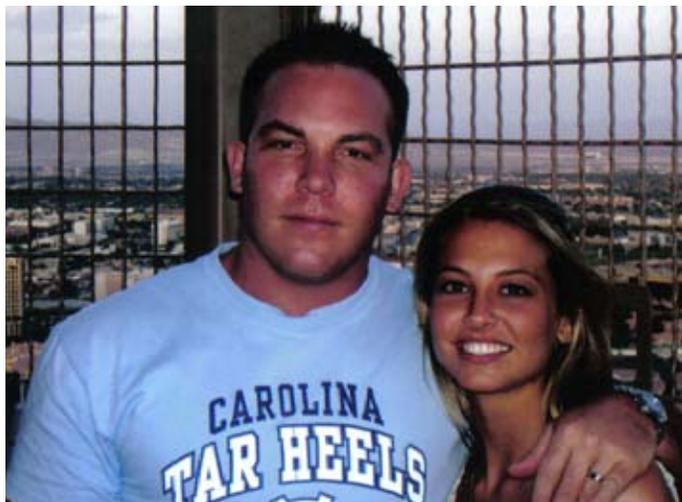




Young Myocarditis Widow Refuses to Allow the Pain of Myocarditis to Define Her



Angela & Tim on their Honeymoon in Las Vegas

February 16, 2010 my life was suddenly forever changed. In the early morning hours I was woken up by my husband struggling to breath. Approximately fifteen minutes later he was gone. My wonderful, loving husband of only two years was gone. All of the hopes and dreams that we shared were gone. It was so hard to comprehend because he was not sick. He was active, exercised regularly and was in good shape. How was this possible? I was devastated, confused, feeling more emotional pain than I ever thought possible and feeling completely alone. I was surrounded by friends and family but all I kept thinking was that I wanted them all to go away and I wanted Tim back. It just didn't seem real.

The week prior to his death he told me that he was "just not feeling right." He had experienced occasional lightheadedness, nausea, and had less of an appetite. We thought he may have been getting the flu but he had started to feel better. Now he was gone. I don't remember much of what went on in the next couple of months but I do remember having an overwhelming feeling that I had to try to do something about this. I wanted in whatever way I could to try to make something good come of this terrible tragedy. As a way to stay connected

to Tim and to honor Tim I wanted to start raising money and awareness to help the cause.

In April 2010 two of Tim's best friends and I established The Timothy Burke Memorial Fund. The first event on our agenda was The 1st Annual Timothy Burke Memorial Golf Outing. The golf tournament was held on June 19th. It was hard work but along with the help of many wonderful friends, family, and organizations we were extremely successful. Seventy-nine golfers and a dozen volunteers came out for the event and many, many generous people gave donations. We raised \$10,000.00! Raising that much money in the first year was so rewarding.

Most of the money raised was donated to The Myocarditis Foundation. The rest was donated to the Hospice of Central Pennsylvania. The Hospice Organization provides free grief counseling, regardless of the cause of death, to the community through their bereavement services. I owe much credit to my progress through this process to an absolutely amazing grief counselor. She is an amazing angel here on this earth.

Grief is so overwhelming. Unless you have lost someone close to

you, the experience of grief can't be completely understood. It is all consuming and changes every aspect of one's life. Everyone experiences different things and reacts differently. Personally I experienced weight loss, loss of appetite, short term memory loss and a significant decrease in energy level. Aside from owing a great deal to my counselor, I also owe so much to amazing friends and family.

Grief is not something a person can get through alone. Everyone deals differently but for me I needed to stay connected to those in my life and allow them to help me. Even though I am a young widow I refuse to allow the pain of this experience define me.

I am now about seven months into this journey. I can say that it gets slightly easier as time goes on but I still have my days. Everyday life takes so much more energy now than it did before but I try to stay positive and look to the future while cherishing the memories I have with Tim. The fact that Tim lost his life will never make sense to me but I am committed to continuing to raise money for The Myocarditis Foundation and in turn honoring his memory. Hopefully through the hard work of individuals to raise money for this cause, progress through research will be made in leaps and bounds. There needs to be a time when this disease is more often than not diagnosed before it is too late.

