

**MYOCARDITIS**  
FOUNDATION

*Dedicated to Providing Information and Support Related to the Causes, Symptoms, Diagnosis and Treatment of Myocarditis and Sudden Death*



**EVENT**

**17th Annual Myocarditis Foundation Golf Fundraiser**

Monday August 12, 2024, was the 17th Annual Golf Outing for the Myocarditis Foundation! It was once again held at the Arcola Country Club in Paramus, N.J., with its beautiful breathtaking views of the Manhattan Skyline throughout the course.

There were 103 players participating in addition to several additional dinner guests who joined us for honoring our Board Member, Joel Aranson, who passed away November 9, 2023, leaving behind his loving wife Diane and many loving family members whom he adored. The Foundation awarded his wife Diane with a heart paperweight, to remind her of his work with and love for the Myocarditis Foundation.

Joel was a beloved member of our Board of Directors for 10 years after losing his stepson, Jeffrey Grossman, from Giant Cell Myocarditis. Joel’s passion and commitment to the Myocarditis Foundation stemmed from his love of Jeff. Joel’s leadership,

generosity and tireless efforts have left an indelible mark on our organization. Joel also loved the game of golf and served on the Foundation’s Golf Committee throughout his tenure with the Foundation. His spirit and dedication continue to inspire us to strive for a future free from the grips of myocarditis.

The Co-founders, Candace Moose and Dr. Leslie Cooper, as well as the Chairman of the Board, Joseph Rumore, spoke eloquently about all that Joel did to help the MF and what the Foundation meant to him over the years that he was a member. We know that Joel was there smiling and joking along with the others as he always did. His presence was deeply missed this year.

As usual, there was golf swag for the participants and a multitude of golf equipment and golf paraphernalia that was raffled off at the end of the evening. In addition, there was a Silent Auction with items, some of which included: World Series



Tickets; Dinner for 4 at Rao’s Restaurant, NYC; Dodgers Baseball Tickets; Multiple Foursomes at prestigious Golf Courses; and a “Behind the Scenes Tour of the Major League Baseball Replay Center”.

We cannot thank the Participants, Donors and Sponsors enough for all that you did and have done over the years to support the Myocarditis Foundation and its Mission of Education/ Raise Awareness, Emotional Support for those affected, and to help fund Myocarditis Research. This year we were able to raise over \$180,000!

A special Thank You to Jeff Marthins, and the staff of

Arcola Country Club, for their caring attitude to ensure that everything ran smoothly as always. Many attendees stated that this is the best outing that they attend annually!

We are looking forward to the 18TH Annual Golf Outing, which is scheduled for August 11, 2025, at Arcola Country Club in Paramus, New Jersey. Please mark your calendars as we hope to see you there and update you on the newest information we have learned on myocarditis.



## 2024 Family Support Meeting written by Giustina Schiano

The Myocarditis Foundation's Annual Family Support meeting was held at the Statler Hilton Hotel on July 10 thru the 13, 2024. It was a privilege and honor to have been able to facilitate the program this year, along with Genevieve Rumore and Melissa Graham. As well as being a Director and Family Advocate for the Foundation, I am the proud mother of Lee Andrew Hirsch, a victim to Myocarditis. The family meetings have always been a source of comfort for me.

The Statler was a unique space for the meeting this year. With wonderful conference space and lodging, it offered wonderful amenities to our families when we were not in session. We received unanimous positive feedback on the venue!

This year's agenda was expanded to include a focus on well-being, self-care and healing. It was held over two and half days as opposed to one and half days as in the past.

### **Here is an overview of our weekend:**

The weekend started on Thursday evening with a welcome reception in the Garden Area of the hotel. This was a chance for old friends to meet again and new friendships to begin. We all shared our story on how Myocarditis has affected our lives. It was heartfelt and inspiring. We ended the evening with a candlelight ceremony honoring loved ones who are not with us, survivors, fighters, their caretakers, and those in the medical field who guide us.

