

# Pacific HeartBeat

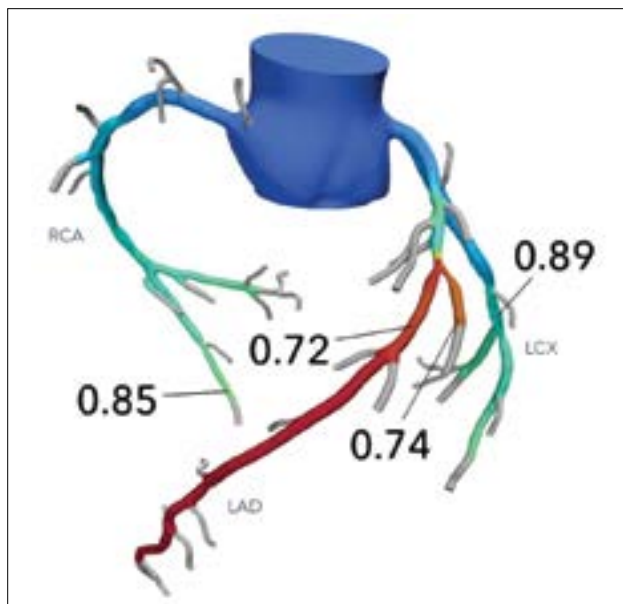
JANUARY 2018 NEWSLETTER

## Non-Invasive HeartFlow® FFR<sub>CT</sub> Analysis Helps Physicians Identify Treatment Approach for Patients with Coronary Artery Disease

Physicians now have access to non-invasive technology that will help them identify the appropriate treatment approach for patients with coronary artery disease. The technology, called the HeartFlow FFR<sub>CT</sub> Analysis, is the only non-invasive technology to offer physicians insight into both the extent of a patient's arterial blockage and the impact the blockage has on blood flow.

Coronary artery disease, also called coronary heart disease, is the leading cause of death for both men and women in the United States. Coronary artery disease develops when the arteries leading to the heart narrow, often because of the build up of plaque in the vessel walls. The coronary narrowing can cut off vital blood flow to the heart, causing chest pain, heart attacks and death. Coronary artery disease is one of the most costly medical conditions to the U.S. healthcare system.<sup>1</sup>

Studies have shown the need to improve the accuracy of non-invasive tests used to evaluate coronary artery disease. A recent study, which included data from more than 1,100 U.S. hospitals, found that over half of the more than 385,000 patients with suspected coronary artery disease who underwent an invasive coronary angiogram (ICA) in fact had no need for intervention



since no blood flow blockage was found during the ICA.<sup>2</sup>

The HeartFlow technology creates a personalized, digital 3D model of each patient's arteries using the images derived from a standard, non-invasive coronary CT angiogram (cCTA). Powerful computer algorithms then solve millions of complex equations to assess the impact of blockages on blood flow. This information aids physicians in determining the appropriate course of action for each patient.

The HeartFlow Analysis has been evaluated in four large, prospective clinical trials enrolling a total of more than 1,100 patients at major medical centers worldwide. The most recent,

called PLATFORM (Prospective Longitudinal Trial of FFR<sub>CT</sub>: Outcome and Resource IMpacts), demonstrated that a HeartFlow-guided patient evaluation strategy effectively identifies which patients do and do not need invasive treatment. When compared to usual care, a HeartFlow-guided strategy showed an 83% reduction in the number of patients who underwent a planned ICA only to find that they in fact had no obstructive disease, and therefore, no need for invasive intervention. Despite the difference in the number of patients who required ICA, the

rate of revascularization procedures, such as coronary stenting or bypass surgery, were similar.<sup>3</sup>

Results from the trial were published in the *European Heart Journal* and the *Journal of the American College of Cardiology*.<sup>3,4</sup>

<sup>1</sup> American Heart Association.

<sup>2</sup> Patel, et al., *Am Heart J* 2014; 167:846-852.e2.

<sup>3</sup> Douglas, et al., *Euro Heart J* 2015.

