

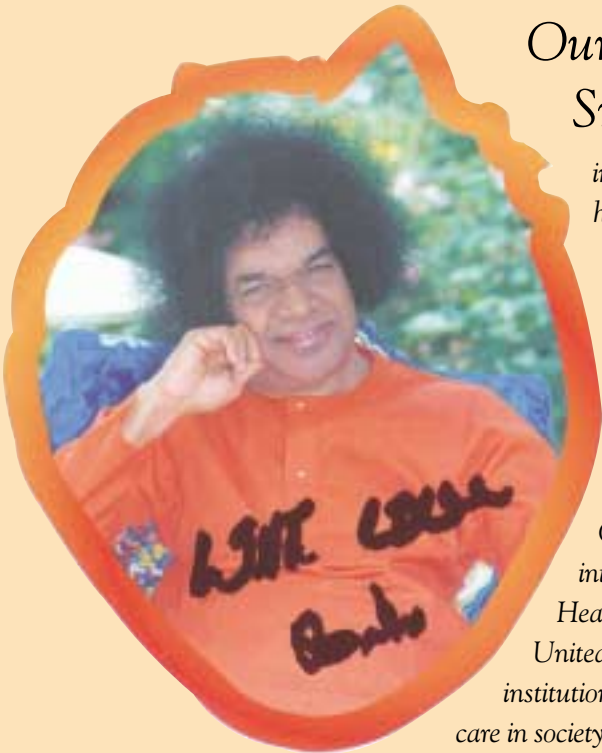


Heart to Heart



Official Newsletter

Issue 5 23rd November 2005



Our Lord Bhagawan Sri Sathya Sai Baba,

in accordance with his divine plan, he has motivated, inspired and guided various initiatives symbolising love, affection, care, compassion and selfless service to humanity.

It is because of his divine will and grace that such projects are successfully undertaken.

One of the many magnanimous initiatives was the formation of Heart Valve Bank (HVB) in the United Kingdom. HVB is a unique institution dedicated to providing medical care in society and transcends global boundaries to serve vulnerable poorest of the poor.

Heart Valve Bank Charter

- A. Devoted to the moral and social awareness of the Divine Teachings of Sri Sathya Sai Baba, with particular reference to Medicare.
- B. Bank will not invite any governmental support, nor would engage itself in any promotional or collection activities at any level.
- C. Bank will involve itself only in channelling the volunteer contribution or any participation forthcoming from the intense heartfelt desires of all members.
- D. Bank will not involve itself any commercial activities as the word bank may suggest in the normal understanding of the word.

“ Health is an essential requisite for man; it is the very root for all endeavours in the four fields of human achievement: dharma, wealth, desire and liberation”

Baba

Sri Sathya Sai Baba's words on the Sri Sathya Sai Institute of Higher Sciences: "When any educational or medical institute is established, the sole aim is to make a business of it. There are few who are ready to set up institutions to provide free facilities for the poor. Therefore, from the start we decided to set up a hundred-crore hospital near Prashanti Nilayam. Even as higher education is free here, 'higher medicine' will also be free. People spend some

lakhs to get heart surgery done in the U.S. What is the plight of the poor? Who looks after them? If they go to the cities they will not get even basic medicine. Recognising this fact we have lauched this big hospital project. Whether it is a heart bypass operation, a kidney transplant, a lung operation, brain surgery or eye surgery, all medical procedures will be done free. This policy has been adopted from very start of the project".

5 steps to a Healthy Heart

- H -Healthy Eating
- E -Exercise
- A -Alcohol Free
- R -Reduce Excess Weight
- T -Tobacco Free

Universal Master



Sri Sathya Sai Baba

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Heart Valve Disease

The heart is probably the most vital organ of the human body, as its role of pumping blood around the body is essential to keeping the body alive and functioning effectively. Therefore diseases of the heart are very serious and can be severely debilitating.

Heart valves are flaps of tissue within the heart that ensure that blood flows in the right direction through the heart. These valves can become faulty in two ways;

- Stenosis – here the valve becomes stiff so that it is difficult for blood to flow through it.
- Regurgitation - here the valve becomes floppy and blood may accidentally flow in the wrong direction.

Out of the four valves in the heart it is the aortic and mitral which are most affected by disease. These valves work the hardest ensuring blood flows around our bodies. Aortic stenosis and mitral regurgitation are the most common and can eventually lead to heart failure. Valve disease is associated with all the risk factors which are thought to cause any sort of heart disease, that is;

- Hypertension (caused by a high fat, salt diet)
- Not enough exercise
- Smoking
- Part of ageing

Another condition, which is particularly associated with mitral regurgitation, is infective endocarditis, this is a bacterial infection of the heart tissue which leads to faulty valves. Such an infection may be acquired through surgery, dental work, IV drug use or congenitally.

