

Meet a Patient

MEET TWO HEARTMATE II™ LVAD PATIENT AMBASSADORS WHO ARE CREATING THEIR OWN ADVENTURES



Stottler S.

Living well with the HeartMate II™ LVAD since 2013

Stottler and his wife, Judy are no strangers to travel, and while their destination of choice is the Pacific Southwest, Stottler's HeartMate II™ LVAD has seen a great deal of the world already. Stottler was implanted in 2013 and has never seen his HeartMate II LVAD as anything but the device that allows him to enjoy his travel time even more.

When it comes to flying, Stottler says he always feels prepared. "By planning ahead, getting to the airport early and having all my paperwork available, I found that the experience of getting through security was easy."

The couple recently purchased an older Airstream trailer and towed it up the California coast to Monterey where they explored the beautiful California coastline. They also enjoy hiking in the Southern California hills and Phoenix.

"I'm having the time of my life, and it truly is thanks to my HeartMate II LVAD!" Added Stottler. ■

Gina R.

Living well with the HeartMate II™ LVAD since 2012

It was once said that Italy is a dream that keeps returning for the rest of your life. This is perhaps the quote that embodies HeartMate II LVAD Patient Ambassador Gina R. the most. Since being implanted in 2012, her wanderlust for all things Italian has only intensified.

Gina took the responsibility of having an LVAD to heart when she embarked on her first adventure to Bologna in 2013, and she now has a routine that she follows, which has made travel to Italy a breeze.

"First, I had all my medical documents, including letters from my doctor and my HeartMate II LVAD manual, translated into Italian," Gina shares. "Next I worked with my VAD Coordinator to obtain the correct cables that work with the Italian sockets. We also researched LVAD centers in the region I was traveling to so that should I need help, I knew which center would be most familiar with LVADs."

Gina was also able to get a lot of helpful travel tips by visiting the TSA's website and heeding their recommendations.

"I was advised on the TSA website to contact them 72 hours before departure," says Gina. "A TSA officer was then notified and was waiting for me at the airport when I was departing the U.S. I also arranged for a wheelchair upon arrival which made going through customs easier too."

With this focus on a little extra planning, Gina's first trip to Italy was a success, and led to continued visits throughout the country she loves so dearly. ■

Tips for Traveling with an LVAD

1. **PREPARE:** Create a checklist for packing and planning; alert your VAD Coordinator about your plans; map VAD centers along your route if you're driving; and charge your batteries before you leave.
2. **PAPERWORK:** Keep a file with appropriate travel documents and information about your device.
3. **TAKE CARE:** Build in extra time, stay hydrated and rest as often as you need.

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 the HeartMate II™ Left Ventricular Assist System. If you are interested in learning more, please consult your physician.

Please see page 4 for indication and risk information for the HeartMate II™ Left Ventricular Assist System.



TRAVEL

“
*I’m back to doing the things I love,
with the people I love!*
”

Cruise Vacations with an LVAD

Getting back to doing the things they love is a popular sentiment among LVAD recipients, and we’ve found that one of the things our HeartMate™ LVAD recipients love getting back to is taking vacations.

For some LVAD recipients, a cruise vacation offers the best of both worlds - enjoying the journey as much as the destination. Whether a warm weather adventure around the Caribbean or a crisp, breezy sail through Alaska is what gets you excited, a cruise is a great way to take a vacation when you have an LVAD.

Cruises come in all shapes, sizes, destinations, prices and demographics.

With so many options, from gourmet dining and games, to land-based excursions and Broadway-style shows, it’s easy to find your ideal cruise.

Here are a few tips from fellow LVAD recipients for taking a cruise vacation with an LVAD:

- Check the power availability. Most domestic cruise ships are able to safely accommodate your LVAD equipment power needs, but you may need a converter if you’re cruising internationally.
- Alert the cruise company that you’re traveling with an LVAD and secure the proper travel documents from your

healthcare provider.

- Make sure you keep your external equipment with you in your carry-on bag rather than trusting it to the ship’s stewards.
- Visit the ship’s infirmary upon your arrival to show the device to the staff and inform them of how to assist you in the event it’s needed.
- Get the insurance – even a small tweak in your itinerary could impact the entire trip.
- Bring a nightlight (or two) to help you safely make your way around your cabin if you need to get up in the night. ■

GET TO KNOW LVAD KIDS...

LVAD Kids are Some of the Best Caregivers

When Bill V. was implanted with the HeartMate II LVAD in 2015, his whole family embraced life with the device. “I tell all my friends about it,” said Bill’s now 20 yr. old son, Bradley. “I’m always wanting to learn more.”