Angela Burke, Harrisburg, PA





Interview with James Conrad Moore: BEATING MYOCARDITIS

Tell me about yourself.

I'm 18 years old! I'm in my first semester of college. My favorite activities are hunting, fishing and playing guitar. The most important things in my life are family, hard work and having fun.

Tell me about your experience with Myocarditis.

It all started when I was just not feeling good one day. I couldn't fall asleep because my chest hurt. I went to the hospital later that night. Eventually the doctors figured out that I had myocarditis. For the next couple of weeks, I was stuck in the hospital being monitored and having a lot of blood tests done. I was in a ton of pain, and it was scary to hear that not much could be done to get me healthy because Myocarditis is caused by a virus and not much is known about it.

Tell me about your recovery.

My recovery took about a year and a half, but it seemed like forever to me. I was very weak and felt exhausted all the time. Slowly I started to get my energy back. At first I took short walks, then jogging, and now I am back to running and lifting weights. Once in a while I have bad days when I am in a lot of pain and I feel like I was back in day one of recovery, but I push through it. I forced myself not to worry about it and keep going. Recovery was very tough and stressful at times, but I tried my best to be positive.

Tell me how/if myocarditis has changed your life.

Myocarditis has definitely changed my life. I was 17, very athletic and perfectly healthy. Then I felt sick one day and ended up in the hospital wondering if I would see tomorrow. My first day home when I was out of the hospital, I walked outside and looked at the blue sky, the trees, heard the birds chirping and I really started to appreciate life more. I try to live every day to the fullest now.

How did you find out about The Myocarditis Foundation?

I was curious about the disease so I searched online and found the website.

What made you decide to raise money for The Myocarditis Foundation?

I wanted to raise money for the MF because it was scary for me to hear the doctors tell me that there is no way to treat it or prevent it. I hope that sometime in the future doctors will be able to tell other victims of the disease that Myocarditis CAN be treated.

Tell me about your 16 Mile Hike.

My plan was to try to get people to sponsor me to go on a 16 mile hike. It wasn't an easy task for me at the time, but I had family and friends along with me for motivation. We raised a good amount of money.

How did hosting the event make you feel?

It felt good to know that I was helping to fund research that could help people fight through Myocarditis and be healthy again. Everyone had a good time on the hike and they felt good about themselves too.

How are you doing today?

I'm doing great now. I've been riding my bike, hiking the Sierras, and my heart doesn't hurt at all. Being in the hospital so long and having myocarditis made me lose almost all my muscle mass on my arms and legs, but I am back to lifting weights and as soon as I get my muscles back, my body will be just as it was before getting sick. I feel very lucky to have survived and not have any permanent damage done to my heart. With the help of the Myocarditis Foundation, I believe that more people will be as lucky as me and Myocarditis won't be such a deadly threat as it is now.

Well said, young man. God bless you; be well and live a long and joy-filled life!

Candace Moose, October 20, 2010.



James Conrad Moore



James Conrad Moore & Friend



The Myocarditis Foundation Announces Programs for 2010

Myocarditis Patient Survey

For Patients:

Click the Myocarditis Patient Survey tab on our Home Page and complete the online form. The purpose of the questionnaire is to try to capture the impact that myocarditis has had on your life. Your perspective is vitally important to others who are trying to understand the seriousness of the disease.

Discussion Forum

For Patients and Families Who Have Lost Loved Ones to Myocarditis:

Click on the Community Discussion Forum tab on our Home Page to receive your authorization for your online Support Group.