We adopted a seating plan throughout the meeting which enabled the attendees to sit at a different table for each session so they can meet and speak to new people. Attendees, researchers, presenters, doctors all sat together. This was well received as one of the comments was –

***"The time to talk to others was very helpful. A great job moving people around so we could talk to each other."***

We were fortunate to have three leading medical experts in myocarditis. Dr. Leslie Cooper, Co-founder and Medical Director of the Myocarditis Foundation and Chair of the Cardiovascular Department at Mayo Clinic in Jackson, Florida; Dr. Jack Price, Pediatric Medical Director of the Myocarditis Foundation, and Founding Director of the Pediatric Cardiovascular Intensive Care unit at Texas Children's Hospital in Houston and Dr. Nicholas Hendren, Cardiologist at University of Texas Southwestern and Medical Director for Heart Failure at Parkland Hospital, both located in Dallas.

All shared their expertise in the diagnosis and treatment of Viral Myocarditis and Giant Cell Myocarditis as well as spoke about the relation to Myocarditis and the Covid vaccine emerging diagnostic tests and treatments of the disease.

Dr. Katelyn Bruno, PhD, is an Assistant Professor of Cardiovascular Medicine and Director of Bruno Translational Cardio-Immunology Laboratory at the University

of Florida, and the Secretary of the Myocarditis Foundation's Medical Advisory Board. This year, Dr. Bruno introduced the group to her current Translational Research for Myocarditis Advancements.

We heard from Dr. Mark Bechter, Vice President of Operations and Patient Advocacy of Kiniksa Pharmaceuticals, LTD. Dr. Bechter spoke about the causes, symptoms, diagnosis and treatment of Pericarditis. In addition, Kiniksa Pharmaceutical was a grant sponsor for our event.

Dr. Kelly A.D. Narine, PhD, Director of Medical Affairs for Cardiol Therapeutics, Inc. presented an update on the research and clinical development of the anti-inflammatory disease. Cardiol Therapeutics was also a grant sponsor for the event.

Dr. Swati Sharma, PhD is a researcher in Dr. Silvio Antoniak's Laboratory at the University of North Carolina, Chapel Hill. Dr. Sharma is the 2023 Myocarditis Foundation Fellowship Research Grant Recipient. Dr. Sharma updated our group on her research "Platelet PAR4 in Coxsackie Virus Induced Myocarditis"

Participants were able to ask questions during the presentations throughout the weekend as well as a lively panel discussion on Saturday afternoon. Before we rested for the day, participants were able to speak to Drs. Cooper, Price and Hendren one on one privately.

***"Being able to ask questions freely was very important"***

One of the driving focus this year when coordinating this

weekend, was not only how much knowledge we can give our participants, but what can we offer that would help them in their well-being.

We had breakout sessions which focused on three groups, our survivors and fighters, caretakers, and those who lost a family member.

The Survivors and Fighters group included viral and giant cell myocarditis patients which was a participant driven round table discussion and included Dr. Cooper and Dr. Bruno. Many of the topics discussed were how to live with the disease and coping with the stress of it recurring.

Our caretaker group included Dr. Hendren. This group talked and offered advice to each other on how to deal with a loved one's illness and the stress that it comes with. They were able to ask questions of Dr. Hendren as well as what a physician would like a caretaker to know and how they can facilitate in the treatment of the disease. Dr. Hendren also gained insight of how a caretaker feels and what they would want from a physician as well. The feedback was exceptional. The participants met others who share the same experiences.

Our third group, families of victims of myocarditis was led by Renee Vejvoda, CEO and Creative Director of Live, Express, Grow your Faith, Renee spoke about healing and guiding them to move to the "Other Side of Yesterday". The participants were able to tell their stories while going through the healing process of Hope, Empathy, Acceptance and

Love (HEAL). This is the first of this kind of session geared to this group and was very well received.

***“ Meeting was very engaging and well done”***

***“Amazing to be able to connect with everyone as it can feel very isolating- a huge thank you!!!”***

***“I now know – I am not the only one “***

One of the struggles by most of our attendees, whether a patient, caretaker or have lost someone is keeping healthy. Nutrition plays a large part of that.

