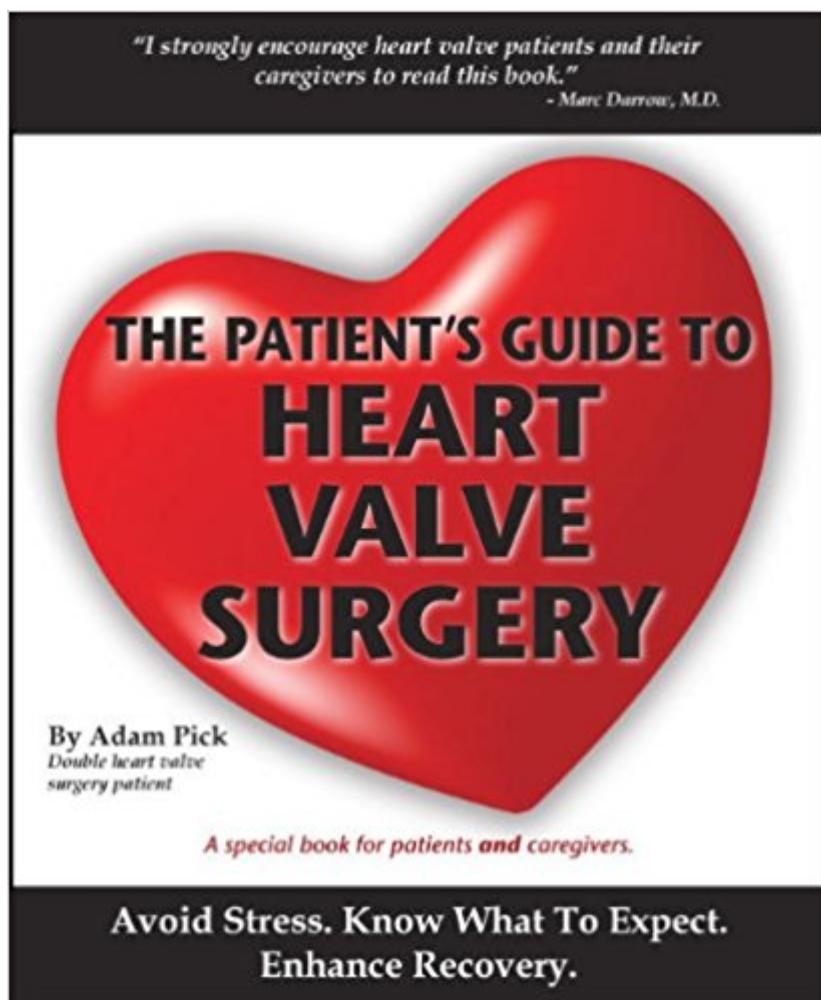


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# The Patient's Guide To Heart Valve Surgery (Heart Valve Replacement And Heart Valve Repair)



## **Synopsis**

Each year, over 250,000 heart valve repair and heart valve replacement operations are performed for conditions including stenosis, prolapse, insufficiency, aneurysm, Tetralogy of Fallot and regurgitation. As a result, patients experience several different types of cardiac bypass surgery including aortic valve replacement, mitral valve repair and the Ross Procedure. **HOWEVER... DID YOU KNOW?** In a 2007 survey, the majority of former heart valve surgery patients interviewed stated that their expectations were "mismanaged - both before and after surgery." **AND... DID YOU KNOW?** In that same study, most heart valve surgery patients noted that recovering from cardiac surgery was "more difficult than expected." The Patient's Guide To Heart Valve Surgery was written by Adam Pick, a double heart valve surgery patient, to address these troubling issues and prepare both patients and their caregivers for the challenges and opportunities of valve surgery - from diagnosis through recovery. The book is intended for patients needing heart valve repair or heart valve replacement surgeries (e.g. mitral valve repair, aortic valve replacement, tricuspid valve repair, pulmonary valve replacement). Ultimately, this unique book was created to help YOU minimize the stress of heart valve surgery and enhance the patient's recovery. As of today, The Patient's Guide To Heart Valve Surgery has been read by thousands of patients and caregivers in over 35 countries around the world. Dr. Marc Darrow, MD, UCLA School Of Medicine, recently noted about this special book, "If you require mitral valve replacement, aortic valve repair or any heart valve surgery, I strongly encourage patients and their caregivers to read this book!"

