

## Meet a Patient

### KYLA.D

HEARTMATE 3™ LVAD RECIPIENT



At the age of 35, Kyla and her husband Ryan were eagerly awaiting the arrival of their third child. After two prior normal pregnancies, Kyla had another easy delivery and a big, healthy baby boy. Things quickly changed once she got home from the hospital when she began experiencing shortness of breath, a racing heartbeat and heaviness in her chest. Having had two other children, she knew these weren't typical post-partum symptoms, but she attributed the difference to exhaustion from parenting three small kids.

When her symptoms worsened, Kyla went to the doctor. He ordered a few tests, but nothing indicated that something was seriously wrong. Kyla was diagnosed with post-partum anxiety and given anti-anxiety medication with instructions to rest and drink more fluids. She followed her doctor's orders, but her condition continued to deteriorate.

“

*We got our life back and I can't express how grateful I am for that and for the HeartMate 3™ LVAD*

”

“I could barely eat. I couldn't sleep. I knew something was very, very wrong,” Kyla said.

She became so weak she was unable to nurse her newborn or care for her other children. Realizing they had to do something fast, Ryan rushed Kyla to the emergency room. For 24 hours, doctors struggled to locate the cause of her rapid decline. Ultimately blood tests indicated that she was in severe heart failure, her official diagnosis being peripartum cardiomyopathy (PPCM);

*“Because of the HeartMate 3™ LVAD, I get to be a mom again and I get to be a wife again.”*

a weakness of the heart muscle that most commonly occurs right after delivery, without any other known cause. Her heart failure was so advanced that medicine would not help.

Kyla was transferred to a hospital with an advanced heart failure center, and the new HeartMate 3™ Left Ventricular Assist Device (LVAD) was presented as the best treatment option. While Ryan researched what life might be like with an LVAD, Kyla was quickly prepared for surgery. They both had concerns for what the future might hold, but the education and assurance provided by their LVAD care team began to ease their minds.

Kyla received her HeartMate 3 LVAD on May 23, 2017. Since then, she has recovered beautifully and is now able to care for her children and resume some of the normal activities that she and her husband enjoy. They are active in church and enjoy spending time with friends and family.

“It's was truly amazing. After the surgery, I very quickly started to feel like myself again,” she said. ■

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 including HeartMate™ Left Ventricular Assist Systems. If you are interested in learning more, please consult your physician. Please see page 4 for indication and risk information for HeartMate™ Left Ventricular Assist Systems.

# AMBASSADORS GATHER TO SHARE THEIR STORIES

In September, four HeartMate™ LVAD Ambassadors and their caregivers attended the Heart Failure Society of America (HFSA) Annual Meeting in Dallas. Wearing baseball-style jerseys with their implant year printed on the back, the Ambassadors became popular in the exhibit hall and throughout the Gaylord Texan Resort and Conference Center where they also handed out their personal HeartMate™ LVAD All Star baseball cards. Heart failure specialists from around the country approached them walking around the facility, many of whom were on a mission to collect all the cards.

The Ambassadors said meeting each other was one of the best parts about their time in Dallas. HeartMate 3™ LVAD recipient Kyla D. and her husband Ryan, were thrilled to meet veteran Ambassadors Mayra R. and her husband Gabriel. Mayra, who's been on support for over nine years was an instant inspiration to Kyla.

---

*“She’s my hero,” Kyla said of Mayra.*

---

HeartMate II™ LVAD Ambassador Curtis D. was excited to see his implanting team at the conference. HFSA was his first appearance at a scientific meeting, but he’s no stranger to speaking to professionals and potential patients. He’s been doing it for years near his Houston-area home.

Another highlight of the conference was when the HeartMate 3 LVAD recipient, Joe D., and his wife, Sandy, met three of the Abbott engineers – Chad, Meg and Kevin – who work on the HeartMate™ LVADs. It was an emotional moment for Joe to meet the people who created the HeartMate LVADs. ■



## Resource Spotlight

# WINTER WELLNESS REMINDERS



We all know that winter brings some wonderful things, but it can also be a challenge to our health. Practicing good winter health habits may make the difference in staying well and enjoying the season.

**1. Get a flu shot.** The CDC recommends getting a flu shot before the end of October. If you haven't been vaccinated yet, make sure to see your doctor or pharmacist as soon as possible. Flu season can begin as early as October and continue through May.

- 2. Wash your hands – a lot.** And, make sure you wash long enough, 20 seconds or more. A good way to time yourself is to sing “Happy Birthday” twice while scrubbing, including the backs of your hands, between your fingers, and under your nails. It doesn't matter if the water is hot or cold – the very act of scrubbing will physically remove the germs.
- 3. Use alcohol-based sanitizer.** Soap and water are best, but if they aren't available, sanitizer can kill cold and flu germs.
- 4. Avoid close contact with people who are sick.** Opt for a wave or a nod instead of shaking hands with those who are ill or if you are ill.
- 5. Keep your surroundings clean.** Sanitize doorknobs and light switches at home and work, especially if you've had a visitor who is ill.
- 6. Keep up a healthy lifestyle.** Eat right and exercise according to your doctor's guidelines. It's important to look after your own health.