Anne-Marie Alford, MS, RD, LD, a registered dietitian from Doherty Nutrition in Dallas was a presenter. She focused on nutrition and diet for not only those presently suffering from myocarditis, but those of us who are survivors. She was able to explain the effects on our bodies when taking medications. She also focused on overall health. The questions were interesting and informative to all. Ms. Alford and the topic was well received.

***“Nutrition and yoga sessions were great”***

***“The nutritionists were excellent. In fact, I plan to consult them”***

One of the things that our participants have gotten over the years is the chance to meet those with the same struggles. With that in mind, we introduced group activities that would build friendships and camaraderie. Those included Chair Yoga, Soul Collage® and Bowling.

Chrissy Cortez-Mathis was the Chair Yoga instructor. Chrissy’s focus on breath and body awareness helped build our skills of attention and focus with curiosity and



kindness. Each practice is an opportunity to connect with the body and mind as well as appreciate the abilities that are available to us in that moment.

Soul Collage is an easy intuitive collage process for self-discovery and community. This session was led by Certified Facilitator Vickie Lundy. Vickie is a member of the Myocarditis Family as she lost her 15-year-old son, Rhett, to Myocarditis in May of 2013. Her connection to everyone in that room made the session very powerful.

***“Best Social activities of any meeting”***

***“All activities planned were top notch”***

One of the activities that have been always well received in past meetings, were meals. This gave everyone an opportunity to speak to others in a more relaxed atmosphere. Scout, one of the venues at the hotel, not only offered a delicious and fun menu for Friday evening, but a bowling alley!!!! Three lanes, three teams! Teams consisted of everyone at the meeting including doctors,

researchers and families. As one of our attendees stated, “loved the bowling night – gave great opportunity for mixing and mingling”. With a great playlist – we sang a bit, danced a little and bowled a lot!! Regardless of your expertise – it was fun had by all.

***“Loved the bowling night – gave great opportunity for mixing and mingling”***

We concluded the weekend on Saturday evening with a wonderful dinner at LVI at the hotel. As you can see from the picture – we were a happy bunch! As one attendee said:

***“This meeting changed our family’s life.”***

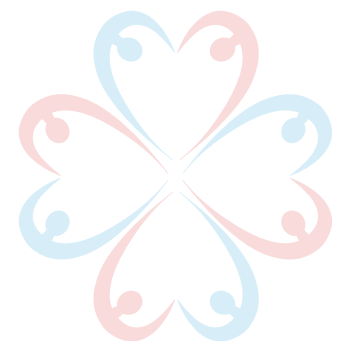
As many of the quotes are from our family attendees, a testimony from Dr. Sharma, 2023 Research Grant Recipient clearly states that this was an important weekend for those in the medical field as well.

***“For me attending the Myocarditis Foundation conference was not just about learning from experts but also meeting patients and care givers.***

***It was a profound reminder that empathy and understanding are as crucial as medical knowledge in our journey toward healing and support.”***

Thank you to all the families who were able to participate this year and to the doctors, researchers and presenters, thank you for taking the time to be with us.

For those who were not able to attend this year, we hope to see you next year!



## Diet and Exercise Following Diagnosis

A diagnosis of myocarditis can be life-changing, but the right approach to diet and exercise can significantly support heart health during recovery. Myocarditis is an inflammation of the heart muscle, often caused by viral infections or immune system disorders. While treatment varies, adopting a healthy lifestyle can help manage symptoms and reduce the risk of complications. This guide provides actionable steps for optimizing diet and exercise after a myocarditis diagnosis.

Whether you're recovering from a mild case or facing long-term management of the condition, working closely with healthcare professionals is crucial. A personalized approach to diet and exercise can improve your quality of life, support heart function, and aid in preventing future cardiac issues.

### Importance of a Healthy Lifestyle

Leading a healthy lifestyle is crucial for individuals recovering from myocarditis. The heart, like any muscle, benefits from proper nourishment and physical activity. Adopting a balanced diet helps reduce inflammation and promotes cardiovascular health, while regular, light exercise can help improve circulation. Together, these lifestyle changes can aid in the recovery process and help manage symptoms such as fatigue or shortness of breath.