A damaged valve may only be treated by being replaced by a new one, with surgery.



Sri Sathya Sai Institute of Higher Medical Sciences, Prashanti Nilayam

Statistics - 22nd November 1991 to 31st August 2005

Heart Surgeries	14,950	Ophthalmology Surgeries	26,721
Cath Procedures	15,674	CT Scans	4,259
Urology Surgeries	27,053		

"Delighted to visit Sri Sathya Sai Institute of Higher Medical Sciences. I am inspired after coming here, as I can see God's mission carried out in every aspect. The doctors and staff in this Hospital, look to me like Angels"

His Excellency Sri. A. P. J Abdul Kalam,
President of India

Gramma Seva 2005

With the grace of Bhagwan Sri Sathya Sai Baba 16 youth members of the Heart Valve Bank embarked on a two week trip in October 2005 to Puttaparthi, India. There they worked jointly with the students & faculty members of the Sri Sathya Sai Institute of Higher Learning (SSSIHL) during this year's Grama Seva function.

Literally translated Grama Seva means "village social service". Every year under the direct guidance and on the behalf of Bhagwan Baba, the students & faculty members of SSSIHL reach out to the neighbouring villages and distribute food & clothing to the underprivileged inhabitants. During the week-long programme over 300,000 people across hundreds of the most remote and inaccessible villages are covered.

This event had a significant impact on the youth of the Heart Valve Bank and they learnt many lessons. Firstly, this was an exercise in management on a grand scale. To witness a "round the clock" operation which included the overnight preparation of food, planning of the logistics, management of a thousand strong volunteer workforce and the distribution of the items facilitated by efficient communication channels was an eye opener. It was even more impressive given that the students involved ranged from 8 year old children to highly qualified PhD students who had sacrificed their holidays to work for the Grama Seva programme one week before their exams.

Secondly this was also an exercise in spirituality where each individual worked arduously as a team without any expectations, making the programme a success. Overcoming the barriers of class, race, religion and language each and every one was uplifted by the continuous joy and love received from the villagers. Observing the poverty and simplicity of the villages was humbling and encouraged humility amongst the participants whilst making them recognise how grateful they ought to be for all their comforts in life. Lastly this also allowed them to realise their responsibility within the community and to experience the true meaning of Bhagwan Baba's teaching of "Love All Serve All".



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Registered Charity No: 1098035

Help Ever, Hurt Never Baba

Patient Profiles

Vivek, age 10 years, the only son, of a family from Dwarka, Gujarat. When doctors told his mother that the boy needed heart surgery, it felt like the sky had come down. She was the only bread winner in the family with an income of £15 per month. She could not dream of raising £1,500 for the operation. Somebody suggested the Sri Sathya Sai Heart Hospital Rajkot. The son was operated on free of charge at the hospital. When he recovered both the mother and son prayed to Bhagawan Baba and offered tearful thanks for saving his life.

Mohini, age 11 months, daughter of a poor family from Maharashtra needed heart surgery. With a family income of just £150 a year it was not possible so they prayed to God to help their daughter. Their consultant suggested the Sri Sathya Sai Heart Hospital Rajkot. She was operated on free of charge, and the caring and loving hospital treatment returned Mohini to good health.



Roicy Rafai, age 21 years, daughter of a poor family from Kerala, needed surgery for heart disease. A sister from the Mother Terese Ashram in Rajkot suggested the Sri Sathya Sai Heart Hospital for treatment. She was operated on free of charge. The Mother Teresa Ashram offered prayers in appreciation of the treatment provided by the Sri Sathya Sai Heart Hospital.



Asha, age 8 years, she has no parents, and as an abandoned child and came from the Mother Teresa Ashram. She needed heart surgery and was operated on free of charge. The smile on the faces of Baby Asha and the sister from the Mother Terese Ashram was enough to make all happy.



Sri Sathya Sai Institute of Higher Medical Sciences,
Whitefield, Bangalore

Statistics - 19th January 2001
- 31st August 2005

Cardiac Surgeries	5,678	CT Scans	16,422
Cardiac Catheterisations	11,109	MIR Exams	18,920
Neurology Surgeries	5,089		



Sri Sathya Sai Heart Hospital, Rajkot, Gujarat

Statistics - 4th January 2000 - 31st August 2005

Heart Surgeries in 2004	251
Heart Surgeries in 2005 to 28th October 2005	469
Total patients treated to 28th October 2005	48,176
Heart Valve operations carried out last year as a percentage of total Heart Valve operations in the State of Gujarat.	43%



*A Bank will give you
Interest on Life Savings
Heart Valve Bank takes
Interest in Saving a Life*

Carewell Medical Centre

In accordance with Divine instructions and blessings this Leprosy, Tuberculosis & Malaria Centre was inaugurated on 16th July 2005 in Lagos, Nigeria.