<sup>4</sup> Hlatky, et al., *J Am Coll Cardiol*

*Reproduced by kind permission of: HeartFlow, Inc.*

### Editor's note

*A prominent Lower Mainland Cardiologist reviewed this article. He verified that this is legitimate, useful, cutting edge technology. He said that while the procedure is not yet available in Canada, he feels it soon will be.*



**PACIFIC  
OPEN HEART  
ASSOCIATION**

### 2018 POHA Annual General Meeting

Saturday, April 14, 2018 at 1:30 p.m.

Unitarian Church, 949 West 49th Avenue, Vancouver, BC (Oak & 49th Avenue).

Speakers: Kate Martin and Jeff Kain, Clinical Nurse Educators at Royal Columbian Hospital.

Membership Registration desk will open at 1:00 p.m.

Refreshments will be served after the speakers' presentation.

## President's Report

Greetings all. I hope that 2017 was good for you and that you're looking forward to an even better 2018. To save on printing and mailing costs, the POHA is using email to distribute its newsletter to the majority of members. Only those members who do not have email will receive a paper copy. We will continue to provide paper newsletters to new open heart patients through our hospital visitors. Money saved will be donated to the usual hospitals.

I wish to express my appreciation to all of our volunteers and directors for their hard work and dedication over the past year. Their efforts continue to make a significant contribution to patients and their families pre and post open heart surgeries. Last year POHA visitors saw more than two thousand patients in the Lower Mainland.

I urge you to consider becoming a part of this important and vital volunteer group of visitors. To do so please contact one of our Team Captains:

**Jennifer Rule** (ST. PAUL'S) 604-739-3111

**Alfred Buchi** (VGH) 604-581-5508

**Mike Martin** (RCH) 604-535-3195

**Bob Axford** (REGIONAL HOSPITALS)  
604-462-9295.

Many thanks to the TELUS Ambassadors who have been sewing the much cherished heart pillows. For over 20 years our visitors have given pillows to open heart patients at St. Paul's Hospital and Vancouver General Hospital.

The cost of material for the heart pillows has been generously funded by the Heart & Stroke Foundation. Starting in 2018 the POHA will pay for the material.

I wish to acknowledge the continuing generous financial support of the Founder's Cup Charity Foundation. In 2017, we received a further \$2,500 donation from them. It will be used with money raised from our annual POHA golf tournament for the purchase of educational material and equipment for cardiac wards at our regional hospitals.

This past summer, a visitor at Royal Columbian Hospital, Rolf Gullmes, filled the vacant Vice President position on our Board.

As a realtor, with 34 years experience in the Fraser Valley, Rolf Gullmes brings a wealth of business knowledge that will serve

our Board well. Rolf will become President when my term is up. Welcome and thank you for stepping up Rolf.

Lastly, I'd like to remind you about two important events coming up in the next few months.

Our Annual General Meeting will be held on Saturday, April 14th at 1:30 p.m. at the Unitarian Church, 949 West 49th Avenue, Vancouver. The speakers will be Kate Martin and Jeff Kain, Clinical Nurse Educators at Royal Columbian Hospital. They will demonstrate the SmartMan CPR Training Manikin—one of three purchased by the POHA for hospitals.

At the AGM, the Don Topp trophy will be awarded to an individual who best exemplifies the values of our organization.

Don't forget to join our fellow open-hearters, families and friends at the annual POHA golf tournament in June. I hope to see you at both events!

Happy New Year.

**Rick Cozzuol,**

*President,*

*Pacific Open Heart Association*

## Christmas at the surgery hospitals



**St. Paul's Hospital**

Cardiac patient Joseph S. de Lara receiving a poinsettia from POHA Volunteer Team Leader Jennifer Rule.



**Royal Columbian Hospital**

Santa (Len Mueller) with 2 North staff.



**Vancouver General Hospital**

Terry Vickers presenting a poinsettia to Ron Hughes at Vancouver General Hospital.