However, it's important to approach lifestyle changes cautiously. Myocarditis can cause a weakened heart, which means certain exercises or diets that would normally be beneficial could be harmful if not adapted for your condition. The key is

balance – eating nutrient-dense foods and incorporating physical activities that support your overall well-being without oversteering the heart.

### Consultation with Healthcare Professionals

Before making any changes to your diet or exercise routine, it is essential to consult healthcare professionals. A cardiologist can evaluate the severity of your myocarditis and recommend safe levels of physical activity. They may advise you to avoid high-intensity workouts, which can strain the heart, and instead suggest low-impact exercises, like easy walking, that promote heart health without causing harm. **In some cases, you may be asked to refrain from exercise entirely until your heart function improves.**

Similarly, consulting a nutritionist or dietitian can help you develop a personalized meal plan that supports your recovery. A nutritionist can offer guidance on nutrient-rich foods that help reduce inflammation and improve heart health while considering any other health conditions you may have. A professional team approach ensures that you receive individualized care, tailored to your specific needs and recovery goals.

### Heart-Healthy Diet

A heart-healthy diet is essential for individuals recovering from myocarditis. Nutrient-dense foods support the heart's healing process and reduce the risk of further inflammation. Here are three key areas to focus on when planning your diet:

#### 1. Reducing Sodium Intake:

High sodium intake can elevate blood pressure, placing additional strain on an already weakened heart. Limiting sodium helps reduce the risk of heart failure and hypertension. It's recommended to keep sodium intake below 2,300 mg per day, but for those recovering from heart conditions, even stricter limits (1,500 mg or less) may be advised. Opt for fresh, whole foods rather than processed options, as packaged and restaurant foods are often loaded with hidden sodium.

#### 2. Balanced Nutrition:

A balanced diet should include a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. These foods provide essential vitamins, minerals, and antioxidants that promote heart health. Incorporate fiber-rich foods like oats, beans, and vegetables, which help regulate blood sugar and cholesterol levels. Protein sources like fish, chicken, and plant-based options (e.g., lentils) are excellent choices for maintaining muscle mass and supporting overall well-being.

#### 3. Limiting Saturated and Trans Fats:

Saturated and trans fats are detrimental to heart health, contributing to plaque buildup in the arteries. These fats are commonly found in fried foods, baked goods, and processed meats. Instead, focus on consuming healthy fats from sources like olive oil, avocados, nuts, and fatty fish such as

salmon. Omega-3 fatty acids have been shown to reduce inflammation and improve heart function.

### Hydration

Proper hydration is vital for overall health and is especially important for individuals recovering from myocarditis. Dehydration can lead to thickened blood, making it harder for the heart to pump effectively. Staying hydrated helps maintain optimal blood volume and pressure, ensuring that your heart doesn't have to work harder than necessary.

Aim for at least 8 glasses of water per day, but this amount may vary based on your individual needs and any medications you're taking. Certain heart medications, like diuretics, may increase your body's need for fluids. Consult your doctor about the appropriate amount of fluid intake for your condition, especially if you've been advised to limit fluid due to heart failure.

### Monitoring and Managing Weight

Maintaining a healthy weight is crucial for reducing the strain on your heart during recovery from myocarditis. Excess body weight, especially around the abdomen, increases the workload on your heart and can contribute to high blood pressure and other cardiovascular issues. By managing your weight, you can improve heart function and reduce the risk of future heart problems.

A combination of a healthy diet and regular physical activity can help you achieve and maintain a healthy weight. Small, sustainable changes, such as reducing portion sizes, increasing

vegetable intake, and choosing healthier snacks, can make a big difference over time. Be patient with yourself – weight management should be gradual, especially during recovery, to avoid unnecessary stress on the body.

### Exercise Recommendations

Exercise is important for heart health, but when recovering from myocarditis, it must be approached with caution.

Always consult your doctor before beginning any exercise program. Here are some general exercise recommendations for myocarditis patients:

#### 1. Cardiovascular Exercise:

Low-impact cardiovascular exercises such as easy walking can improve heart function without causing excessive strain. Start with short sessions—around 10-15 minutes—and gradually increase the duration as your endurance improves. Pay attention to your body, and stop exercising if you experience any unusual symptoms, such as chest pain or dizziness.

