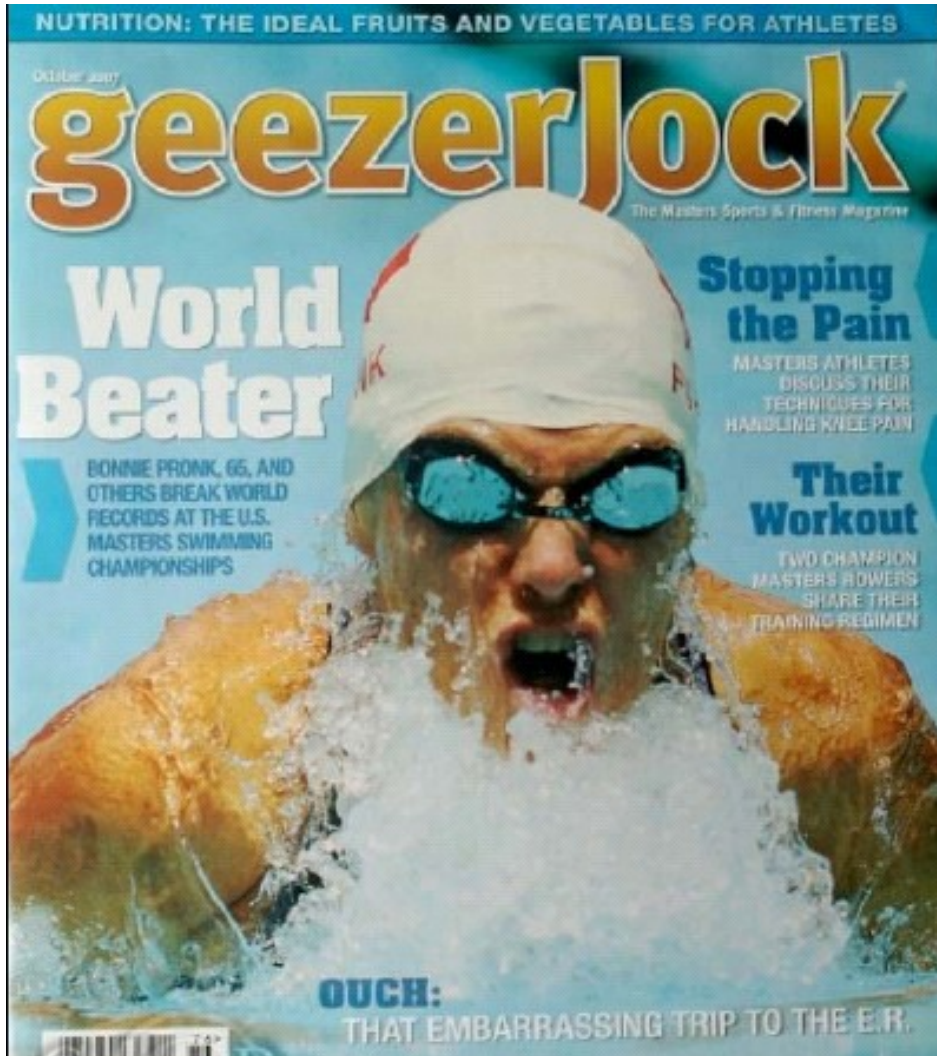


# Connecting the Dots: One Man's Story

**Management Information Forum  
January, 2013**

**David S. Hefner, CEO  
Georgia Regents Medical Center  
Georgia Regents Medical Associates  
EVP for Clinical Affairs**



