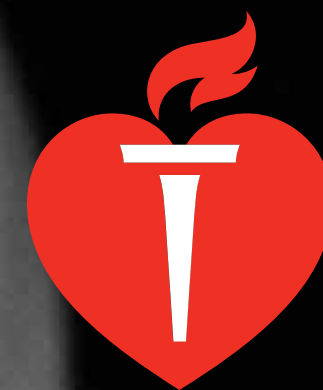


Every heart has a story...

One day at a time

Ann retired at age 70 after working for town politicians on Long Island. When she started to tire more easily, she attributed it to the affects of aging. However, after not feeling well one night, a trip to the ER confirmed that the 82-year-old was in congestive heart failure. She needed aortic valve replacement, which she had done at Stamford Hospital. Proudly, Ann is still very independent. She has a great sense of humor, remains active and is taking life one day at a time.

Ann Baker



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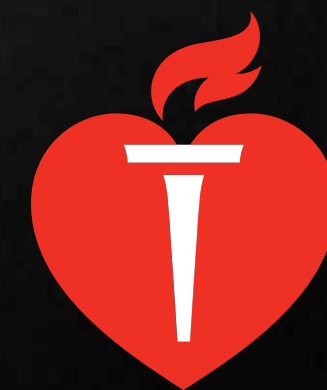
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Photo: Tim Coffey Photography, Stamford, CT

Every heart has a story...

A grander plan

By any standards, Gordon Johnson is very active at 85 years old. He is an architect, who swims in the summer and cross-country skis in the winter. He is also an accomplished church organist and choir director. While he wasn't having any noticeable symptoms, a failed stress test revealed his right coronary artery was 100% blocked and he would need angioplasty. Physicians at Stamford Hospital also recommended a double bypass and traditional pacemaker. While recuperating from open heart surgery has taken a good amount of energy, Gordon has recovered well. He continues to maintain a very positive outlook on life and is happily back to work – both at the drafting table and at the keyboard.



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Gordon Johnson

Every heart has a story...

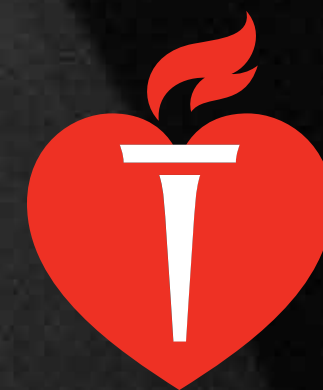
Back on the road

At age 30, Billy was diagnosed with congestive heart failure and just over a decade later collapsed at home, suffering a major heart attack in his kitchen. EMTs initiated a special hypothermia treatment used for patients who remain comatose after cardiac arrest. It can dramatically improve their chances for survival and neurologic recovery. He was rushed to Stamford Hospital where he had an emergency angioplasty followed by the implantation of an internal cardiac defibrillator. A biker since age 15, Billy couldn't wait to get back on his Harley. Today, he feels lucky to be alive, and is blessed to be able to enjoy the ride.



Life is good.®

Billy Kopec



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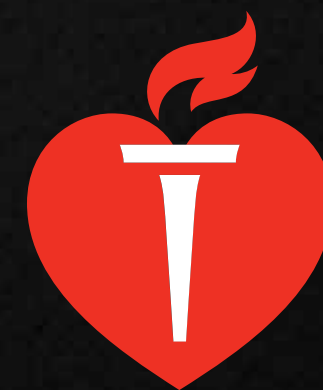
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Every heart has a story...

A second chance

As a former medical equipment salesman, Peter was familiar with operating room equipment by trade; he just never thought he'd be in an OR having open heart surgery himself. But such was the case for the active 73-year-old, who initially thought his symptoms were just a bad case of indigestion. A failed stress test and cardiac catheterization later, he was told he had several blockages and was fortunate not to have had a heart attack. He had a quadruple bypass at Stamford Hospital, and today, Peter considers himself lucky to have gotten a second chance.



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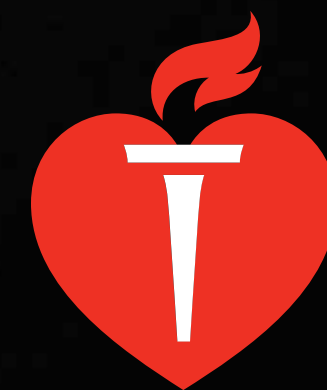
Peter Handley

Every heart has a story...

Listen to your heart

When 85-year-old Henry heard he needed aortic valve replacement, his first thought was “let’s get it done.” He had no real symptoms but knew there was no reason to hesitate, especially since his mother died of heart disease at age 84. After having open heart surgery at Stamford Hospital, he has learned to pay closer attention to what his body is telling him. Henry believes in being good to others, but knows that this starts with taking care of himself.

Henry Brenner



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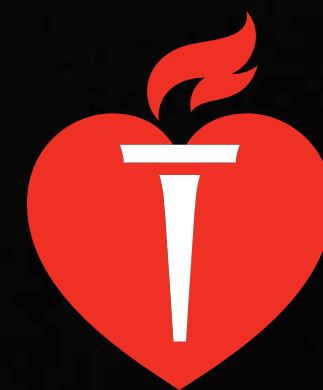
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Every heart has a story...

And the beat goes on

Sal has taught young people how to make beautiful music for more than 50 years. But when the founder of the Stamford Young Artists Philharmonic noticed he was getting tired and short of breath while conducting, he decided to see his doctor. He said he'll never forget hearing the words, "you've failed," following his stress test. After having quadruple bypass at Stamford Hospital, Sal was happy to be back to playing the violin within a week's time. He says his life has been full of blessings and "whatever comes next, I'm ready for it!"