Research

For Physicians:

We are accepting applications for Research Fellowship Grants. The stipend will be \$35,000 for the 2011/12 academic year. The deadline for application submission is December 1, 2010. Click on the Research tab on our Home Page to access online Research Fellowship Guidelines and Application Form.

www.myocarditisfoundation.org
1-732-295-3700

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Blevins Family Blessed by Son's Recovery

My son is doing well. He is 16, and back in May, he called from school one day with chest pains. He had very mild diarrhea the week prior to this and had been somewhat lethargic, so I already had that mother's intuition that something wasn't right, and we were very fortunate. Since my husband has coronary artery disease and had a near-total blockage of his LAD at age 37, I was suspicious right away. He also had an aunt that died in her 20s from a heart attack. With that in mind, I immediately went into action, despite the paramedics at the school saying he was probably just dehydrated and to take him home to re-hydrate and rest. I called our family doctor and had him examined, and doctor sent us for bloodwork and an EKG. His troponin level came back at 7 and ended up going as high as almost 13. He went by ambulance to Columbus to OSU's Ross Heart Hospital. They did cardiac catheterization and his coronaries were clear, so they did cardiac MRI and gave the diagnosis of Myocarditis, probably viral from the brief episode of diarrhea the week prior. I felt so blessed and lucky to leave the hospital with my child - there were many times where I thought I would not. It wasn't until I came home and started researching myocarditis online that I realized JUST how blessed and lucky!!

The other night, he suddenly developed chest pain again after being fine for over 2 months. We were back in ER for an EKG, chest x-ray, and bloodwork, all of which came back fine. The doctors had no explanation for the chest pain, which lasted about 3 hours and then disappeared as fast as it had come on.

That's why I'm seeking out others with Myocarditis now, hoping to find out if this is something that's normal and expected or what. He's on lisinopril and metoprolol, and he limits his physical activities per the cardiologist.



I was hoping that I could read and share at the forum to find out more information on Myocarditis. It seems even many doctors aren't all that sure about everything.

The cardiologists did tell us that since our son is only 16, he has youth on his side and hopefully will heal and make a full recovery, but obviously, we won't know that for a few more months at least. Incidentally, there was a 10-month-old child that just died this week in our town from Myocarditis. I sat and sobbed for their loss. There are way too many stories like that. I truly hope your foundation is able to raise awareness and get some research or something going for this.

Thank you so much for the warm welcome! :)

Elizabeth Blevins, Ohio

THE SECOND INTERNATIONAL CONFERENCE ON CARDIOMYOPATHY IN CHILDREN

The Children's Cardiomyopathy Foundation, the National Heart, Lung and Blood Institute and the University of Miami Miller School of Medicine gathered a diverse, multi-disciplinary group of the world's leading experts on Pediatric Cardiomyopathy in Bethesda, Maryland, on May 13 and 14, 2010. The purpose of the meeting was to present the latest scientific and clinical advances in pediatric cardiomyopathy. The meeting also enabled the participants to identify the most critical and promising areas for future research efforts. Lisa Yue, President and Founder of CCF stated, "We hope that the knowledge shared over the two day conference gave the participants a sense of community and collaboration, as well as a reinvigorated sense of determination and urgency to improving the lives of children with cardiomyopathy and their families".

The Myocarditis Foundation co-sponsored the conference along with corporate partners. Dr. Leslie T. Cooper, founder and President of the Board of Directors of the MF, presented lectures on myocarditis and served as the Session Co-Moderator of the Myocarditis lecture series.

Myocarditis is associated with dilated cardiomyopathy in 27% to 46% of cases. Although many children recover from mild myocarditis with no consequences, severe myocarditis is responsible for significant morbidity and mortality worldwide. Dilated cardiomyopathy is the primary indication for childhood heart transplantation. Children who develop dilated cardiomyopathy and progress to end stage heart failure, despite medical management using supportive therapy may be candidates for heart transplantation.



Just Another Day: Alice Fried

Here is my story! On July 6, 2010, it started out as just another normal day. I remember feeling a little off this day, with a tightness in throat, I just felt like I might be catching a cold or something. Later that afternoon, I was taking my daughter to see the new Twilight Movie, and we stopped to have something to eat.

