

Meet a Patient

It was April of 2011 when Jessica Rogers was given the “all clear” from her doctors after a year of chemotherapy for Ewings Sarcoma. She felt like she won the battle of her life.



"THIS HAS GIVEN ME MY LIFE BACK."

Jessica Rogers
HeartMate II™
LVAD recipient

But just nine short weeks later, she found herself in the hospital, prepping for a life-saving surgery on her heart. While the chemo treated her cancer, it also damaged her heart, and at just 23 years old, the unthinkable had occurred—her heart was failing...fast.

Jessica received the HeartMate II™ LVAD on June 29, 2011 at Sacred Heart Hospital in Spokane, WA, and she did well on support. In fact, she did so well, that in 2013 after two years on support, her doctors were confident that she was a candidate to have the device explanted. But Jessica’s heart had other plans. During the explant surgery, her heart would not restart.

“I died on the table—a few times,” recalls Jessica. “But my surgeon, he was amazing. The nurses told me he went into overdrive to re-set the operating room for a new implant of a new HeartMate II LVAD.”

Jessica has had her new HeartMate II LVAD for almost three years now, and is thankful for it each and every day. In total, she has been on support for just over five years.

Just recently, Jessica was named the winner of the “Thanks to an LVAD” video

contest sponsored by Mended Hearts. Jessica’s entry was selected by a panel of independent judges from among 280 videos. Her video submission showcased just how much heart the 28-year-old has and how much love she has for the people who have been by her side.

Jessica shared this about her family: “My parents are amazing. My mom is so strong, and my dad, he’s the funny one. I like to say, when I got sick, my mom did all the manual labor and my dad did all the mental labor. His jokes would always perk me up.

Jessica has two “amazing” brothers who she’s very close with, but it was finding out she would be an aunt for the first time that truly helped her through. She remembers: “My sister-in-law was pregnant with my nephew when

I went in to get my first HeartMate II LVAD explanted. My will to meet that little guy kept me going through the worst of it.”

Jessica is recently engaged to Devin, a mechanical engineer and these days they are actively working on home improvement projects. She says: “He’s only ever known me with an LVAD, but he doesn’t ‘see’ it. He does love the technology and I know he’s dying to peek inside the controller to see how it works,

but we won’t be doing that.”

Of her HeartMate II LVAD, Jessica is very matter-of-fact. “This has given me my life back. I hear about people who live their lives with heart failure, and I just know I couldn’t go a minute longer. It’s given me a chance to live, and I know I’d have a miserable existence without it.”

Right now, Jessica is busily planning more travel for her and Devin. “I got to check an item off my bucket list with the trip to New York City because of the Mended Hearts contest—it was such a great experience. We went to Alaska this summer so our families could meet! And New Orleans, that’s next.”

Being an advocate for heart failure patients is what drives Jessica’s desire to volunteer with Mended Hearts. “I’m an example of a successful story of heart disease and I want to share that with people—it helps if they get to see it, see me.” Jessica is looking forward to helping to reach more medical professionals and heart failure patients with her story.

“Doing the video was a great avenue to share my story, and I look forward to doing even more to share my message of hope and help more people live out loud,” she said. ■

To see her and other winning entries and honorable mentions visit:

ThanksLVAD.com

“MY SISTER-IN-LAW WAS PREGNANT WITH MY NEPHEW WHEN I WENT IN TO GET MY FIRST HEARTMATE II LVAD EXPLANTED. MY WILL TO MEET THAT LITTLE GUY KEPT ME GOING THROUGH THE WORST OF IT.”

Expert

Interview with Cardiologist Shashank S. Desai, MD



Shashank S. Desai, MD

Advanced Heart Failure
and Transplant Cardiology
Cardiovascular Disease

Inova Fairfax Hospital

Dr. Desai has been working with Left Ventricular Assist Device (LVAD) patients since the earliest generations of devices were implanted. Now, LVAD therapy is becoming a more popular treatment option, and he sat down to share his thoughts on treating patients with advanced heart failure.

According to Dr. Desai, heart failure treatment varies, because each patient's path and timeline is different. He also touched on the very unique and special bond that is shared between the physician and patient when it comes to managing heart failure.

