

Meet an Ambassador

GINA W – LIVING HER BEST LIFE WITH TWO HEART FAILURE DEVICES



Before heart failure, Gina's life was incredibly full. An avid traveler who worked and owned her own business, she enjoyed spending time with family, friends and her beautiful puppy "Mickey."

Before her heart failure diagnosis, Gina endured months of worsening cold symptoms without the right medications. "When it started off, I was told it's just a cold or it's asthma but it wasn't. It went viral then bacterial then bronchitis and eventually bilateral pneumonia. It was horrible."

Unfortunately for Gina, her heart was damaged and seven months after that initial runny nose, she received the devastating news that

she had congestive heart failure (CHF). Gina knew it was serious but she was determined to fight and made drastic changes to give her heart a fighting chance. She changed her diet, started an exercise regimen and was vigilant with her medications.

A little over a year after her diagnosis of CHF, Gina's doctors told her about a device that would allow them to monitor the effectiveness of her heart failure medications.

"They told me about the LVAD and I just think I'm really lucky that there was something more that could be done."

"To me, having my doctors know that my medications were the right dosage and doing what they needed them to do was absolutely essential. I was thrilled this technology existed!"

In February of 2018, she received the CardioMEMS™ HF System and over the next few months, her doctors were able to adjust and see how her heart was responding to her medications by measuring her pulmonary artery pressure. She embraced having a routine that would ensure her medical team could monitor her effectively.

"It was due to the CardioMEMS HF System that my medical team knew my heart needed something more to help it to function properly. They told me about the LVAD and I just think I'm really lucky that there was something more that could be done."

In October of 2018, Gina received her HeartMate 3™ LVAD. Gina quickly adapted to having an LVAD and today, Gina has an incredibly full life again. She travels, albeit with a bit more equipment, she works, maybe a few less hours, and she's here and present for her family, friends and sweet Mickey while she awaits a heart transplant.

"The technologies that are working inside of me are nothing short of a miracle." ■

Each testimonial relates an account of an individual's response to the treatment. The patient's account is genuine, typical and documented. However, it does not provide any indication, guide, warranty or guarantee as to the response other persons may have to the treatment. Responses to the treatment discussed can and do vary and are specific to the individual patient. See Important Safety Information referenced within.

Heart Month Round-Up

HEART MONTH CELEBRATIONS AROUND THE HEARTMATE LVAD™ AMBASSADOR COMMUNITY

February was the 56th consecutive American Heart Month, a time to focus on the importance of heart health and remind families, friends and communities to get involved. Here are a few different ways our HeartMate LVAD™ Ambassador community got involved. We hope it inspires you to stay vigilant year-round:

- To commemorate Heart Month, Tampa Florida's Beat After Beat Foundation took a slightly different twist by holding a VAD Coordinator Appreciation Month for the entire month of February. One of our Ambassadors who participated said it was their way of saying thank you to all the VAD Coordinators who "go above and beyond to make sure we're okay."
- Women Heart hosted several events at their local chapters throughout the month. An Ambassador involved with the North Carolina Women Heart chapter coordinated the iHeart Brunch at a local hospital for her chapter.

- Malcom R., an Ambassador from the great state of Nebraska, worked with the health departments at two local high schools to organize heart health and organ donor education events that took place throughout American Heart Month.



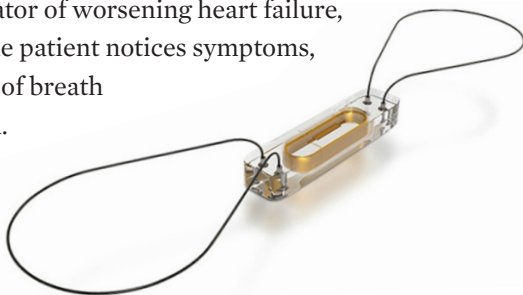
- American Heart Month inspired Ambassador Reiss T. from Florida to use the month of February to celebrate his 80th birthday and ninth Re-Birthday with his HeartMate II™ LVAD. He hosted a big dinner and roast for 70 people. "I was roasted, I'm not referring to the food," he joked. At one point, Reiss spoke to the crowd explaining how his HeartMate II LVAD has been keeping him "above ground these past nine years." ■

Heart Failure Technology

WHAT IS THE CARDIOMEMS™ HF SYSTEM

In our cover story of this issue, you met Gina who, besides having the HeartMate 3™ LVAD supporting her heart, is also supported by the CardioMEMS™ HF System.

The CardioMEMS HF System features a small pressure-sensing device (pictured) that is implanted directly into the pulmonary artery. As the pulmonary artery is the blood vessel that moves blood from your heart to your lungs, changes in pulmonary artery pressure can be an early indicator of worsening heart failure, even before the patient notices symptoms, like shortness of breath or weight gain.



The sensor, which is inserted during a brief, non-invasive procedure, is small, does not require batteries or leads, and is designed to last the lifetime of the patient. Once implanted, the sensor is able to send information wirelessly to your medical team, which they then use to adjust your medications and treatment plan, if needed, without the need for a hospital or clinic visit.