#### 2. Strength Training:

Avoid heavy lifting until your doctor gives the go-ahead.

#### 3. Flexibility and Balance:

Flexibility and balance exercises, such as yoga or tai chi, can help improve overall mobility and reduce the risk of falls, especially in older adults. These activities also have a calming effect, which can help lower stress levels—an important factor in heart health.

### Gradual Progression

Gradual progression is key when adopting any new diet or exercise plan following a myocarditis diagnosis. Sudden or drastic changes in activity

levels or diet can put unnecessary stress on your heart and may hinder recovery. Whether you're starting a new exercise routine or adjusting your diet, make small, manageable changes and increase intensity slowly over time.

For example, if you're new to exercise, start with a 10-minute walk each day and gradually increase the time as your stamina improves.

Similarly, introduce one new heart-healthy food at a time, allowing your body to adjust. The goal is long-term sustainability, not quick fixes. Always listen to your body and consult your healthcare provider before making significant changes.

### Medication Adherence

Medications play a critical role in the treatment and management of myocarditis. These medications may help control inflammation, reduce symptoms, and support heart function. Common medications include anti-inflammatory drugs, beta-blockers, and diuretics, depending on the severity of your condition.

It's essential to follow your doctor's prescribed medication regimen closely. Skipping doses or stopping medication prematurely can lead to complications or worsen your condition. If you experience side effects, talk to your healthcare provider rather than stopping the medication on your own. Your doctor may adjust your dosage or switch medications to find the best treatment plan for you.

### Monitoring Symptoms

As you recover from myocarditis, it's important to monitor your symptoms, especially during exercise. Pay close attention to how your body responds to physical

activity. Symptoms like chest pain, shortness of breath, dizziness, or heart palpitations should not be ignored. These may be signs that your heart is struggling to keep up with the activity.

Keep a log of your symptoms, noting when they occur and what you were doing at the time. This information can be helpful for your healthcare team in adjusting your treatment plan. Additionally, listen to your body's signals—if something doesn't feel right, it's always better to err on the side of caution and consult your doctor.

### Psychosocial Support

Recovering from myocarditis can be emotionally challenging, and it's important to recognize the psychosocial impact of the diagnosis. Many patients experience anxiety or depression as they adjust to life with a heart condition. Talking to family, friends, or joining a support group can help you navigate these feelings. Support groups, whether in-person or online, offer a sense of community and understanding from others who are going through similar experiences.

Emotional support plays an important role in your overall recovery. Don't hesitate to seek help from a mental health professional if needed. Addressing the emotional aspects of recovery can be just as important as the physical ones, as stress and anxiety can negatively affect heart health.

### Conclusion

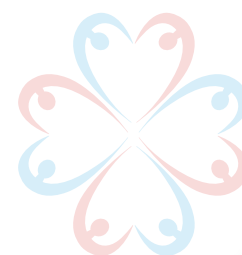
Recovering from myocarditis requires a personalized approach to diet and exercise. Always work closely with your healthcare team to develop a plan that is safe and tailored to your specific needs. By adopting

heart-healthy habits, managing your weight, and following appropriate exercise guidelines, you can support your heart's recovery and reduce the risk of future complications.

The journey to recovery may be slow, but it's important to remember that gradual progress is key. Small, consistent changes to your diet and exercise routine can have a profound impact on your heart health over time. By focusing on balanced nutrition, limiting sodium and unhealthy fats, and engaging in light physical activity, you can create a sustainable lifestyle that supports long-term heart health.

Additionally, adhering to medication, monitoring symptoms, and seeking psychosocial support are critical components of managing myocarditis. Don't hesitate to lean on your support system, whether it's family, friends, or a healthcare provider, to help you navigate the physical and emotional challenges that may arise during recovery. Remember, every step you take towards a healthier lifestyle brings you closer to a stronger, healthier heart.

Above all, listen to your body and prioritize self-care, as this is an essential part of the healing process. With the right combination of diet, exercise, and medical guidance, you can continue to live a fulfilling and active life even after a myocarditis diagnosis.