## POHA supporters

Thank you to the following for making Donations or *In Memoriam* gifts to the POHA from December 1, 2016 to November 30, 2017.

**Individual contributors:** • Robin Adams • John Ashbridge • Max Baer • Elisabeth Barbillion • Reg Belliveau • Allen T. Bissett • James A. Brown • Donald Butler • Edward Carroll • Gord Carter • Gene Chiang • Patrick Clark • David Clarke • Roland Clifford • Joan Crofts • David Crystal • Karen Dalgetty • Willard Dunn • Jim Dyson • Vera Endacott • Eileen Evans • Claudia Ferner • Heinz Gfroerer • Betty Goodwin • Greg Graham • Richard Gray • Jhonny Hartwick • Marc Haslam • Phyllis Hiltz • Jim Hylands • Raymond Jones • Robert & Elizabeth Justason • E. W. Kane • Dorothy Kelt • James R. Kerr • John Keryluk • Peter Kobliuk • Jaide Kuraishi • Ellen Loughery • Dick Mackenzie • Edelberto Marollano • Ross McDonald • Bob McDowell • Bill McIntosh • Peter McLoughlin • Peter Miller • Esther Morisse • Robert Morris • Neil Murray • Richard Nelson • Ray & Jean Pelletier • Dwayne Perry • Frank Powell • Jack Rae • Bob Ryan • Willem G. Schuil • Michelle Schuss • Jack Scott • Mohammad Salman Shadid • Marc Singer • Anthony Soda • Margaret Tait • Nigel Toy • Sophie Uytdehaag • Leonard Visscher • John G. Walker • Harvie Walker • William Watters • Doris J. Wilson • James Yang.

**Corporate contributors:** • Charitable Giving Foundation • Founder's Cup Charity Foundation • TELUS.

## 2017 POHA hospital donations

In addition to the three presentations shown, the Pacific Open Heart Association made significant contributions to Vancouver General Hospital and Abbotsford Regional Hospital.



### Burnaby Hospital

Maureen Baker, (fourth from the left), a volunteer visitor, presented a cheque from POHA to the Burnaby Hospital Cardiac Telemetry unit (3C) for \$3,500. This money will be for the purchase of two Samsung tablets. They will be preloaded with 11 cardiac teaching videos and will allow the staff to provide a wider scope of educational materials to patients right at the bedside.



### St. Paul's Hospital

Jennifer Rule (seated), POHA Team Lead Volunteers for St. Paul's Hospital, presenting Barbara Hall, Patient Care Manager, Cardiac Surgery (standing to her left) and team members from 5B with donation cheque.



### Royal Columbian Hospital

Rick Cozzuol, (second from the left), president of POHA, and volunteer visitor at Royal Columbian Hospital presented a cheque for \$8,000 to Royal Columbian Hospital. Representing the hospital were Glen Doherty, Manager, Heart Surgery Ward, Salima Mawji, Royal Columbian Hospital Foundation and Ken Madavieta, registered nurse.

## 2018 POHA Annual General Meeting

The Pacific Open Heart Association Annual General Meeting will be held on Saturday, April 14, 2018 at 1:30 p.m. in the Unitarian Church, 949 West 49th Avenue, Vancouver (Oak & 49th Avenue).

The speakers will be: Kate Martin and Jeff Kain, Clinical Nurse Educators at Royal Columbian Hospital. They will demonstrate

the SmartMan Training Manikin. This is a computerized CPR Training Manikin which is one of the most effective tools for improving CPR performance. It is used to provide training to health care staff on cardiac wards.

High quality CPR saves lives. POHA has provided funding for the purchase of two SmartMan Manikins in the Fraser Health

Authority. We expect that another will be purchased for one of the Greater Vancouver heart surgery hospitals. Learn about this important tool, and you will get the opportunity to test your own CPR skills.

Membership Registration desk will open at 1:00 p.m. Refreshments will be served after the speakers' presentation.