### Vital Statistics

- Age = 58
- Married
- 2 Daughters; 4 grandchildren
- Competitive swimmer



**U.S. MASTERS  
SWIMMING**

# At age 47, on a Saturday morning...

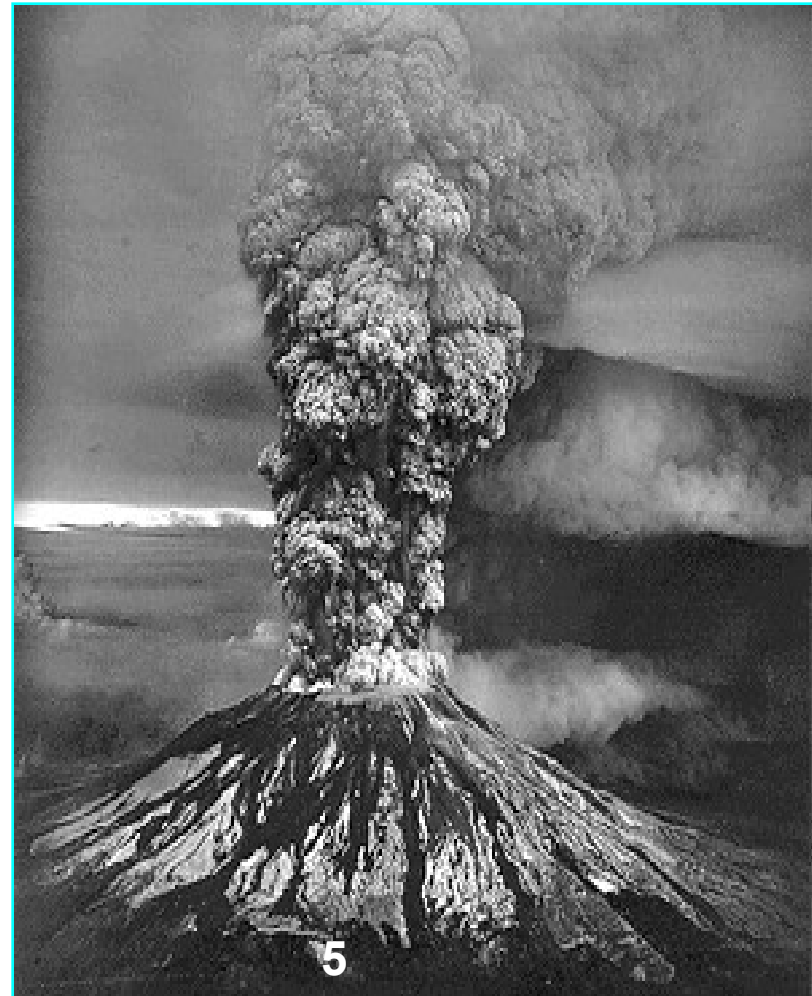


Note:  
Heart-healthy  
red wine

911

# Heart Attack = Myocardial Infarction

1. ***Plaque accumulates***
  - chronic buildup of porridge-like fats-atherosclerosis
2. ***Plaque ruptures***
  - rapid formation of a thrombus or blood clot
3. ***Blood supply stops***
7. ***Muscle dies***



HEFNER, DAVID

ID:001304792

01-DEC-2005 08:38:16

THE MILTON S. HERSHEY MED CENTER

20-JUL-1954 (51 yr)  
 Male Caucasian  
 74in 195lb  
 Loc:26

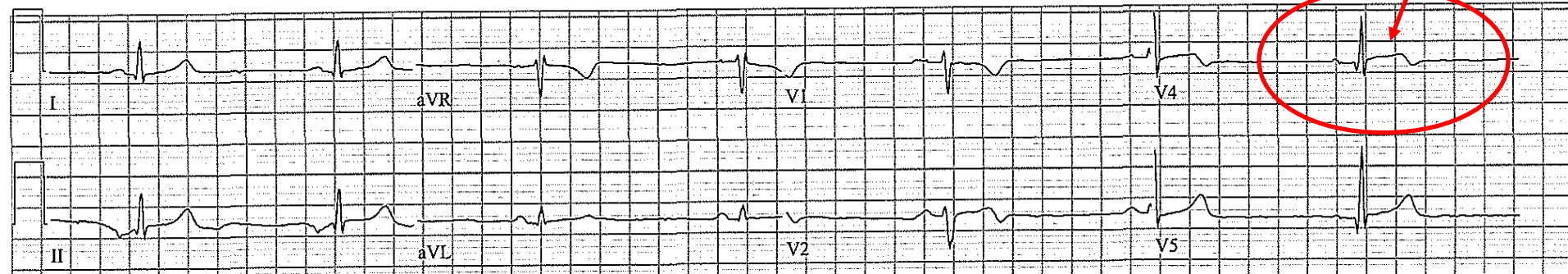
Vent. rate 43 BPM  
 PR interval \* ms  
 QRS duration 88 ms  
 QT/QTc 472/398 ms  
 P-R-T axes -44 35 39