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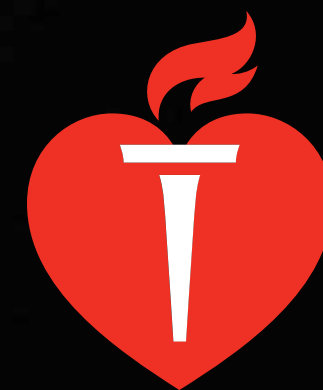
Photo: Tim Coffey Photography, Stamford, CT

Salvatore Princiotti

Every heart has a story...

A new lease on life

In 2004, Daniel suffered two heart attacks which resulted in angioplasty. Fast-forward to 2011 and the 55-year-old letter carrier starting feeling a little sluggish. He wasn't overly concerned because, after all, he had been carrying logs up the hill in his yard. A trip to the cardiologist revealed he needed yet another angioplasty. This would be followed by aortic valve replacement and bypass surgery, though thankfully these procedures were able to be done at Stamford Hospital at the same time. Today, Daniel is looking forward to getting back to work, and is grateful for his new lease on life.



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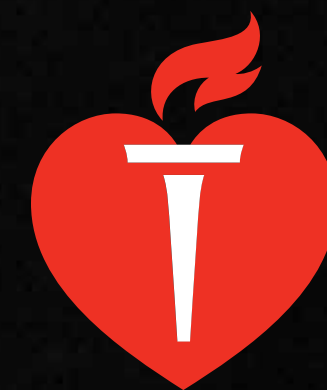
Daniel Thompson

Every heart has a story...

That's the spirit

Eight years ago, a highly irregular heartbeat sent 70-year-old Marion to the hospital. She had experienced episodes prior to that, but they never lasted for long – this time was different. While atrial fibrillation such as hers can often be treated with IV medication, she has frequently been to Stamford Hospital's Cath Lab for cardioversion to “shock” her heart back into normal rhythm. For the last two years, medication has extended the time between episodes, and naturally she tries to avoid those factors that might trigger an incident. However, she also now knows the warning signs and what to expect. Marion is grateful she is well enough to enjoy her retirement.

Marion Dailey



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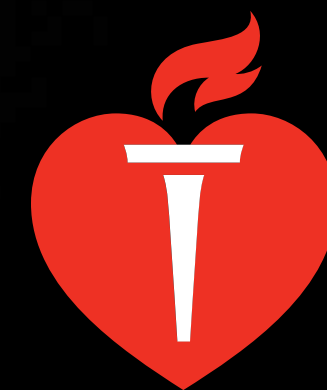
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Every heart has a story...

Making a difference

High school teacher Martine is the picture of health. She eats right, exercises regularly and even participates in several triathlons every year. The mother of three teenage boys was 51 years old and training for a triathlon when she suffered a massive heart attack that took her (and all of her friends) by surprise. She had emergency angioplasty at Stamford Hospital and says the experience has taught her to be more patient and more positive. She is eager to give back, and is taking what she has learned to help educate other women in the community.



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Martine Curto

Every heart has a story...

The big picture

58-year-old David thought his symptoms of fever, fatigue and night sweats might be Lyme Disease. However, tests revealed he had a form of bacteria in his blood, which ultimately attacked his aortic valve. Since the blood wasn't pumping properly, he needed to have the valve replaced. His practical nature helped him to take things one day and one step at a time. Following open heart surgery at Stamford Hospital, David has noticed a marked improvement in his recovery each week. He is happy to have the chance for a new beginning. Choosing to focus instead on the bigger picture, he's not "sweating the small stuff."



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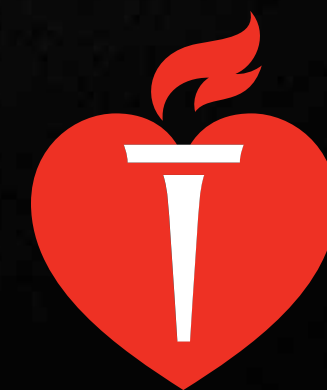
Photo: Tim Coffey Photography, Stamford, CT

David Michelson

Every heart has a story...

Family matters

For 30 years, Linda typed medical reports for The Heart Physicians practice in Stamford. The 60-year-old had a family history of heart disease, so she didn't waste any time getting to the doctor's office when she began experiencing shortness of breath and pain in her shoulder. An EKG and cardiac catheterization indicated that her arteries were severely blocked and that she would need emergency triple bypass surgery. Along with the expert care she received from the doctors and nurses at Stamford Hospital, Linda is grateful for the incredible support she received from family and friends, which she truly believes made a difference in her recovery.



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Linda DiMarino

The American Heart Association – Westchester/Fairfield Division *presents*

Every heart has a story...



A Survivor Gallery *sponsored by* Stamford Hospital

An inspiring photo exhibition of eleven stories of courage, strength and hope.

Thank you to the individuals and families who chose to share their experiences to raise awareness about heart disease.

American Heart Association Mission: to build healthier lives, free of cardiovascular diseases and stroke. The AHA's national impact goal is: by 2020, to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent. www.heart.org

Stamford Hospital is a not-for-profit provider of comprehensive healthcare services in lower Fairfield County and the region. The mission of Stamford Hospital is to provide, together with its physicians, a broad range of high quality health and wellness services focused on the needs of our communities. Stamford Hospital is a member of the Planetree Alliance, a group of hospitals nationwide focused on patient-centered care. Stamford Hospital is affiliated with New York Presbyterian Health System and is a major teaching affiliate of the Columbia University College of Physicians and Surgeons.

Photographs by: Tim Coffey, Stamford, CT



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