Weird Feeling

As, I tried to smoke before going in to the restaurant, I had this weird feeling and couldn't inhale the cigarette. As, I tried to eat, I couldn't get a bite down, so I told my daughter, that we needed to go home, so I could lay down. My daughter kept insisting I should go to the ER, and of course, all I wanted to do was get home to my couch, I must be catching something. As we approached closer to home, I began to feel some funny feeling in my chest, pressure you may call it.

911

I laid on the couch hoping that whatever I was feeling would subside. Then as I lay there the pressure on my chest became so intense, it was like a semi-trailer was on top of me. My daughter kept saying mom let me call 911, and of course, I kept saying no. Then as the crushing pain shot through my back and chest, along with the pressure, I was now having difficulty breathing, and the I said to my daughter, call 911. When the ambulance arrived, I believe the attendants thought I was having an anxiety or panic attack. The pain I was having, was unbearable, and on the way to ER they gave me some laughing gas, they call it. When I arrived at the hospital, I waited trying to breath and handle the pain I was having.



Alice and Guy with children Summer & Cass

When the doctor came, they gave me a shot of nitro under the tongue, wow, the pain was gone. They performed blood tests, ultra sound, x-rays and EKG. When the doctor came back they told me I had a heart attack. I wanted to tell them to re-do there tests, that's impossible. My blood enzymes were high. Doctor kept asking me if I was using illegal drugs, or cocaine, and I kept telling them no. Doctor stated it is very rare for someone in my shape, etc, to have a heart attack. They were making arrangements to send me to a hospital in the city for a angiogram.

A week in the Hospital

I spent a week in the hospital until I was able to go for my angiogram, and all I kept thinking, seriously, heart attack. During that time, the medication I was taken, the blood thinner needles into the stomach, blood test, and every other test was done on me.

Myocarditis Huh?

On July 12, 2010, I went to have my angiogram, and the cardiologist told me that my arteries looked fine. He told me I had what they called Myocarditis, and my response was huh. What does that mean? It is an inflammation of the heart's muscular wall. Mine seem to be affecting the left ventricle and bottom of heart. Although rare, Myocarditis can occur with no symptoms, and many times misdiagnosed. Inflammation occurs when there is an infection because the body sends more blood to that area as part of its attempt to fight the virus.

What does this mean?

So what did all this mean and what happens now! At this time, I really did not know what this meant and what was the long term outlook. The following day, my doctor came to see me in the morning, and told me I could go home, with the directions he gave me to follow. Can't play sports or anything strenuous such as bike riding or blading. As well as staying at home, bed rest. I was also given nitro to carry and a medication called Ramipril which is a an ACE inhibitor, lowers blood pressure, relaxing arterial muscle and enlarging arteries. When the blood pressure is lower, the heart does not have to work as hard to pump blood. I was scheduled for a Ultra Sound on August 11, 2010.

Getting her energy back

On August 19, 2010, I was given the results and told that my ejection fraction was 50%, and that I still had the infection, but was going away. I was told I could not go back to work, at this time, but gradually work on getting my energy level back. In 3 weeks, I see the doctor again.

Alice Fried, BC Canada



Alice and Husband Guy

Please consider
The Myocarditis Foundation
for your Holiday giving
A donation envelope is
included



An Incomprehensible Loss to Myocarditis: Our Son

We lost our son Brad to Cardiac Arrhythmia due to Acute Myocarditis on Sunday, April 18, 2010. He was 27 years old and only sick for 2 days. His wife, Amy, took him to the ER on Friday, April 16th. Brad and Amy told the ER staff that he had chest pains, a racing heart, and abdominal pain. When he got there he immediately vomited; at that point the focus of the ER staff was on his stomach and the flu-like symptoms even though both Brad and Amy had told them of the chest pains numerous times. After spending 5 hours in the ER, Brad was discharged with the explanation of "Severe Abdominal Pain - Cause Unknown".