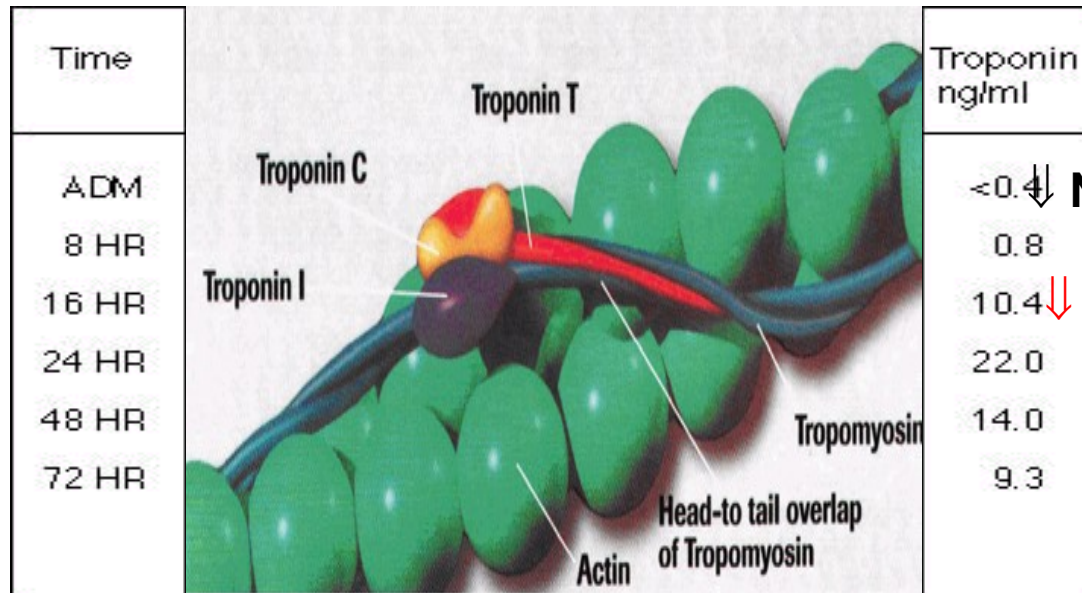
Unusual P axis, possible ectopic atrial bradycardia  
 Anterior infarct, age undetermined  
 Abnormal ECG  
 edited by L.Plevelich

Technician: JOELLE SCARCELLA  
 Test ind: V70.0

Referred by: MICHAEL WEITEKAMP

Confirmed By: MICHAEL WEITEKAMP, M.D.