"There has to be a trust and a mutual understanding between the doctor and the patient. Heart failure is a chronic condition so we're going to be friends for life," he said. "Time and honesty are very important. The

relationship develops over time and is very cooperative in nature. This becomes even more important as we explore advanced therapies, as these are life-changing events."

To increase awareness of LVAD therapy, Dr. Desai believes there should be more training for health care professionals as it relates to testing and prognosis for advanced heart failure and developing an appropriate treatment plan.

"It is only with these facts that a heart failure patient can make decisions among all the complex options available," he said.

Dr. Desai explained that many practitioners are fearful of telling patients their expected survival because it seems negative and it may take away hope. However, he sees it differently.

"Armed with this information, patients can make rational decisions with confidence. Individuals have different kinds of motivation for a better quality and quantity of life," he said.

Dr. Desai has seen firsthand the great quality of life that can be recaptured with LVAD therapy.

"While all patients are unique," Dr. Desai notes, "I have a patient who is a Chief mechanic in the military and one who is an electrician, both back at work. I even have a patient who is a fitness trainer who trained with his LVAD all the way up to transplant and continues to train today."

He adds: "We used to wonder whether or not we were going to let LVAD recipients drive, and now they're playing sports, working in exciting careers and living very active lifestyles. It's really quite incredible." ■



NEWS YOU CAN USE

Early Heart Failure Leads to 100 lb. Weight Loss, Path to New Life

My Southern Health - April 7, 2016

This is a great story about HeartMate II™ LVAD recipient Travis Ghee. When he received his HeartMate II LVAD at Vanderbilt, he was listed as Destination Therapy. However, through much work and perseverance, Ghee has lost 100 pounds, which was a factor in qualifying him to be listed for transplant. To read this story, please visit mysouthernhealth.com and in the search bar on the upper right, search for "Travis Ghee."

Man Becomes Ambassador for Life-Saving Technique

Daily Reporter - May 18, 2016

At 75 years old, HeartMate II LVAD patient, Wayne Dye has become a Patient Ambassador in his home town of Charlottesville, IN. Dye and his wife attend regular support groups and offer advice to patients considering an LVAD. To read this story, visit greenfieldreporter.com and click on search in the menu bar. When the search window appears, search for "LVAD."

"THE POSSIBILITIES ARE REALLY ENDLESS"

Jessica Rogers, of her LVAD

Imagine: How to Mend a Broken Heart? Hospitals Cracking the Code

My Central Jersey - June 10, 2016

An informative news story about different clinical innovations in cardiac care, including

the HeartMate II LVAD, that are being used at hospitals in New Jersey. To read this story, please visit mycentraljersey.com and in the search bar, search for "HeartMate II."

Heart Failure Survivor Thanks Her LVAD

Fox2Now - St. Louis - June 28, 2016

"Thanks to an LVAD" contest winner Jessica Rogers was featured in numerous news stories across the country via satellite interview. Here's one story where she is featured alongside Dr. Susan Joseph of Baylor Heart Hospital in Dallas, Texas, and their goal to raise awareness for LVAD therapy for heart failure patients. To read and view this story, please visit fox2now.com and in the search bar, search for "Jessica Rogers."

"I'M BACK DOING WHAT I LOVE DOING."

Jack Cozort, speaking of life with an LVAD

SUMMER 2016

We recently asked a group of HeartMate II™ LVAD Patient Ambassadors how they spent their summer. Here's what they said:*



50% OF RESPONDENTS SAID: **ALL OF THE ABOVE!**

Five Years on Ventricular Assist Device

Stanford Children's Health - July 2016

Twenty-one-year-old Edgar Arredondo received the HeartMate II LVAD at Lucille Packard Children's Hospital Stanford five years ago, and is the longest supported pediatric patient in their VAD program. To read about Edgar's story, please visit stanfordchildrens.org and type "Edgar" into the search bar.

Implant Pumps New Life Into Lobbyist's Failed Heart

WRAL - July 1, 2016

Jack Cozort had one of the top five video submissions to the "Thanks to an LVAD" contest and was recently featured in a local news story in his home state. Jack has worked in government for 40 years and battled heart disease for 30 years. His powerful story was featured in the local news. To read and view this story, please visit wral.com and in the search bar, search for "LVAD."