## Welcome to the New Employee of the Myocarditis Foundation



Welcome to the New Employee of the Myocarditis Foundation

The Myocarditis Foundation is pleased to announce a new employee, Jared Barton, who will be working in the office with Melissa and Genevieve. Jared was chosen from the large number of applications submitted.

Jared presents as a highly resourceful professional with over 3 years of experience in volunteer recruitment, community engagement and event planning. Jared

uses strong communication skills, pays attention to detail and has great time management from what we have learned about him from previous employers. He thrives in contributing to charitable causes and has worked at the Houston Food Bank, Houston Dynamo, and has been a blood donor to help others in need.

Jared interned at the U.S. Representative Campaign

Office and was thereafter hired as a Grass Roots Director for them. He was recognized as the 2023 Member of the Year by Young Members of the elected party.

Please help us welcome Jared to the Myocarditis Foundation Family!

### EVENT

## Blankets of Hope: How One Mother's Love Raises Awareness for Myocarditis



Saturday August 24th was the annual myocarditis awareness and fundraising event, that Brenda Vonckx holds in memory of her son, Austin, who died suddenly of Viral Myocarditis in September 2014.

This year, Brenda coordinated a "Blanket Making", where everyone participating made a beautiful blanket that will hug them and keep them warm, and always remind them of Austin. During the 3 hours that were planned for the blanket making,

there was also snacks, beverages, and the sharing of stories about Austin and the previous crafting events in his memory.

Two dozen women and a half dozen very patient instructors also learned about Viral Myocarditis, from Genevieve Rumore, the Myocarditis Foundation's Executive Director.

She shared key points about the disease and the difficulty in getting it correctly diagnosed. Advocating for the patient by asking the

doctor, "Could This Be Myocarditis?", might be the only thing that would make a doctor even think about the disease, and could save a life.

Brenda raised almost \$3,000 for the Myocarditis Foundation through a group of friends who come together to honor Austin's memory every year.

The Myocarditis Foundation would like to thank Brenda Vonckx and her friends, for their continued support in memory of Austin Vonckx!

### EDUCATIONAL EVENT

## European Society of Cardiology Working Group on Myocardial & Pericardial Diseases



Dr. Leslie Cooper, Dr. Bettina Heidecker, and Dr. Enrico Ammirati

The ESC Working Group on Myocardial & Pericardial Diseases has a strong educational orientation and is committed to enhance collaboration with basic research scientists as well as other WGs and ESC Associations. The event was held in Athens, Greece.

The clinical implications of the recently published 2023 ESC Guidelines on Cardiomyopathies' everyday clinical practice was addressed along with the latest developments in the field of cardiomyopathies

and inflammatory heart disease (pericarditis and myocarditis). There was particular focus on the role of imaging and genetics for optimal patient management as well as the ongoing revolution in clinical treatment by novel targeted molecular therapies.

The faculty will be key opinion leaders in the field including physicians, clinical researchers, pathologists, geneticists, basic research scientists as well as young investigators.

# John Phillip Foundation Fundraiser written by The John Phillip Foundation



The John Phillip Foundation, a non-profit organization named after John Phillip Mello, is a foundation committed to advancing research and awareness for Myocarditis. This year, we proudly celebrated our 5th annual golf tournament and dinner fundraising event. Although the golf tournament was postponed until next spring because of the weather, we were still able to gather for a fun night of dinner, dancing, raffles with lots of friends and family. Since our inception, we have donated \$115,000.00 to the Myocarditis Foundation in John's memory and awarded an additional \$15,000.00 in scholarships to the seniors at Apponequet High School, the High School that John

attended. Because of everyone's support for our foundation, we have been able to increase awareness and research through various initiatives with the Myocarditis Foundation including having a research grant named in John's memory. The grant was awarded to Dr. Jennifer Myers, from the University of Oklahoma. Our grant enabled Dr. Myers to study how the single antibodies, originating from patients, affects the heart cells that can cause damage which can produce heart failure. It's amazing for our group to hear how our donations have been used to benefit research for Myocarditis and helped produce such a positive outcome! We thank all the people who have

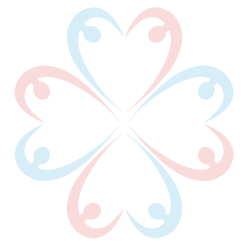
supported us for the past 5 years!