**Normal**

**@ 16 hours, my level was at 79**

**Ejection  
Fraction**

**What it Means**

50 - 70%

Normal

36 - 49%

Below Normal

35 - 40%

May confirm diagnosis of systolic heart failure

< 35%

Patient may be at risk of life-threatening  
irregular heartbeats

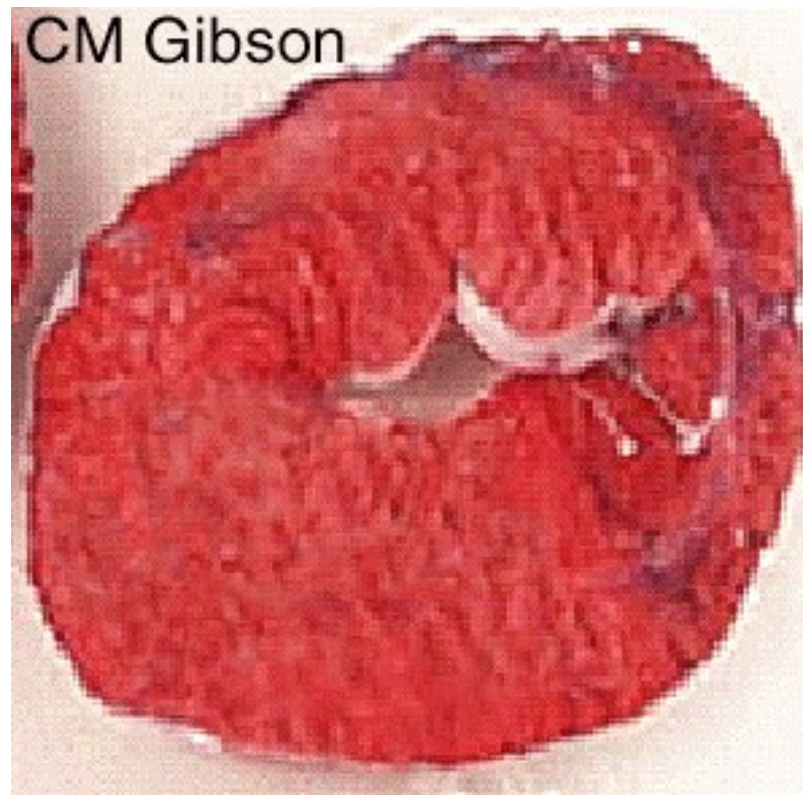
**30%  
death”!**

**On the way to “sudden cardiac**



# Myocardia Infarct Motto: *Learn and Live*

***“Time is Muscle”***

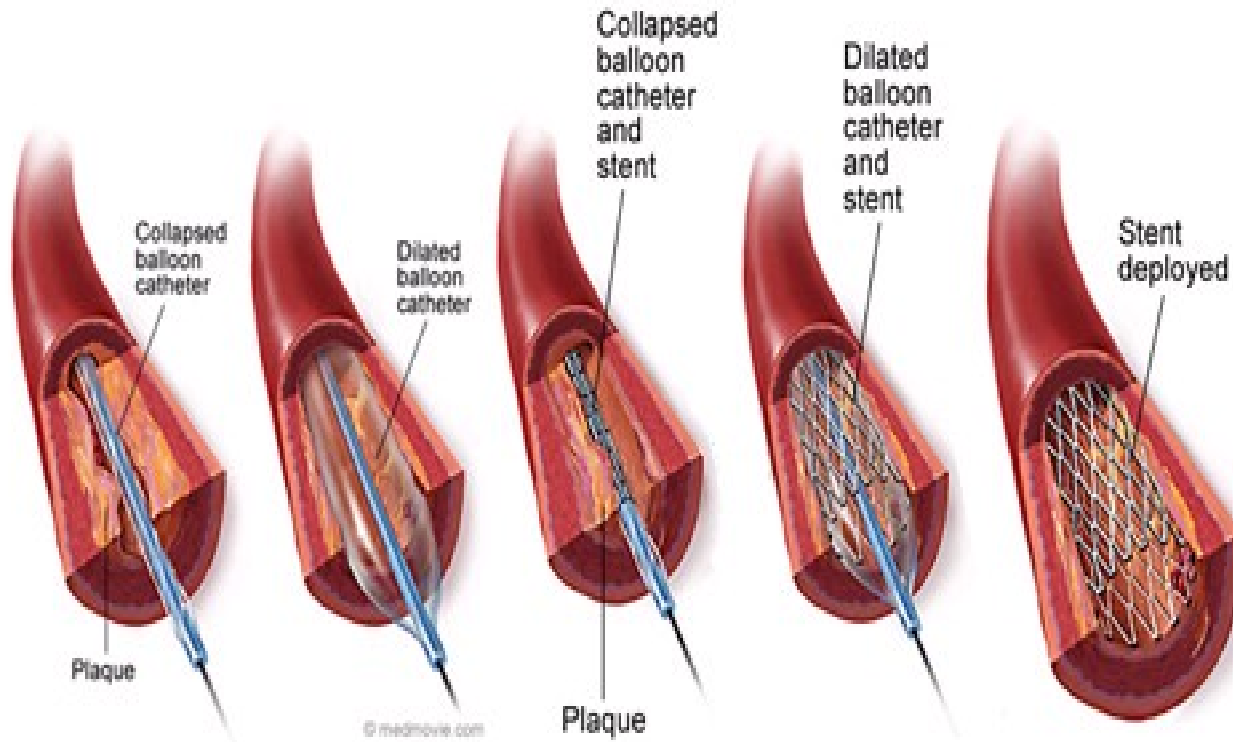




# The Good Old Days: Limited Choices



# Today's New Choices

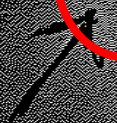
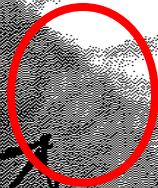




# Real-Time Coronary Angiography



26-OCT-2002  
14:52:08



15

Ø L  
39 CRA  
18 RAO

# 3/18

HEFNER, DAVID  
# 47598

26-OCT-2002  
15:29:32

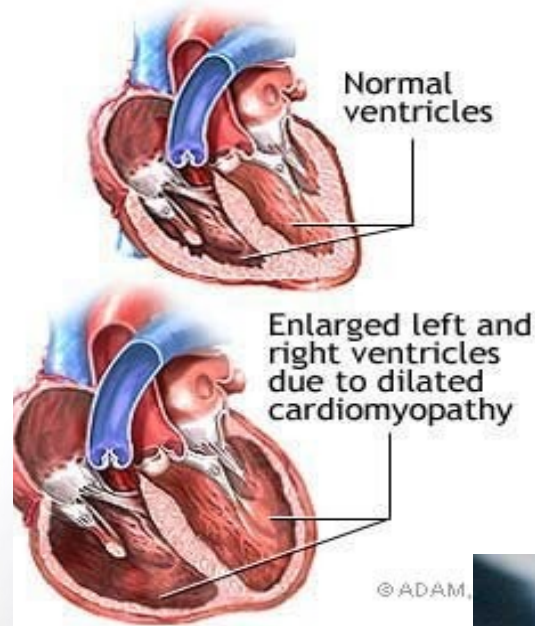


16

81



# Preparing for Cardiomyopathy



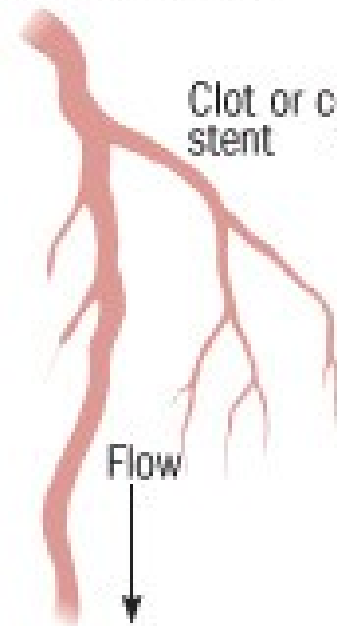
# Post-MI Protocol (with a twist)