Mended Hearts

Mended Hearts offers a variety of programs to heart disease patients and their families. They are the largest peer-to-peer heart patient support network in the country, providing education, support and hope. With 300 chapters in North America, serving more than 450 hospitals, Mended Hearts provides support and hope through its wonderful programs and network of volunteers.

When you visit the Mended Hearts website, MendedHearts.org, you'll find inspiring video stories as well as information on how to volunteer at a local chapter and get involved with the Mended Hearts community, among many other resources.

Recently, St. Jude Medical partnered with Mended Hearts for an LVAD Awareness Campaign called the "Thanks to an LVAD..." Video Contest. We'd like to thank everyone who submitted his or her awareness video, and congratulate Jessica, featured on the cover, on her winning submission. Because of how much this contest was embraced by the LVAD patient community, we are proud to say we've donated more than \$25,000 to Mended Hearts to help fund additional educational and support programs for families who are affected by heart disease. ■



Mended Hearts

"INSPIRING HOPE AND IMPROVING THE QUALITY OF LIFE FOR HEART PATIENTS AND THEIR FAMILIES THROUGH ONGOING PEER-TO-PEER SUPPORT."

MENDEdHEARTS.ORG

The HeartMate II™ Left Ventricular Assist System Patient Ambassador Quarterly is published four times a year with the purpose of keeping HeartMate II LVAD Patient Ambassadors up-to-date with recent news that may be of interest and to foster a supportive community of patients and caregivers.

CONNECTING MORE HEARTS™

DID YOU KNOW?

HeartMate II™ LVAD Recipient Rod Carew Launches “Heart of 29” Campaign

Late last year, after suffering a massive heart attack on the golf course that left him in heart failure, Hall of Fame baseball star Rod Carew was implanted with the HeartMate II™ LVAD. He spent his recovery trying to figure out how he could help

others. In June 2016, Rod announced a partnership with the American Heart Association (AHA) to launch the “Heart of 29” campaign.

The “Heart of 29” campaign is a yearlong effort to increase awareness about heart disease and raise funds for the AHA. Involvement and support has already come from the Minnesota Twins, the Los Angeles Angels of Anaheim and the Baseball Hall of Fame, to name a few.

Having spent 19 years in the major leagues, Carew has remained connected to the game through coaching. He will mark his 25th anniversary this summer of joining the Hall of Fame. Through “Heart of 29” Carew is hoping to inspire heart-healthy actions among baseball fans.

You can find out more about the “Heart of 29” campaign on the American Heart Association’s website (heart.org) and on Facebook. ■



Photo Credit: American Heart Association News

*The stories in this newsletter are the experience of these individuals only. There can be risks and potential complications associated with the use of medical devices. If you are interested in learning more, please consult your physician.

Rx Only

Brief Summary: Please review the Instructions for Use prior to using this device for a complete listing of indications, warnings, precautions, potential adverse events and directions for use.

Indications: The HeartMate II™ Left Ventricular Assist System is indicated for use as a “bridge to transplantation” for cardiac transplant candidates who are at risk of imminent death from non-reversible left ventricle failure. It is also indicated for use in patients with New York Heart Association (NYHA) Class IIIB or

IV end-stage left ventricular failure, who have received optimal medical therapy for at least 45 of the last 60 days, and who are not candidates for cardiac transplantation. The HeartMate II Left Ventricular Assist System is intended for use both inside and outside the hospital, or for transportation of Left Ventricular Assist Device patients via ground ambulance, airplane or helicopter.

Risks: Adverse events that may be associated with the use of the HeartMate II Left Ventricular Assist System are listed below. Adverse events are listed in decreasing order of frequency, except for death, which appears first because it is a non-reversible complication: death, bleeding (perioperative or late), cardiac arrhythmia, local infection, respiratory failure, device malfunction, sepsis, right heart failure, driveline or pump pocket infection, renal failure, stroke, neurologic dysfunction, psychiatric episode,

peripheral thromboembolic event, hemolysis, hepatic dysfunction, device thrombosis, myocardial infarction.

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