On Saturday, April 17th Brad had an uncomfortable day, but was feeling somewhat better. On Sunday, April 18th Brad and Amy spent the day watching television together and he was feeling better. About 8 p.m. Amy went to a friend's house and Brad was going to make supper for them. He was outside talking with her when she left. She told him she would be home in about an hour. When Amy came home at about 9:15 p.m. she found that Brad had died while she was gone.

It took the pathologist about a month to find out it was Myocarditis. Brad was a great young man with a promising future! We had never heard of this awful disease before this and turned to the Myocarditis Foundation for information on what had happened to our son. We feel the need to help others become more educated on this disease, especially the doctors. A benefit is being planned for February 2011 in Brad's memory. The proceeds will be going to the Myocarditis Foundation with the hopes that the money will go towards educating individuals and healthcare workers to prevent this tragedy from happening to other families.

Randy and Cindy Vanness, Amy Vanness, Jeremy and Jamie Jackson Kewaunee, Wisconsin



Brad Vanness

The Myocarditis Foundation Research Fellowship Grant Program 2010

The Myocarditis Foundation is pleased to announce that it is accepting applications for two (2) Research Fellowship Grants.

The Grant Overview, Grant Requirements and Guidelines, and the Grant Application are available at:

www.myocarditisfoundation.org

Newlywed Myocarditis Widow Shares Her Heartbreaking Story

Even now, I don't really feel like I know what happened. Chris was a healthy, athletic 30 year old. We had been married for only 6 months. One morning he woke up feeling light headed and had chest pains. I wanted him to get back in bed to rest, but he said he felt better and went to work. He collapsed while walking to work. His heart was in ventricular fibrillation when the rescue squad arrived. They were never able to revive him.

For over three months, we waited for the autopsy report. A few weeks ago it came back. The report showed eosinophilic vasculitis, pericarditis and Myocarditis. The immediate cause of death was an inflamed artery in the heart that cut off blood flow to the heart. They do not know what caused the inflammation and there were some signs that he may have had Churg-Strauss Syndrome, an autoimmune disease that causes inflammation of the blood vessels.

It was so sudden and so devastating that I want to do what I can to prevent other families from having to go through this.

Meredith Viens Delaware, Washington, DC



Hana Hornbeck

The Long Shot

A year ago this week my 14 year old healthy (captain of the Freshmen cheer squad) daughter was rushed to UCLA from Phoenix where she was diagnosed with Giant Cell Myocarditis (once it was too late to save her heart) . Within a few days she coded and was gone for a few minutes. A young anesthesiologist performed CPR and I know saved her life. You know how the rest moves very fast.... She went from ECMO to BiVAD in a whirlwind of 3 open heart surgeries back to back due to complications. GCM had taken her heart. She went on the list and then off due to other infections that took hold of her. Hana existed on BiVAD at UCLA from October till Dec. 30th 2009. That was the day she was transplanted. I thank God for her strength to get through this and for her donor and their family. We were finally able to return home to Phoenix just this last April. Many setbacks, challenges and miracles are part of our everyday life now.

She is an amazing young woman and I just wanted to share her story with you. In your chapter "Surrendering My Heart" you wrote that one doctor said, "I certainly hope your wife does not have anything so esoteric as Giant Cell Myocarditis." This rings in my ears to the moment when Phoenix sent us to UCLA because they knew they could not support her. I thank God they knew when to let her go. They called GCM the long shot... The Hail Mary... As it turns out I used to joke with Hana... Go big or stay home.... She went big and we didn't stay home. That's just the way Hana is. I am so sad for all that has been changed in her life at such a young age. The drugs, her self esteem and the awareness of her own mortality.. These are unfair things for a 15 year old girl.

Barbara Hornbeck, Phoenix, AZ

Webinars

Viral Myocarditis*

Myocarditis is a rare, sometimes fatal disease characterized by inflammation of the heart. The disease usually occurs in young, otherwise healthy people, and can present in young athletes as sudden death. Viruses are the most common cause. The Myocarditis Foundation welcomes you to its first Webinar which will cover myocarditis, its causes, symptoms, diagnosis and treatment. The goal of the Foundation is to save more lives through research, education and patient and family support.

