



Heart of Hearts

NewYork-Presbyterian
The University Hospital of Columbia and Cornell

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OPEN-HEART PATIENTS' EDUCATION & SUPPORT SERIES

January through June, 2009

January 13 • Sugar and Spice and Everything (Not So) Nice To Your Heart

Mary Suleski, NP, Cardiac Transplant Coordinator

Learn how salt and sugar in your diet affect the health of the heart itself. Mary will also discuss how to minimize these affects.

February 10 • The New York Organ Donor Network

Ted Lawson, Heart Transplant Recipient and Organ Donor Network Specialist

You may remember Ted from his visits pre-transplant. He's back to tell you all you ever wanted to know about the Organ Donor Network.

March 10 • More Than You Want To Know About Heart Valves

Kevin Hughes, Clinical Cardiovascular Specialist, Edwards Lifesciences

Heart valves are his specialty. Come learn how they are made, what the research says and what future technologies have in store.

April 14 • Comfort Heart

Kathleen Hale, Founder and Volunteer Coordinator of the Comfort Zone

Comfort Zone is a program (at Cornell) for caregivers that are supporting their loved ones in the hospital. Hear how she started the program and her plans to expand to the Columbia Campus.

May 12 • The Impact of Health

Stephen Moore, LCSW, Lead Social Worker, Cardiac Surgery

Stephen will lead a discussion on how health has affected our lives and the lives of our caregivers – physically, emotionally and socially. Feel free to share your experiences or just sit and listen in.

June 9 • Managing Medicare

Catherine Soisin, Financial Coordinator, Renal Transplant

Catherine will be on hand to tell us everything she knows about managing your Medicare and/or private insurance.

Same time, **4:00 to 6:00 p.m. on the 2nd Tuesday each month**, same place . . .

Heart of Hearts Open-Heart Patients' Education & Support Series happens the second Tuesday of each month in the Milstein Hospital Building, 5 Garden North, Room 411, at Columbia University Medical Center. There's no charge to attend and newcomers, families, and friends are always welcome. If you have questions, please contact Lisa Mainieri at 212-305-9470.

www.columbiaheart.org



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You're Invited . . .

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