



Words from Tanya Hall, the CEO and founder of Hearts4hearts in Australia & New Zealand

It all began in April of 2011 as a result of my own personal experience with heart disease and the struggle to find the support and information I needed. Through research I realised that **3.4 million people are living with heart disease** with limited prevention strategies in place & limited support.

I decided to set up Hearts4hearts with the aim to provide support for all those who are impacted by cardiac disease.

Hearts4hearts is a national not-for-profit organisation, supporting, educating & empowering adults with heart disease. Many young people are suffering every day & the forgotten people are living with chronic heart disease with no help at all.

Tanya writes

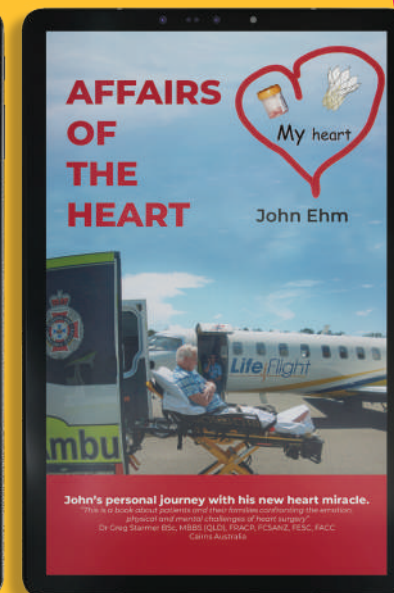
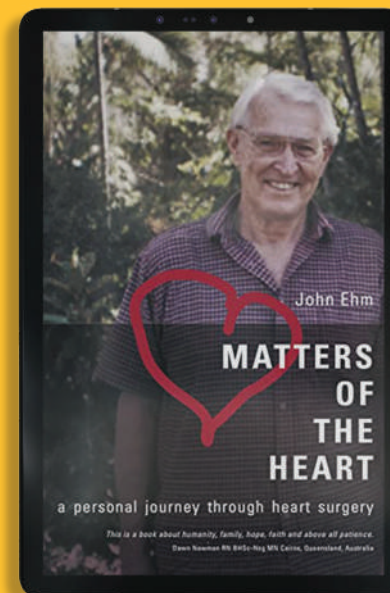
I was born with heart disease and had my first operation at aged 9. At age 21 I had my first <episodes>. This was followed by 12 more years of heart related incidents with my heart slowly getting worse.

Between the ages 32 to 35 I had another 4 heart procedures and my condition continues to be a managed illness.

Available on Amazon Kindle E Books

JOHN'S MYHEARTBOOKS SERIES

His personal patient heart journeys



To purchase search Amazon Kindle John Ehm

This book is being written will contain 100 stories from TAVR patients around the world

LOVERS OF THE HEART

Website www.hearts4hearts.org.au

Please help John
Email johnrehm@iprimus.com.au

Dear Reader

My name is John Ehm, a retired 91-year-old widowed, aged pensioner. I was born in 1931 in Brisbane I was a child of the great depression years.



The years rolled on, I remained healthy until at the age of 71 years I was diagnosed with a faulty aortic heart valve. I underwent to open heart surgery at the Mater Hospital in Townsville in 2003.

The operation was so successful that I decided to put something back into society I became a volunteer Heart Foundation speaker and got involved in Community work. In July 2009 I founded a volunteer's group for over 50's called Positive Ageing Cairns Incorporated.

Then SHOCK SHOCK - one night I woke up; and said to my wife Emmy - I can't breathe. Then a rushed ambulance trip to the Cairns Base Hospital. After many tests, was diagnosed with the bovine aortic valve crashing. That year was 2016.

At the time a brand-new aortic valve treatment was being trialled at the Wesley Hospital in Brisbane and my cardiologist in Cairns booked me in for this new procedure called a TAVR - a trans catheter aortic valve replacement.

That procedure was very successful, I decided to write another Heart Book called "Affairs of the Heart". "Affairs" has been self-published and is available on Amazon Kindle E Books John Ehm. My website, My Heart Books - John Ehm, is also worth a look.

Lastly, I implore you to **LOOK after your OWN Heart you have a lot of living to do yet.**

BLURBS

MOTH

This is a book about humanity, family..

Dawn Newman RN

AOTH

This is a book about parents and their families counting the emotional physical and mental challenges of heart surgery.

Dr Greg Starmer - Cardiologist



Australians and New Zealanders Need an Annual Heart Valve Awareness Day



Heart Disease is the World's biggest KILLER
World Health Organisation

Australia and New Zealand share the fact that Heart Disease and related diseases are their populations biggest KILLER
Wikipedia

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