## Ambassador's Corner

# WHY IT'S IMPORTANT TO MEET A HEARTMATE™ LVAD AMBASSADOR

A major reason we created and continue to grow our HeartMate™ LVAD Ambassador Program is that we learned from recipients like you how important it is to connect with another LVAD recipient prior to making the decision to receive a HeartMate™ LVAD.

Here are a few of the reasons you shared:

"It was inspiring to see a HeartMate™ LVAD recipient living a good life."

"My questions were answered and I gained a much better understanding of LVADs."

"It gave me confidence and encouragement to plan my future with a HeartMate™ LVAD."

"It meant the world to my caregiver and provided peace of mind."

When you share your story with a heart failure patient who is considering LVAD therapy, what aspect of your journey seems to bring them the most comfort? We'd love to hear from you! Email your story to us at [HeartMateAmbassador@sjm.com](mailto:HeartMateAmbassador@sjm.com)

## Recipient Advocacy

# REBIRTHDAY CELEBRATIONS ACROSS THE COUNTRY



When Ray C. enters support group meetings near his Austin-area home, the whole group greets him with a resounding, "Ray!" The scene is reminiscent of the 80s television show "Cheers" where everybody knows your name. He's a fixture at support groups and within the hospital.

"There's not an LVAD recipient in the area that didn't meet Ray prior to having the procedure," says Nichole Jones, Market Development Manager for Abbott.

Ray celebrated his ninth ReBirthday with his HeartMate II™ LVAD on October 30. At just 43-years-old, Ray is one of the youngest Ambassadors to reach that milestone. His heart failure was attributed to a virus and presented when he collapsed at work one day.

Ray keeps himself busy by volunteering at the hospital, tending to his yard, walking his dogs and helping others. ■

# ABBOTT PROUDLY ANNOUNCES THE NEW HEARTMATE 3™ LVAD

This past August, Abbott was proud to announce the U.S. FDA approval of the HeartMate 3™ LVAD. The latest generation HeartMate LVAD features full magnetic levitation technology, called Full MagLev™, which is designed to offer gentler blood handling. The HeartMate 3 LVAD is also the smallest HeartMate™ LVAD device to date.

The HeartMate 3 LVAD is the third generation in the HeartMate portfolio of LVADs, which have set the standard in LVAD therapy for over a decade.

*"These are remarkable devices and I feel really lucky to have one."*

Joe D. - HeartMate 3™ LVAD recipient



## CONNECTING MORE HEARTS™

TO SUBSCRIBE EMAIL YOUR NAME AND MAILING ADDRESS TO: [HEARTMATEAMBASSADOR@SJM.COM](mailto:HEARTMATEAMBASSADOR@SJM.COM)

The quarterly HeartMate™ LVAD Community Newsletter is for current or prospective HeartMate™ LVAD patients and their caregivers. In it, you will find interviews with Patient Ambassadors, articles on life with an LVAD, caregiver-focused articles, and tips on things like traveling and exercising with an LVAD.

**Individual Experience:** Each of our heart failure patient stories reflects one person's experience. Keep in mind that not everyone will experience the same results. Talk to your doctor about the benefits and risks of your treatment options.

**Advanced Heart Failure Centers Listed:** Abbott does not endorse any of the centers on this locator, but merely provides them as a reference tool for patients seeking to locate an LVAD center with training and/or experience on Abbott's HeartMate II LVAD and/or the HeartMate 3 LVAD. Abbott does not represent that this locator includes all centers that perform LVAD implantations. None of the centers listed have paid or received any fees to be included in this locator. Note that Abbott is a medical device manufacturer and cannot provide medical advice.

### Indications and Important Safety Information

#### Rx Only

**Brief Summary:** Prior to using these devices, please review the User's Manual for a complete listing of indications, contraindications, warnings, precautions, potential adverse events and directions for use.

**HeartMate 3 LVAS Indications:** The HeartMate 3™ Left Ventricular Assist System is indicated for providing short-term hemodynamic support (e.g. bridge to transplant or bridge to myocardial recovery) in patients with advanced refractory left ventricular heart failure.

**HeartMate II LVAS 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 of the hospital, or for transportation of Left Ventricular Assist Device patients via ground ambulance, airplane, or helicopter.

**HeartMate 3 and HeartMate II LVAS Contraindications:** The HeartMate 3 and HeartMate II Left Ventricular Assist Systems are contraindicated for patients who cannot tolerate, or who are allergic to, anticoagulation therapy.

**HeartMate 3 and HeartMate II LVAS Adverse Events:** Adverse events that may be associated with the use of the HeartMate 3 or HeartMate II Left Ventricular Assist System are listed below: death, bleeding, cardiac arrhythmia, localized infection, right heart failure, respiratory failure, device malfunctions, driveline infection, renal dysfunction, sepsis, stroke, other neurological event (not stroke-related), hepatic dysfunction, psychiatric episode, venous thromboembolism, hypertension, arterial non-central nervous system (CNS), thromboembolism, pericardial fluid collection, pump pocket or pseudo pocket infection, myocardial infarction, wound dehiscence, hemolysis (not associated with suspected device thrombosis) and possible pump thrombosis.

Please refer to the User's Manual for detailed indications, contraindications, warnings, precautions and potential adverse events.

(TM) Indicates a trademark of the Abbott group of companies.

© 2017 Abbott. All Rights Reserved.

SJM-HGEN-1217-0038 | Item approved for U.S. use only.

