Mended Hearts is proud to announce the launch of our TAVR newsletter. This monthly publication is designed to share the stories of TAVR visitors with their fellow TAVR visitors and chapter officers from across the country. We hope these journeys will provide you with words of hope and inspiration; we encourage you to print off these stories and share them with TAVR patients you visit in the hospital. If you would like to share your TAVR visitor story, or you would like more information on the program, please contact Mandy at Mandy.Sandkuhler@mendedhearts.org.

Joe Tash - TAVR Visitor, San Diego Chapter 62

Joseph Tash discovered Mended Hearts soon after learning he had stenosis of the aortic valve in 2010. Back then his symptoms were moderate and not causing him much difficulty, but when his health began to deteriorate, Joe decided to begin to look into what he needed to do to feel like himself again.

At first he thought open heart surgery was his only choice, but after doing some online research, talking with some Mended Hearts folks and consulting with his doctors, he came to learn about the TAVR procedure and decided it was the best option for him.

Joe underwent the procedure in August 2017 at Scripps Anderson Outpatient Pavilion in La Jolla, CA; it was performed by Dr. Curtiss Stinis.
According to Joe, the procedure went very smoothly and other than lying flat on his back for 24 hours immediately following the procedure, and the discomfort that accompanied that, he had minimal pain. For him, the fact that he was released from the hospital the next day with a new heart valve was worth the 24 hours of discomfort! Happily, he had an immediate end to the symptoms of shortness of breath and lack of stamina that he’d experienced before the procedure. Things that were extremely difficult, like walking up stairs or carrying heavy objects, were now possible again.

For Joe, becoming a TAVR hospital and phone visitor is a great way to give back and ease the anxiety of others as they prepare to have the procedure. Like so many other Mended Hearts volunteers, he also understands that the act of giving back to others is incredibly enriching.