Dr. Leslie Cooper, Chief of Vascular Medicine at the Mayo Clinic and President and Founder of The Myocarditis Foundation will present a one hour Webinar on VIRAL MYOCARDITIS for patients, families who have lost loved ones to the disease and the general public.

Heart Failure in Myocarditis: Acute, Chronic or Fatal? *

Meeting Description: Fatigue, shortness of breath and ankle swelling are common signs and symptoms of heart failure. Heart inflammation, called myocarditis, is an important cause of these symptoms. This Webinar will discuss the relationship between Myocarditis and heart failure.

Presenter Information: Dr. Lori Blauwet Cardiologist, Mayo Clinic, Rochester, MN

Arrhythmias and Sudden Death in Myocarditis

Myocarditis is a rare sometimes fatal disease characterized by inflammation of the heart. The disease can affect the muscle cells of the heart and the specialized electrical conduction pathways within the heart, leading to irregular, fast or slow rhythms, resulting in palpitations and sometimes loss of consciousness. Other patients with myocarditis may have symptoms that mimic a heart attack, or they may go into shock or rarely, succumb to sudden death. 5-10% of all cases of sudden death in young adults are attributed to Myocarditis.

Please join us for an informative 1 hour Webinar to learn more about this poorly understood, often under diagnosed illness which can rapidly progress to heart failure and death.

The Webinar is scheduled for Nov 8, 2010 1:00 pm Central Time which is 2:00 PM Eastern Standard Time or 12 noon Mountain Time or 11:00 AM Pacific Time. Following November 8th, the Webinar will be posted at www.myocarditisfoundation.org website for viewing.

* Available on website, click on Webinar link



Barbara Wolf Fights Back

Hi, my name is Barbara Wolf and this is the story of my encounter with a virus. I was a 43 year old very healthy and active wife and mom who within a matter of 24 hours became very ill. I was coming down the stairs in our home one Saturday evening about 10:30 p.m when I tripped over my own feet. Stunned I got up and went the rest of the way downstairs, took off my boots to discover my feet and ankles were extremely swollen.

Emergency Room

After speaking to both a nurse and a resident on the phone, it was determined I should come into the ER. Up until the night I got sick I smoked 1 pack a day. When we got to the ER I told my husband to park in the lot so I could have a cigarette while I walked across the lot. I got out to walk across the lot and discovered I was too sick to smoke, because I was having trouble breathing. We had to stop halfway across the parking lot because I was so short of breath.

It was about 12:30 a.m. when we arrived at the ER. Went right in the nurse looked at me looked at my feet and looked at the veins on my neck and took me right back. They took my blood right away, did an EKG, and a chest x-ray. Within an hour the doctor came in and said they were pretty sure I was in severe heart failure but were going to do a CT scan of my lungs to make sure I did not have a pulmonary embolism. At 2:30 a.m. I was admitted with severe congestive heart failure, fluid was backing up from my feet all the way into my lungs and they determined that my heart had doubled in size.

We were taken up to a room and hooked up to a heart monitor and an IV and they started treating me with multiple drugs. My doctor came in at about 7:00 a.m. and asked several questions and after reviewing all the information determined that I probably had a virus that had went

to my heart. I had an upper respiratory cold about two to three weeks earlier, and the virus instead of leaving my body went into my heart. My first echo was on Monday and my ejection fraction was around 19. They continued with the drugs and I got rid of a lot of fluid. Tuesday they sent me home. I was on a fluid and sodium restriction. They said go home and rest don't push yourself too hard.

Discharged from Hospital

One week after I got released I started cardiovascular rehab. My first day I almost passed out. They couldn't read my blood pressure and had to use a doppler because it was so low. Between my heart being so weak and all of the medicine I would get really lightheaded.