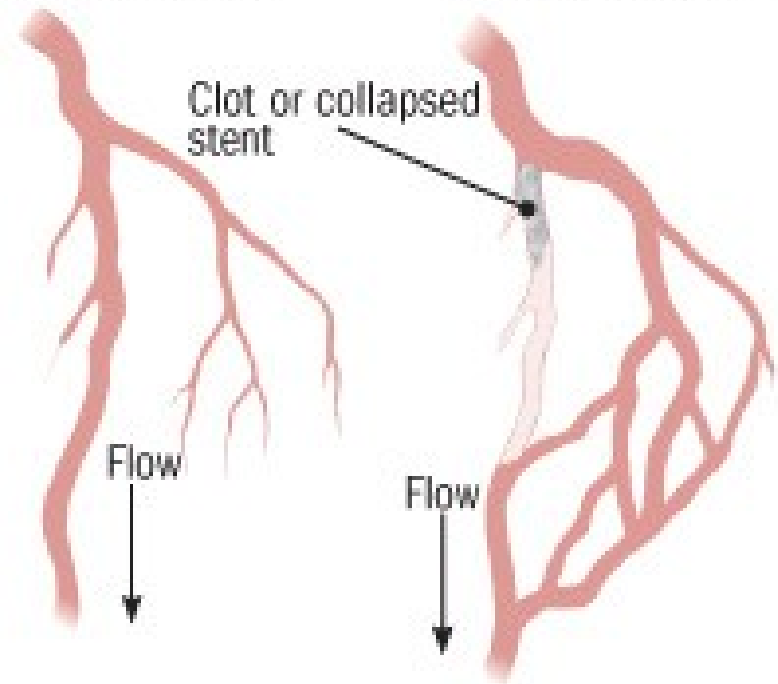


or

Normal circulation



Collateral circulation





50 Backstroke SCY Men 50-54 (2005)

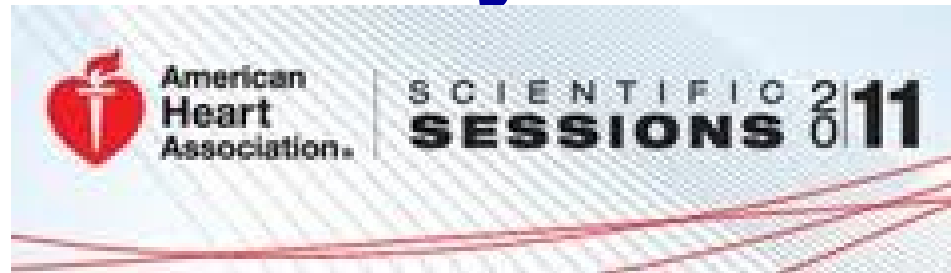
#	Name	Age	Club	LMSC	Time
1	Casey Clafin	51	FACT	Florida	26.36
2	Philipp A Djang	50	RHMS	Pacific	26.76
3	Jack Altdorffer	50	NIAG	Niagara	27.22
4	David S Hefner	50	FACT	Florida	27.43
5	Geoff L Mykleby	52	WMAC	Wisconsin	27.46
6	Donald Graham	50	PNA	Pacific Northwest	27.84
7	Tom Perrin	54	ISF	Indiana	27.86
8	Charles F LeMaistre	51	ESTM	South Texas	27.98
9	Dean T Fochios	51	ADMS	Adirondack	28.02
10	Jeffrey S Bryan	52	TCSD	Potomac Valley	28.33

100 Individual Medley SCY Men 50-54 (2005)

#	Name	Age	Club	LMSC	Time
1	Jack R Groselle	50	O*H*	Lake Erie	56.77
2	Charles F LeMaistre	51	ESTM	South Texas	58.75
3	Richard Hess	50	CMS	Colorado	58.95
4	Greg J Shaw	53	NEM	New England	58.97
5	Donald Graham	50	PNA	Pacific Northwest	59.16
6	David S Hefner	50	FACT	Florida	59.38
7	Berry Hamilton	52	GAJA	Georgia	59.74
8	Michael T Mann	50	CMS	Colorado	59.96
9	Craig J Burns	52	GOLD	Florida Gold Coast	1:00.01
10	Philipp A Djang	50	RHMS	Pacific	1:00.20