## The 34th Moe Pitcher Annual Pacific Open Heart Association Golf Tournament

Poppy Estate Golf Course • 3834 248 Street, Aldergrove, BC V4W 2B3 • Tel: 604-856-1181

Hello golfers.

We have confirmed June 15th, 2018 as the tournament date at Poppy Estate Golf Course. A complete information package will be sent out in late March or in early April 2018.

We are proud to welcome POHA members, family members and friends. It is all about renewing old friendships and making new acquaintances. Please join us for a great day of fun and fellowship.

If you have any questions please call me (Roger Kocheff) at 604-467-2904 or email me at: [rkocheff@telus.net](mailto:rkocheff@telus.net)



Poppy Estate Golf Course is located in a picturesque rural setting in the beautiful Fraser Valley just off Fraser Highway in Aldergrove, BC.

### Please send golf tournament information to:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

MAIL TO: 11961 – 203 STREET, MAPLE RIDGE, BC V2X 4V2

## New Board Member – Rolf Gullmes



### Rolf Gullmes

Rolf was born in Finland and came to Canada at the age of four. He started his working career at Dominion Bridge and has been in Real Estate sales for the past 34 years.

A very special lady came into his life 49 years ago. Together they have a fantastic family with two sons and four awesome grandkids.

Rolf's heart surgery was in July of 2011 (triple by-pass) at RCH performed by Dr.

Latham. While awaiting surgery he had a visitor, Mike Martin, from the Pacific Open Heart Association. Rolf admits to being in a state of depression and denial. Mike helped him to accept that most of us have the same level of anxiety and that there is a bright future ahead.

Rolf became a member of POHA and a hospital volunteer because the experience went well for him and he wanted to share his journey with others going through the same journey.

## Membership Renewal

It's time to renew your Pacific Open Heart Association membership. Membership is still only ten dollars, unchanged in over 20 years!

Funds from memberships are used to cover operating costs of the Association including the production of: brochures—in Mandarin, Punjabi and English; semi-annual newsletters; postage; website hosting;

Annual General Meeting expenses; the purchase of poinsettias for patients who are recovering from open surgery during the Christmas holiday.

None of our volunteers or directors receives any form of compensation and never has. Surplus funds from membership renewals are donated to hospitals for equipment in the cardiac wards. Please renew and

help support the good work that the POHA has been doing for over 25 years.

For renewal, please visit our website: [www.pacificopenheart.org](http://www.pacificopenheart.org)

Or send a cheque to:  
**Pacific Open Heart Association**  
PO Box 45001, Ocean Park PO  
Surrey, B.C., V4A 9L1

Thank you.

## Volunteer for the health of it

We are always in need of new volunteer visitors at all three surgery hospitals. This interesting, rewarding opportunity involves one to two hours about every other week. Training is provided. You will receive support from a team leader and various hospital staff who are always available for advice.

If you are interested, please contact one of the Pacific Open Heart Association team leaders for more information.

<b>St. Paul's Hospital</b>	
Jennifer Rule	604-739-3111
<b>Vancouver General Hospital</b>	
Alfred Buchi	604-581-5508
<b>Royal Columbian Hospital</b>	
Mike Martin	604-535-3195
<b>Regional Hospitals</b>	
Bob Axford	604-462-9295

### Pacific HeartBeat Newsletter

The newsletter is published semi-annually by the Pacific Open Heart Association.

**Editors:** Mike Martin and Patrick Hagan  
**Typography:** Roland Clifford

### Acknowledgement

The POHA acknowledges the generous support of the Founder's Cup Charity Foundation in the production of this newsletter.

### Correspondence

Please send all correspondence to:  
**Pacific Open Heart Association**  
PO Box 45001, Ocean Park PO  
Surrey, B.C., V4A 9L1



*Olive the other reindeer (John Ashbridge) and Santa with a patient waiting for surgery on 2 South in Royal Columbian Hospital.*

### Membership request:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CITY: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

I AM INTERESTED IN:

BEING A VISITOR

BEING A VOLUNTEER

GOLF



**PACIFIC  
OPEN HEART  
ASSOCIATION**