Universal Master



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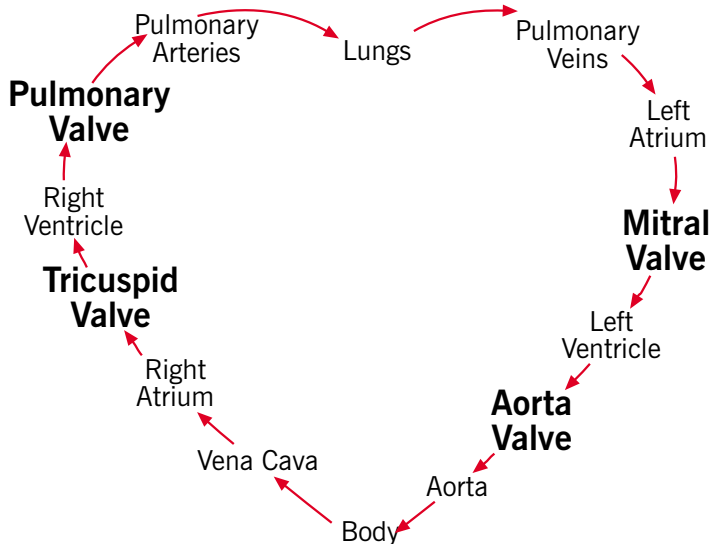
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The contents of this newsletter should not be treated as a substitute for the medical advice of your own doctor or any other health professional. Always consult your own GP if you are in any way concerned about your health.

Service to Man is Service to God *Baba*

Function of a Heart Valve and its Surgical Replacement

The heart is a four chamber pump which directs oxygenated blood from the lungs around the body to provide organs with nutrients and oxygen. The deoxygenated blood then returns to the heart that directs it to the lungs to be re-oxygenated.



This diagram above shows the flow of blood through the major blood vessels (pulmonary veins, aorta, vena cava and pulmonary arteries) and the four chambers of the heart (left atrium, left ventricle, right atrium and right ventricle). Also shown is the position of the heart valves, which direct blood in the right direction. It is the opening and closing of these valves which produces heart sounds.

The heart does an incredible job of pumping blood to every part of our body, from the top of our head to the tip of our toes. It is no surprise then that with age the heart can start to fail and one of the areas most prone to disease are the heart valves. Disease can involve rigidity of valves which reduces the passage of blood – stenosis, or floppiness of the valve which results in backward blood flow - regurgitation.

As the mitral and aortic valves are responsible for the burden of pumping blood around the entire body they are most likely to be afflicted by disease. Such problems may occur with general congestive heart disease caused by hypertension and atherosclerotic disease (caused by high level of cholesterol) or more specific conditions such as endocarditis (infection), calcification, rheumatic fever in childhood which can cause lasting damage to the heart valves or birth defects.

People can live for many years with faulty valves but sooner or later the damage becomes too great and a replacement is required.

Replacement heart valves may either be natural (biological) or artificial (mechanical). Natural valves are beneficial to certain age groups but need replacement at some point.

An artificial valve is carefully designed to mimic the native heart valve. It has a ring, like your own natural heart valve, to support the leaflets. Like your own heart valve, the mechanical valve opens and closes with each heartbeat, permitting proper blood flow through the heart. The great irony is that the device which is being installed to save the body is attacked by the immune system as if it were an invader. Thus, the material used in the manufacture of artificial valves should be able to resist the chemical attacks of the body. Further to prevent any blood clots from developing on the valve which can cause complications, an artificial valve replacement requires you to take anticoagulation medicine (blood thinners) daily.

The success rate of replacement valve surgery is high and is effective in relieving symptoms improving quality and length of life and patients would no longer have fainting spells, difficulty of breathing, or palpitations.

Love in Action
BHAGAWAN
SRI SATHYA SAI BABA

As is food, so is the mind.
As is the mind, so are the thoughts.
As are the thoughts, so is the conduct.
As is the conduct, so is the health.



Heart Valve Bank

Heart Valve Bank celebrated Swami's 80th Birthday on 30th October 2005. A cultural variety programme was presented by Sai Harmony youth in the presence of 1500 invited people. Also a video highlighting the work of the Sri Sathya Sai Rajkot Hospital was shown. Swami's prasadam was served.

Tell us what you think.

Any comments, suggestions or feedback? Please write to or email the Editor at:

Sai Kutir, 49 Zealand Avenue, West Drayton. UB7 0BW.

Email: editor@heartvalvebank.info



We surrender
everything at your
divine lotus feet

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