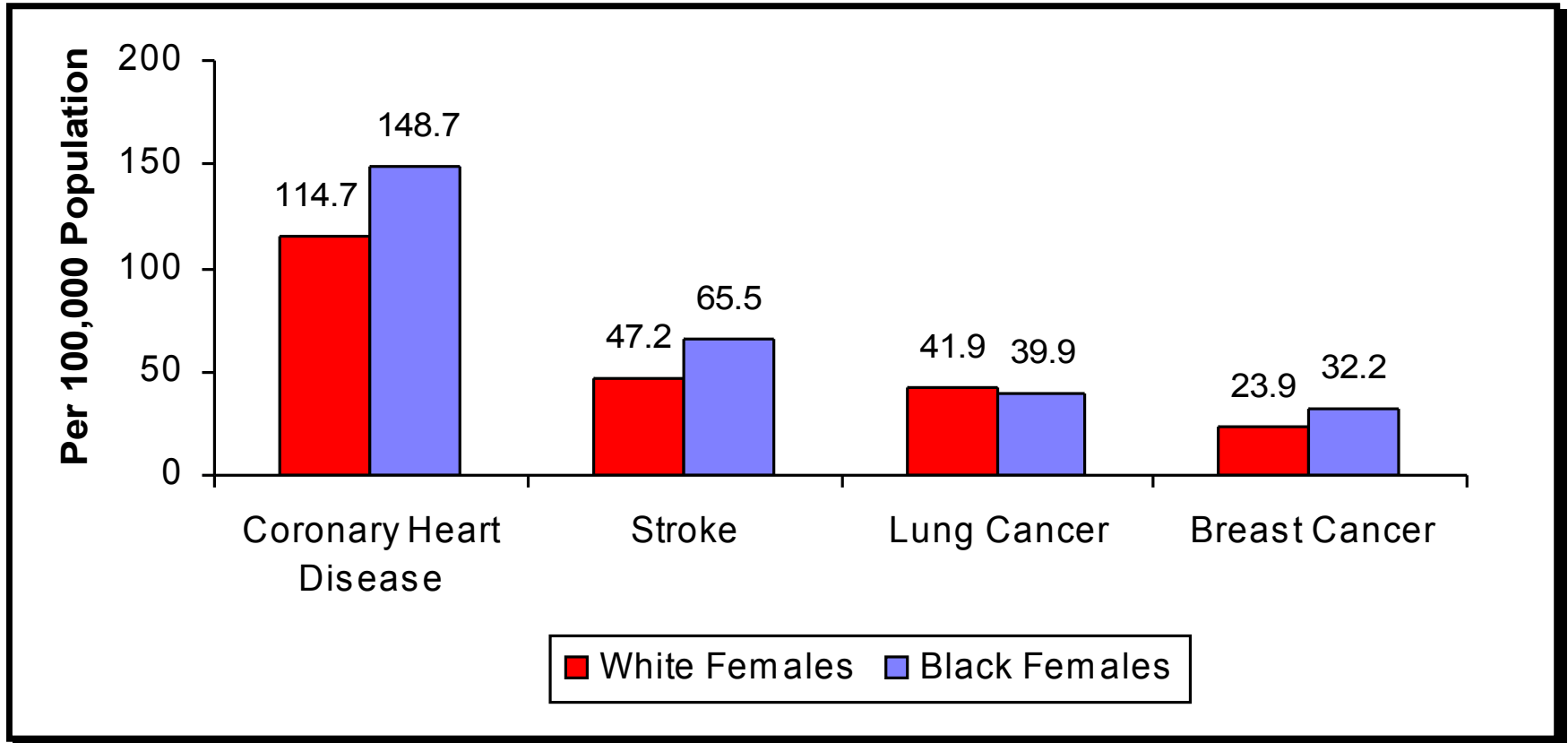


# Why is Research Key?



*“Maybe in 10 years we will know  
why something like this happens to  
people like you”*

