people point to their wrist when asking for the time but don't point to their crotch when they ask where the bathroom is?

7. Why does your OB-GYN leave the room when you get undressed if they are going to look up there anyway?

8. Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!

9. If Wile E. Coyote had enough money to buy all that Acme stuff, why didn't he just buy dinner?

10. If quizzes are quizzical, what are tests?

11. If corn oil is made from corn, and vegetable oil is made from vegetables, then what is baby oil made from?

12. If electricity comes from electrons, does morality come from morons?

13. Why do the Alphabet Song and Twinkle, Twinkle Little Star have the same tune?

14. Stop singing and read on.

15. Do illiterate people get the full effect of Alphabet Soup?

16. Did you ever notice that when you blow in a dog's face, he gets mad at you; but when you take him on a car ride, he sticks his head out the window?

17. Does pushing the elevator button more than once make it arrive faster?

18. Why doesn't glue stick to the inside of the bottle?

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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