A clinical study showed the CardioMEMS HF System reduced hospital admissions by 58% over an average of 12 months and improved patient quality of life.¹ For Gina, it meant fewer trips to the hospital and a better information channel for her care team to decide on next steps in her care. ■

¹Shavelle DM, Desai AS, Abraham WT, et al. Pulmonary artery pressure-guided therapy for ambulatory heart failure patients in clinical practice: 1-year outcomes from the CardioMEMS post approval study. Presented at: ACC; March 17, 2019

Ambassadors Giving Back

APRIL IS NATIONAL DONATE LIFE MONTH



Every April, Donate Life America leads the celebration of National Donate Life Month to focus national attention on organ, eye and tissue donation – to share the importance of registering your decision to be a donor,

honor deceased and living donors, and celebrate the lifesaving and healing gift of transplantation.

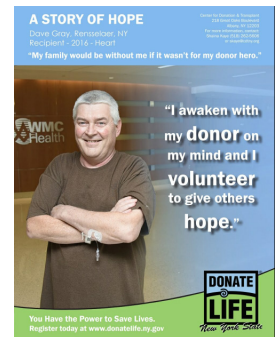
On April 17 – Organ Donation Day – the public was encouraged to wear blue and green, hold events and fundraisers, and partner with local organizations to promote the success of transplantation and the need for registered donors.

Former HeartMate LVAD recipient, Dave G. was recently asked to join the Donate Life New York Advisory Council and was awarded Volunteer of the

Year at his local hospital. He doesn't do it for the awards though, rather he's dedicated to paying it forward. "Everything I do today is in memory of my organ donor hero," he said.

During the month of April (and just about any other day of the year), you might see Dave educating students about organ donation and encouraging them to talk to their loved ones about their plans, participating in rallies, and information booths, even speaking one-on-one to patients who are nervous about their LVAD implant or waiting on a transplant.

Originally founded as the Coalition on Donation in 1992, the Donate Life America changed its name in 2006. Over the past 25 years, the organization has registered 156 Million donors in the United States – more than 60% of the adult population. ■



Ambassadors Around Town

CELEBRATING A REBIRTHDAY WITH A PROPOSAL

Four years ago, HeartMate 3™ LVAD Ambassador Chris D. met Megan at a restaurant where they both worked in the beach community where Chris grew up. Over the next few years, their relationship grew but Chris also got sick. He was diagnosed with heart failure in October 2018.

"Even before the heart failure, I knew she was the one," said Chris. Megan never left his side during his diagnosis and was there for him when he received his HeartMate 3™ LVAD on December 26, 2018.

As Chris got better, he came to a very important decision. He asked Megan's parents for their daughter's hand in marriage and during the family Christmas Eve get together (just two days shy of his first ReBirthday), Chris popped the question.

Megan's mom made an announcement as everyone was gathering for the cousin gift exchange. Chris recalls: "She said, 'We all know it's been a tough year for Chris, but he's gotten us all a present.' We all started crying."

Chris and Megan are planning a Fall 2021 wedding back at the beach where they met. "It's the best decision I've ever made." ■



CONNECTING MORE HEARTS™

TO SUBSCRIBE, EMAIL YOUR NAME AND MAILING ADDRESS TO: HEARTMATEAMBASSADOR@ABBOTT.COM

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

Individual Experience: Each testimonial relates an account of an individual's response to the treatment. The patient's account is genuine, typical and documented. However, it does not provide any indication, guide, warranty or guarantee as to the response other persons may have to the treatment. Responses to the treatment discussed can and do vary and are specific to the individual patient.

Important Safety Information

Rx Only

Brief Summary: Prior to using these devices, please review the Instructions For Use 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- and long-term mechanical circulatory support (e.g., as bridge to transplant or myocardial recovery, or destination therapy) 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 include, but are not limited to those 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 pump pocket infection, myocardial infarction, wound dehiscence, hemolysis (not associated with suspected device thrombosis) and pump thrombosis.

CardioMEMS™ HF System Indications and Usage: The CardioMEMS HF System is indicated for wirelessly measuring and monitoring pulmonary artery (PA) pressure and heart rate in New York Heart Association (NYHA) Class III heart failure patients who have been hospitalized for heart failure in the previous year. The hemodynamic data are used by physicians for heart failure management and with the goal of reducing heart failure hospitalizations.

CardioMEMS HF System Contraindications: The CardioMEMS HF System is contraindicated for patients with an inability to take dual antiplatelet or anticoagulants for one month post implant.

CardioMEMS HF System Potential Adverse Events: Potential adverse events associated with the implantation procedure include, but are not limited to, the following: Infection, Arrhythmias, Bleeding, Hematoma, Thrombus, Myocardial infarction, Transient ischemic attack, Stroke, Death, and Device embolization.

‡ Indicates a third party trademark, which is property of its respective owner.

™ Indicates a trademark of the Abbott group of companies.

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