Two weeks after my initial diagnosis I had another echo, hoping my ejection fraction would have come up. Not so, my ejection fraction was still 19 and now I had a blood clot in my heart. At this point they added coumadin, so hopefully my body would break up the clot and to prevent any more clots. When your heart is not pumping well blood tends to pool and form clots.

Recover: A FullTime Job

I was on a 1500 mg sodium diet and 2 liters of fluid per day. So not only did I have to watch my sodium, and my fluid, now I also had to be very careful of what I ate because so many things interact with coumadin. I was going to the doctor at least once a week to monitor my INR (measurement they take while taking coumadin). The next six months were probably the most difficult. I kept track of everything I drank and ate, I kept a daily diary of everything. My blood pressure, my heartrate, my weight, the exact time I took all my pills, how much sodium I consumed, the amount of fluid I consumed as well as foods with Vitamin K. I ended up in the ER one night because my potassium was too low. My heart was actually skipping 4 to 5 beats at a time. So this be-

came another thing to monitor very closely.

At one point one of my medications were altered and affected my INR, I subsequently had to give my self heparin injections in the stomach for 10 days. It just seemed like I couldn't catch a break. I was doing everything I was suppose to and still my heart did not want to heal. But I did not give up. I kept thinking positive and just lived one day at a time.

At six months it was determined that I should have a defibrillator implanted and that I would probably have to start thinking about possibly havingm a heart transplant. And yet I did not give up. I kept thinking positively and kept on doing exactly as the doctors instructed me.

Gradual Improvement

Then gradually over the next year things started to improve.

As of today, August 4, 2010 I have made a full recovery, my EF is 55, I am in the process of decreasing medication, currently am only taking 2 pills for my heart and within 1 year will hopefully be completely off all heart medication and I walk 4 to 6 miles everyday. My last cigarette was the one I had before I left my house that first night for the ER. Two years and 5 months later things are looking awesome!

I have been following people and their stories through the website and facebook since I became ill, I now realize how fortunate I am. I have lived in the same area all my life and didn't realize how fortunate we are having Mayo Clinic in our back yard. I was so fortunate to have Dr. Cooper and everyone else at Mayo to help me along my journey. I was also very fortunate to have a very supportive family, especially my parents and most of all my wonderful husband.

Barbara Wolf, Minnasota



Myocarditis: The Thief



Austry Family

CATS HONOR MEMORY OF FORMER PLAYER AUSTRY

FORT WORTH, TX –On Thursday, July 29th, 2010, the Fort Worth Cats honored the memory of former player Mark Austry before and during the game against Shreveport-Bossier. Austry, 32, passed away after completing a half-marathon in Dallas on March 14th, 2010. The medical examiner later determined that he died from Myocarditis, an inflammation of the middle layer of the heart wall. The affliction is caused by a viral infection.

Austry played on the 1996 state championship team at Arlington Heights High School, and went on to play at Texas Tech University. He later played for the Fort Worth Cats during the 2001 season.



Mark Austry

On March 14th, 2010, myocarditis stole our son, Mark Stanley Austry. He had just high-fived his brother after they'd successfully completed a half marathon race in Dallas when Mark collapsed and died. The autopsy report showed that he died of Viral Myocarditis, a rare form of heart disease that rarely kills the old and infirm but instead targets the young and healthy, like Mark, who was a lifelong athlete. He was only 32 years old and should have had a long, wonderful life ahead of him.

Tragically, myocarditis is not like an ordinary thief that breaks into your house and steals electronics for drug money. This monstrous disease takes your most precious and irreplaceable possession, and then cruelly breaks into your happy life leaving every holiday, birthday, Mother's Day, Father's Day and anniversary nothing but a pile of soiled memories and broken dreams.

The worst thing about this horrible disease is that the thievery never ends. Not a day goes by that we aren't reminded of the enormity of our loss, like...