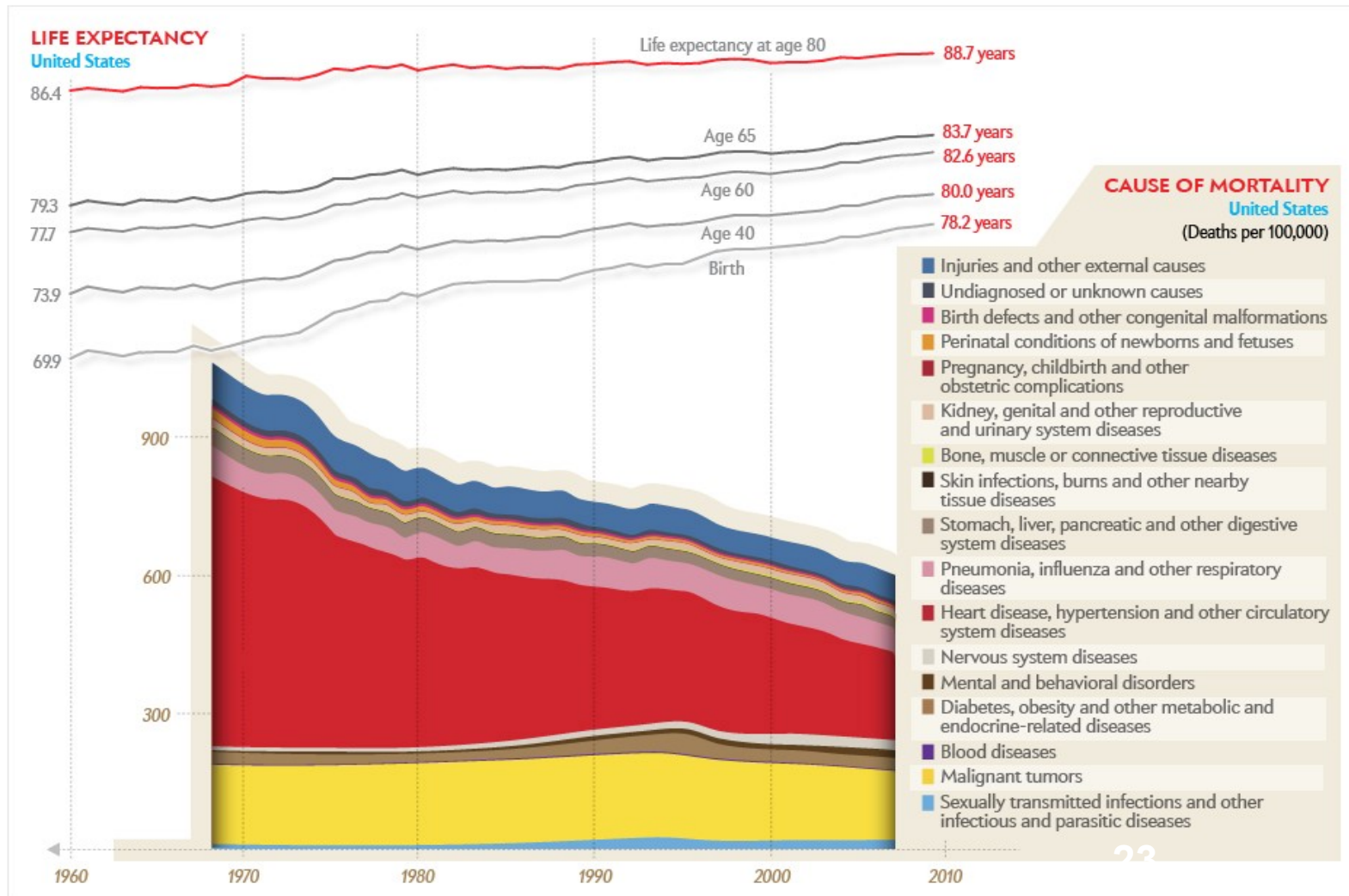
# Bigger than Cancer...