## **Book Information**

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## **Customer Reviews**

"I got The Patient's Guide To Heart Valve Surgery on Thursday, one day sooner than I expected it

to come. I could not lay it down. All my fears and questions were right in the book. And I felt like I wasn't alone. Thank you so much for the information. It has helped me a great deal. There's one quote in your book, in the 'Best Piece Of Advice From Former Patients' section that I read over and over again. Again, thank you for the book. I strongly suggest to anyone that is planing on heart valve surgery, READ THIS BOOK!" -- --Valve Replacement Patient, Monica Fletcher, Doyline, Louisiana"Your book is the reason my aortic valve replacement surgery and recovery went so well!" -- --Valve Replacement Patient, Taylor Browning, San Francisco, California"Your book was enlightening. There was a great deal of information in it that you would not get from the medical profession." -- --Patient, Robert Waterman, Connecticut

As one of the leading analysts in his field, Adam Pick has been featured in The Wall Street Journal, BusinessWeek and The Economist for his unique knowledge of electronics manufacturing. A native and current resident of Los Angeles, Adam earned a bachelors and graduate degree from the University of Michigan. On November 3, 2005, Adam learned that he would need heart valve replacement surgery. Eight weeks later, Dr. Vaughn Starnes performed aortic and pulmonary valve replacements (the Ross Procedure) on Mr. Pick at the University of Southern California Medical Center. After a difficult recovery with many unexpected challenges, Adam is back to work, exercising five times per week and traveling the world for fun and business. Adam's heart valve surgery success story was elevated on July 7, 2007 when he married Robyn Podell, his girlfriend of two years. As part of his experience with heart valve surgery, Mr. Pick learned the highs, the lows, the challenges, the opportunities and the frustrations of heart valve surgery. His book, *The Patient's Guide To Heart Valve Surgery*, is his attempt to support patients and caregivers through the entire heart valve surgery process - from diagnosis through recovery.

This book contains some useful information. However, it is largely anecdotal, is somewhat self-centered or self-aggrandizing, and is not at all systematic. In many cases it tells the author's story without conveying a good sense of what is typical over the large population of valve recipients. For example, the author makes it clear that he had an intensely difficult recovery - physically and emotionally - and ultimately recovered well, but his account is frightening without giving a sense of how long a patient typically would be in intense pain, how long it typically takes to feel physically and emotionally normal, how frequently patients experience severe depression, etc. His chapter on choosing a doctor and hospital is very spotty. It mentions a few facilities and surgeons who have come to the author's attention but does not mention or list some of the best-known centers of

excellence nor provide a systematic approach to making the decision. His chapter on insurance is similarly spotty. The most useful thing I got from this book was a link to a valve replacement website that appears to have a large number of educated and thoughtful members. A postscript to my earlier review: After undergoing valve replacement surgery I have an even stronger concern about the anecdotal (and in many ways alarmist) nature of the author's account. At a much older age than the author, I underwent this surgery and found the level of pain and discomfort to be far less than expected. I'm very sorry that the author's experience was as difficult as it was - but reading his account before I had the opportunity to understand the range of experiences that are possible scared me unduly and gave me an unrealistically grim sense of what was likely.

My husband had a valve repair and I bought this book to see how his situation might compare to what Adam talks about in his book. He gets some things messed up. One example is the TEE - it is not the same as a standard Echocardiogram - but he describes them the same way. Going through the esophagus, a cardiologist can determine more about a valve problem and this is the TEE. I agree with the above reviewer who states "However, it is largely anecdotal, is somewhat self-centered or self-aggrandizing, and is not at all systematic. In many cases it tells the author's story without conveying a good sense of what is typical over the large population of valve recipients." Having been through this process with my husband, I would not recommend this book to anyone because they would be scared to death of having the surgery. The thought of open-heart surgery is scary in and of itself. Everyone's recovery is different too. Some patients bounce back quickly while some not so fast. This book does not warrant the \$29.95 price tag. It is poorly written and is not very well organized. Adam's website is, however, a lot better and cheaper.

The book's title lets the reader believe they will actually learn something that will help them through the surgery. The book didn't do any of that. What it did was peripherally talk about the son (of a medical doctor) who had open heart surgery. There was only two things I gained from reading this book . . . (1) use a recliner to sleep upright the first couple weeks after going home, as you will have less pain, and (2) cut back on the pain medication as to not get addicted . . . like the author.

I bought this book because so little was available a few years ago. I feel this book is okay but not super practical. There are some other books more practical and really made for the person who has to get up and work after surgery without the woe me attitude. I would check with the American Heart Association first. Its okay companion book but get another book to go with it especially if you are

young and have a whole lot of working to go. This is from a perspective of a young successful heart valve patient.

This book provided some useful information, but unfortunately Adam's case is not generally typical and therefore many or most people can't relate to his experiences. For example here are untypical things:-Adam was in his early to mid-30s at the time of the surgery (not typical)-Adam had the Ross procedure (not typical)-Adam is single (not typical)-Adam became addicted to Vicodin, and had an uncle (who is a doctor) that helped to support his habit (not typical)-Adam cried a lot or at least seemed to cry a lot (not typical)-Adam started therapy/rehab very late, at 7 weeks (not typical) This book is not worthless, but for \$30 it is pretty skimpy on content, describes a mostly non-typical experience and lacks statistically valid data (ad-hoc surveys). I suggest that if valve-replacement surgery is in your future that you find a few people that have had it done and talk with them about their experiences. Additionally, read up on the internet - there are a lot of resources. Otherwise, look for this book used.

Best way to prepare for heart surgery. This was a good read, easy to follow. Author made good suggestions to follow in preparation. Recommend this to anyone preparing for heart surgery!

This book gave me a lot of ideas to consider before I had open heart surgery. I appreciate the help it gave.

Very helpful.

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