- When we pass Arlington Heights High School and see the huge sign "1996 State Baseball Champs" prominently displayed out front and remember Mark's triple that allowed his school to win their only state title;
- When Mark's three year old daughter Isabella asks, "Grandpa, will you throw me up in the air like my Papa used to do?"
- When we pass Lantana Country Club where Mark won the club championship 6 consecutive years and where his score of 63 is still the course record;
- When we see pictures of Mark taken with Anna on her first birthday and realize that she'll never get to share another birthday with her daddy;
- When we hear someone play "Chariots of Fire" and remember how beautifully Mark played the piano;
- When we watch a baseball game and recall all the exciting games we saw Mark play for Coastal Carolina, Texas Tech and the Fort Worth Cats;
- When we pass Hawks Creek Golf Course where his friends started the Mark Austry Memorial Tournament to be held annually, with proceeds going to The Myocarditis Foundation;
- When we watch The Masters and remember Mark's goal of playing there as a top amateur;
- When we see the church where 950 family, friends, co-workers, and teammates attended the celebration of Mark's life and spoke of the profound impact he had on their lives.

But mostly, we feel the magnitude of what's been taken from us when we realize that we'll never again see his handsome face, hear his infectious laugh, feel his warm hugs, or watch him tease his big brothers, kiss his beautiful wife, play golf with his father, or play with his two precious girls.

If only something could be done to stop this heartless thief from striking again. Maybe if flyers reading "WANTED, A CURE FOR MYOCARDITIS" were hung in every post office in America, maybe then this serial killer's reign of terror would end, so that this devastating disease would never again force any family to endure losing such a wonderful son, husband, father, brother, cousin and friend.

The Austry Family, Texas



Myocarditis Foundation 2010 Fund Raisers

Second Annual Celebrate Logan Sweet Celebration “Down by the Bay Fundraiser”, hosted by Jon and Carolyn Sweet in memory of their son, Bodoingham, Maine, May 2, 2010

Fiesta 2010, hosted by James and Candace Moose, Raleigh, NC, May 7, 2010

James Conrad Moore 16 Mile Hike, hosted by James Conrad Moore, in celebration of his recovery from Myocarditis, Chino, California, May 15, 2010

Amber Chorak raises funds in memory of her son, and accepts donations for The Myocarditis Foundation to be used to assist families who have lost children to myocarditis, ongoing

Timothy Burke Golf Outing, hosted by Angela Burke and friends, in memory of her husband, Etters, PA, June 19, 2010

Fort Worth Cats Baseball Game, hosted by the Cats Ball Club, in memory of Mark Austray, Ft. Worth, Texas, July 29, 2010

Fort Worth Invitational Golf Tournament, hosted by Adam Isbell and Reagen Casey in memory of Mark Austray, Ft. Worth, Texas, July 2010

Lantana Golf Club Memorial Tournament to benefit Mark Austray Memorial Fund, August 15th 2010

Run for Jolanda, hosted by Brenda Heskes, who is running the NYC Marathon in November 2011 to raise awareness and funds for Giant Cell Myocarditis reseach in memory of her sister and unborn nephew, Netherlands

The Avalon Open Golf Tournament, annual event of golf and philanthropy held in Avalon, NJ, October 2010, has chosen The Myocarditis Foundation to be the beneficiary of their generosity again this year

Miles Shen of Redwood City California, CD sales of chamber music concert he organized, produced and performed. Ongoing, CD's available for \$10 each

The Third Annual Joe Rumore Golf Outing, September 20th, 2010 hosted by Joe Rumore, Parsippany, NJ, myocarditis survivor and heart transplant

2010 Southern California Edison Employee Contributions Rally, utility company in Fontana, CA, in honor an employee's son who recovered from Myocarditis, September 20, 2010

Sunset on the Manasquan, Point Pleasant, NJ, hosted by James and Candace Moose, September 26, 2010

Fall Harvest Benefit, Rochester, MN, hosted by Drs. Leslie T. and Jane Cooper, November 5, 2010, Rochester Country Club

Scotch Tasting, hosted by Meredith Delaware in memory of her husband, Washington, DC, November 2010