The John Phillip Foundation was founded after John's death at a very young age of 26. His best friends, Jordan and Ross wanted to keep John's memory alive. They mentioned to John's family and friends their idea to create a foundation in John's memory by having an annual golf tournament and fundraising dinner. Everyone agreed we had to make this happen. John was always full of energy! John grew up surrounded by dirt bikes, motorcycles, boating and wonderful friends who found his smile and laugh infectious. He loved life and lived it to its fullest. We felt John's energy surrounding us as we worked together to create our incredibly successful foundation. The first year was a huge success. As was the 2nd,3rd,4th and 5th years! Everyone looks forward to the day of golf and a great dinner! We hold our fund raiser usually the 3rd week of September. I can't say the weather has always cooperated. One year we played in the pouring rain, the next year a hurricane hit, and we had to postpone and this year it rained so much the greens were flooded! Another postponed tournament! That didn't

stop our dinner. Our friends and families who look forward to getting together once a year in John's memory still show up regardless of the weather. It's always a sold-out affair! We also look forward to seeing our friends, Fran Andrea and Joe Rumore, from the Myocarditis Foundation. They travel every year to Massachusetts to share the day with us. We really appreciate their friendship and support!

We want to thank the Myocarditis Foundation, our supporters and sponsors, and all the people who help to make the John Phillip Foundation such a success! We look forward to working and partnering with the Myocarditis Foundation in the future creating more awareness and grants to be given towards research to help prevent this disease.

In John's memory... The John Phillip Foundation. Jordan, Ross, Janice, Elyse, Sue, Jade, Kate and every volunteer who comes back every year to help make our fundraiser a success!



### Clinical Trials Sign Ups



### Stay Connected



Sign up for our monthly newsletter to stay informed on important updates and events.

### Peer Support Sign Up



# MYOCARDITIS FOUNDATION

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Giant Cell Myocarditis Survivor and Heart Transplant recipient

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**BETTINA HEIDECKER, MD** *Research Medical Director*

Head of the Heart Failure and Cardiomyopathies Division at the Charite, Germany Myocarditis Researcher and previous MF Fellowship Grant Recipient

**GIUSTINA SCHIANO** *Director, Family Ambassador*

Mother of a Viral Myocarditis Victim. Principal Appellate Court Clerk. Appellate Division Second Dept. NYS Supreme Court.

**GARY KUBERA** *Vice-President / Secretary*

Chemical industry executive and now an industry investment advisor, consultant and an executive coach.

**RICK PIACENTI** *Director*

Highly accomplished retired senior executive in oil and gas, transportation, and hospitality industries. Chief Executive Officer of Rick Piacenti Corp, Kingwood, Texas.

**DOR LOTAN, M.D.** *Director*

Assistant Professor of Cardiology and Advanced Heart Failure, Mechanical Circulatory Support and Transplant Cardiologist at Columbia University Irving Medical Center, NY Presbyterian Hospital, NYC.

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**ENRICO AMMIRATI, MD**

Assistant Professor at the School of Medicine at the Vita-Salute San Raffaele University in Milano, Italy; Clinical cardiologist who subspecializes in heart failure and myocarditis at the DeGasparis Cardio Center and Transplant Center at the Niguarda Hospital in Milano, Italy.

**JAVID MOSLEHI, MD**

Director of Myocarditis at the University of California, San Francisco (UCSF) School of Medicine; Section Chief for Cardio-Oncology & Immunology Dept. at UCSF

### Secretary to our Medical Advisory Board

**KATELYN BRUNO, PHD**

Assistant Professor of Cardiovascular Medicine  
Division of Cardiovascular Medicine, Dept. of Physiology & Aging, Center for Regenerative Medicine. University of Florida, Gainesville, FL

**Mailing Address: 800 Rockmead Drive, Suite 155. Kingwood, Texas 77339**  
**Telephone: (281) 713-2962**

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