Bill’s kids all agree their dad is a real inspiration since he’s taken charge of his life, lost weight and is making healthy choices. Bill wants to be there for his kids and calls himself a “Dance Dad.” His two youngest daughters are active dancers and it seems like there is a competition nearly every weekend. Alternately, Sam, now 13, dubbed him “RoboDad” and even has him in her phone contacts that way.

The youngest, Hayley (10) says her dad is “the same as he always was.” Shortly after coming home from the hospital, she asked if he could still play ball with her and he said yes. “We do all of the same things we used to do,” she said.

Both Bradley and Hayley admit to being scared during the LVAD implantation, but both have taken an active role in helping out. Bradley offers to carry Bill’s extra batteries when they are out together and Hayley is eager to help bring him charged batteries at home. Hayley even participated in Jump Rope for Heart – an American Heart Association fundraiser – at her school, in honor of her father.

The kids are excited for the next step, which they hope is a smooth, uncomplicated heart transplant. Until then, they are doing fine. “It’s easy to live with,” said Bradley of his dad’s HeartMate II LVAD. ■



Bill V. - Living well with the HeartMate II™ LVAD since 2015, with his kids

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



SURVEY SAYS...

HeartMate II™ LVAD Patient Ambassadors Getting Active

We recently asked a group of HeartMate II™ LVAD Patient Ambassadors how they prefer to get exercise.¹

Walk

79%

Other Cardio

48%

Chasing after my Kids/Grandkids

21%

Cardiac Rehab/Exercise Gym

17%

Light Weights/Resistance Bands

10%



RESOURCE SPOTLIGHT



Tips for Getting Active

According to the American Heart Association (AHA), you should work with your healthcare provider to decide how much activity is safe for you, and always stay within their recommendations and your own comfort zone. The AHA provides the following tips for being active, safely*:

- 1. Make the time!** And make it every day for physical activity, such as a brisk walk.
- 2. Wear comfortable clothes and footwear.**
- 3. Start slowly.** Give yourself time to gradually build up to the levels of activity recommended by your healthcare provide.
- 4. Exercise at the same time of day** so it becomes a habit.
- 5. Check with your healthcare provider** about your specific fluid needs so that you're drinking the right amount of water to replace sweat loss.
- 6. Keep a log and track your activity** – use online tools if you're comfortable tracking with technology.
- 7. Vary your activity** within your healthcare provider's recommendations to keep your interest up.
- 8. Join with a group or ask family or friends to join you.** Your healthcare provider or LVAD support group may be able to recommend programs as well.
- 9. Look for opportunities** in every day activities, such as parking farther away from the store or choosing the stairs over the escalator or elevator. ■

¹ Respondents could give more than one answer.

*American Heart Association "Getting Started - Tips for Long-term Exercise Success" updated June 2, 2017.



DID YOU KNOW:

Physically active people are happier, according to researchers at Penn State University.**



Exercise increases endorphins and other feel-good brain chemicals



Exercise reduces the level of stress chemicals in the body



A regular exercise program helps in overcoming feelings of depression and anxiety

**Hyde AL, et al "Unpacking the Feel-Good Effect of Free-Time Physical Activity: Between- and Within-Person Associations with Pleasant Activated Feeling States" Journal of Sport & Exercise Psychology, Dec 2011

To subscribe email your name and mailing address to: HeartmateAmbassador@sjm.com

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.

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

CONNECTING MORE HEARTS™

PATIENT ADVOCACY

ReBirthday Celebrations Across the Country

Meet HeartMate II™ LVAD recipient, Tom, who recently celebrated his 1st ReBirthday.

Many HeartMate II LVAD recipients commemorate their implant date as a second birthday, or ReBirthday, and often times the first is the most memorable.

In addition to his family and supporters, Tom's celebration included a slice of cake as big as his smile, and a card from his heart failure care team. Tom felt both honored and grateful saying, "Celebrating my 1st ReBirthday has truly been a special gift." ■

We want to hear how you're celebrating your ReBirthday this year - send us your story and photo to HeartMateAmbassador@sjm.com



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 III B 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.

Unless otherwise noted, ™ indicates that the name is a trademark of, or licensed to, St. Jude Medical or one of its subsidiaries. ST. JUDE MEDICAL and the nine-squares symbol are trademarks & service marks of St. Jude Medical, LLC and its related companies. © 2017 St. Jude Medical, LLC. All Rights Reserved.

SJM-HGEN-0617-0029 | Item approved for U.S. use only.

St. Jude Medical is now Abbott