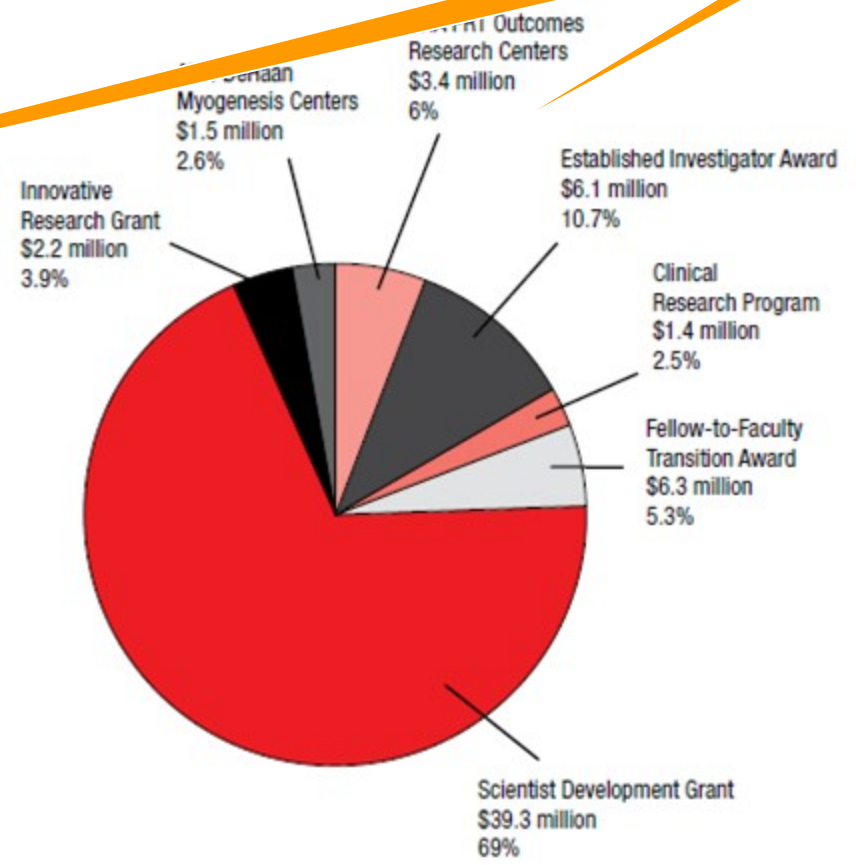
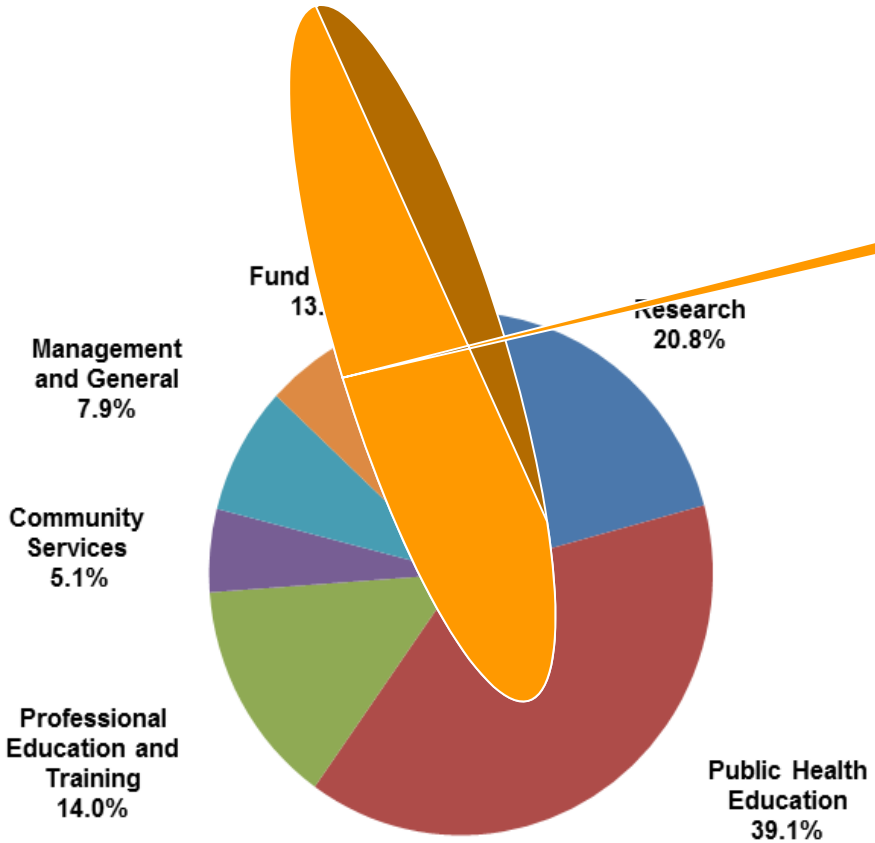
Age-adjusted death rates for CHD, stroke, lung and breast for white and black females (United States: 2004). Source: NCHS and NHLBI.

# ...And Having a Dramatic Impact *Learn and Live*

U.S.



**Distribution of National Research Program Dollars To Be Paid in 2010-11**





# So What is the Moral of this Story?

1. **Eat well...?**
2. **Exercise vigorously...?**
3. **Listen to your wife...?**
4. **Contribute to the American Heart Association?**
5. **The correct answer is “All of the Above”!**

# Updates: Coming Events

## American Heart Association Heart Walk



- We are top ten in the nation in AHA funding,
- **NUMBER ONE** in the nation in funding per capita!

Help us beat  
last year's total  
\$117,000!!!

## March 9, 2013

North Augusta Greenway

# Our 2010 Heart Walk Team



# Looking Forward to Seeing You There