

ONE OF COOKEVILLE REGIONAL'S FIRST TAVR PATIENTS

Says He's 'Grateful for Modern Technology'

Edward Chartier of Monterey is looking forward to getting back to playing with his "toys" — the vintage cars he fixes up and the bulldozer and backhoe he putters around with in his yard.

A retired heavy equipment operator, Chartier had been having a more and more difficult time enjoying these hobbies in recent months due to the fatigue, chest pain and tightness caused by aortic stenosis, a narrowing of the aortic valve opening that restricts blood flow in the heart.

The problem was detected when Chartier was in his 20s, and his doctors have been monitoring it ever since. When his symptoms became more pronounced last year, they decided to act.

"I had test after test after test...EKGs and MRIs, etc., to check the blood flow," said Chartier. "They determined it was time to have it done, so I said, 'Go for it!'"

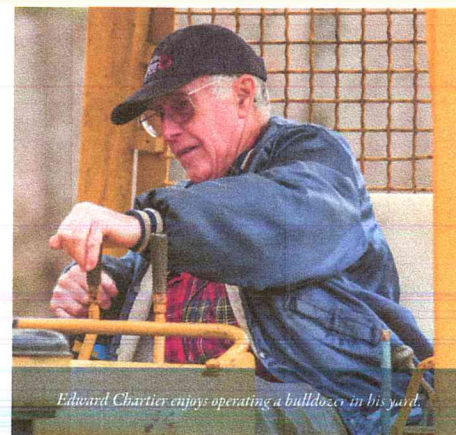
He needed an aortic valve replacement, but open-heart surgery was deemed too risky for Chartier because an artery that had been grafted in during an earlier bypass surgery was very close to the surface of his chest.

This made Chartier an ideal candidate for transcatheter aortic valve replacement (TAVR), a minimally invasive procedure in which doctors make a small hip incision and go through the artery to replace the aortic valve. The procedure has only been available since 2012 and is becoming an option for more and more patients, offering many benefits over open-heart surgery.

"The TAVR procedure is a great alternative for patients who aren't able to undergo the traditional open-heart valve surgery," said interventional cardiologist Matthew Sample, M.D. "It is big league to offer this procedure here at Cookeville Regional. We use cardiac CT images to plan the procedure, and then we use X-ray technology to guide the procedure to place the valve."

Dr. Sample and cardiothoracic surgeon Lewis Wilson, M.D., performed Cookeville Regional's first TAVR procedure on February 21, and they did Chartier's procedure on March 8.

"With this procedure, patients can expect to be in the hospital for one to two days compared to five to seven with traditional surgery," said Dr. Wilson. "It's amazing. The recovery time is much quicker and less painful. The procedure itself is also much shorter. We expect more and more patients to qualify for this alternative in the future, not just the sicker patients."



Edward Chartier enjoys operating a bulldozer in his yard.

The benefits of the TAVR procedure were certainly a plus for Chartier.

"They laid me on the table at 9 a.m., and I was out of there by 10:30," said Chartier. "And there was very little pain except where they made the entrance. Other than that, you'd never know there was anything done."

And now, thanks to Cookeville Regional and Drs. Sample and Wilson, Chartier can get back to enjoying his life.

"My family has a to-do list for me, and they just can't wait for me to get back in good health," he said. "I'm very grateful to my doctors, and I'm grateful for modern technology."

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For more information, talk to your primary care physician or call The Valve Clinic, located at Tennessee Heart, at (931) 646-4093.

Edward Chartier looks forward to tinkering on his vintage cars again after undergoing the TAVR procedure to replace his faulty aortic valve.