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**UPMC**  
LIFE CHANGING MEDICINE

## Heart Health 2019



# HEART HEALTH

### Heart Health News

#### April is National Donate Life Month!

April is a time for us to celebrate and recognize the importance of organ donation and the life-saving gift that organ donors offer. At UPMC, patients in need of heart transplantation to treat end-stage heart failure or severe coronary artery disease are in expert hands. Our team has performed over 1,600 heart transplants, taking on some of the most-complex, high-risk cases in the process. Learn more about the heart transplant care team at UPMC.

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#### Pulmonary Hypertension Research Day is May 7!

Join the University of Pittsburgh and UPMC for a Pulmonary Hypertension Research Day on May 7, 2019 in Scaife Hall at UPMC Presbyterian. Hear from our experts on the latest in PH research and learn more about what researchers are working on in order to better understand PH.

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#### Frequently Asked Questions About Cardiac Rehab



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Cardiac rehabilitation is an outpatient, physician-prescribed exercise program for patients who have had a heart attack or been diagnosed with heart disease. The program can help patients strengthen their heart muscles, increase energy, and lose excess weight and maintain a healthy weight. Read on to explore some frequently asked questions about cardiac rehab.

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#### Working for You: Meet the Members of Your Heart Failure Care Team

More than five million Americans live with heart failure, a condition that occurs when your heart can't pump enough blood to meet your body's needs. Patients living with heart failure at UPMC have a team of experts to care for you and work together to help manage your condition. Learn more about this team of experts.



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#### Breakthrough in Heart Transplant is a Game Changer for Patients



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Michelle Hagerly had lived her whole life with cardiovascular issues, eventually culminating in her need for a heart transplant in her early 40s. Waiting on the transplant list, but fearing she was running out of time, Michelle was approached by her heart transplant team about a new option — a heart donated by someone who had died with Hepatitis C antibodies in their system. Read more about this life-saving option and how it can result in healthy heart transplant patients.

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#### Heart and Vascular Notes

- [Video Spotlight: Heart Transplantation with Christopher Sciorino, MD, PhD, FACS](#)
- [Condition Spotlight: Congestive Heart Failure](#)
- [Patient Story: Emil Steinmetz](#)
- [Recipe Spotlight: Healthy Hawaiian Chicken Kebabs](#)



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