

HeartyNews

WEDNESDAY 23TH OF JULY

07:30 AM	Breakfast Information Desk / Enrollment activities
9:00 AM	Hearty Tables / "Tough Hearts" Conversation groups on „What I love and hate about being a GUCH“
10:30 AM	Photo-Shooting and Coffee Break
11:00 AM	Speech "Hurray, we are still alive" Dr. Noémi De Stoutz President of CUORE MATTO
12:00 AM	Lunch
12:45 PM	Departure to Lucerne (Groups A and B)
1:30 PM	City Train Lucerne (Group A) Discover Lucerne on your own
1:30 PM	City Hiking with Dr. Mark Hämmerli (Group B)
1:30 PM	Creative Workshop with Rinaldo Collenberg, a Swiss artist (Group C)
5:15 PM	Return to Baar (Please be on time!) Meetingpoint is Schwanenplatz
7:00 PM	Dinner BBQ
8:30 PM	SURPRISE

Come and see us at the front desk
until 9:00 to sign in for:
- Gala-Dinner (sorry, please do that again)
- Soccer Game

Please come to our
Photo-Shooting
today at 10h30 in the garden.
PLEASE COME IN THE CONFERENCE SHIRT!

News around the Conference

Today, we visited Edwards Lifesciences, a global leader in the science of heart valves and hemodynamic monitoring. It started with an informative speech on "Heart Valve Defects" held by Prof. Dr. Christine Attenhofer. It was particularly impressive and amazing to see the making of heart valves as every single valve is handmade. Especially emotional was that Priska Leutenegger, one of the Swiss delegates, could meet the sewer of her heart valve. On the picture you can also see the CEO of Edwards Lifescience, Mr. Peter Wiget. After a nice lunch in Hergiswil that was sponsored by Edwards Lifesciences, the delegates could visit the Glasi Hergiswil, a traditional glassblower factory. Once back at the venue, we had the pleasure to listen to the speech by Amy Verstappen, former president of the US GUCH-association ACHA on "Lost GUCH patients".

Please find more information on heart valves on www.yourheartvalves.com



Heart Valves and Heart Valve Disease

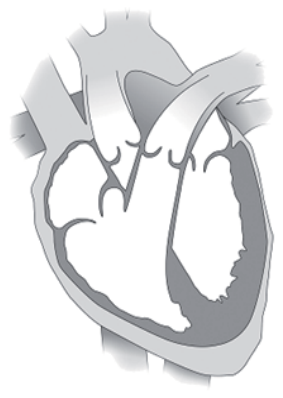
The heart is a fist-sized muscular pump divided into four chambers. The two upper chambers – the left and right atria – receive blood returning from the veins. The two lower chambers – the left and right ventricles – pump blood into the arteries. Heart valves ensure that blood flows in a single direction into and out of the heart.

The heart has four valves. Two of the valves control the flow of blood from the upper chambers of the heart (atria) to the lower chambers (ventricles). They are the:

- **Mitral Valve:** located between the left atrium and left ventricle
- **Tricuspid Valve:** between the right atrium and right ventricle

Two additional valves control the blood flow out of the lower chambers (ventricles) into the arteries:

- **Aortic Valve:** between the left ventricle and aorta
- **Pulmonary Valve:** between the right ventricle and pulmonary artery



Each heart valve features two or three strong tissue flaps – or leaflets – which open and close with each heartbeat, approximately once every second throughout life.

Blood pressure controls the flow of blood within the heart and activates the opening and closing of the valves. When working properly, heart valves ensure that blood flows in the right direction. As pressure within the ventricles decreases, the mitral and tricuspid valves open, allowing blood to flow from the atria into the ventricles. This blood inflow to the ventricles pushes the pulmonic and aortic valves shut, preventing blood that was pumped out to the arteries on the previous beat from returning.

Diseases of the Heart Valves

When diseased or defective, heart valves may not open or close properly and can interfere with the flow of blood. The most common valve problems involve the mitral and aortic valves, which are located on the left side of the heart. The primary types of heart valve disease are:

- **Valve Stenosis or Obstruction:** As a result of certain medical conditions or anatomical abnormalities, a valve can either be exceptionally narrow (therefore having a "stenosis") or have a blockage or obstruction. Either of these conditions can limit the blood flow through the valve, which may result in a "back-up" of blood behind the valve as if behind a dam, causing the heart to pump inefficiently.
- **Valve Regurgitation or Insufficiency:** When a valve's leaflets fail to close completely, the valve itself can become "leaky," allowing blood to backwash down through the valve (called "regurgitation"). In addition, the valve may not ever completely move the volume of blood to the next appropriate chamber.

Beyond the two primary types of heart valve disease, there is an additional common diagnosis.

- **Mitral Valve Prolapse:** This is a commonly diagnosed form of valve regurgitation. Mitral valve prolapse is estimated to affect 2-3% of the population. In serious cases, the mitral valve can become weakened or stretched, ballooning out and sometimes causing a backflow of blood. It is often referred to as "click-murmur syndrome," from the extra clicking sound that can be heard from the leaflets ballooning out and a murmur from the backward flow of blood during a stethoscopic examination. Despite its frequency, only a small percentage of patients develop progressed mitral regurgitation to a degree that requires medical therapy or surgery.



Hearty Quote of the Day
"Nothing shakes the smiling heart."
Santosh Kalwar, a contemporary Nepalese poet and writer

Weather

Mi 23.07.

05:58	21:06	abnehmend							
Ortszeit	02:00	05:00	08:00	11:00	14:00	17:00	20:00	23:00	
Wetterzustand									
Temperatur °C	18	17	18	21	24	25	23	20	
Niederschlags-wahrscheinlichkeit %	42	7	6	3	3	2	9	11	

25° 18°
32% 33 km/h