

PATIENT: Judith Sanborn

Age 69, Contoocook, NH

FAMILY: a sister and nephews

SURGERY: Blocked coronary artery; stent placed in 2003



Judith Sanborn has been on medication since she was 50 years old for angina, a condition that causes chest discomfort due to a lack of oxygen-rich blood. Yet she easily manages the slight pain she felt when walking on an incline or lifting her arms up over her head. After turning 55, though, she had more trouble, with greater chest pain and frequent breathlessness. She knew something was wrong, she noted, "I was just not feeling well, and I knew my blood pressure and cholesterol were both too high."

Judith went to Concord Hospital, a decision made easy by her family's history of heart disease and the lifelong commitment to the quality and care they had experienced there for decades. Her parents and her sister all turned to Concord Hospital throughout their adult lives for virtually every medical need. "My sister felt certain that I was in good hands here," said Judith.

Judith selected Dr. Mark Klinker (*shown above*), a Concord Hospital cardiologist, to treat her angina. In 2003, an angiogram revealed that she suffered from a blocked right coronary artery. Dr. Klinker opened the artery with a stent procedure, restoring Judith's blood flow and resolving most of her difficulties. She takes medication when needed and routinely visits her cardiologist.

"Dr. Klinker was so good," Judith shared, "He watched me like a mother hen." Judith was also impressed with Dr. Klinker's commitment to learn, after hearing how he attended a recent seminar on women's heart health. "He seems to really understand how to treat my health needs," she said.

To maintain her good health and prevent further cardiac damage, Judith is seen at the Concord Hospital Cholesterol Treatment Center and actively participates in the Cardiac Rehabilitation Program offered at Concord Hospital. She also joins a balance class at the new Contoocook Senior Center. Judith has high praise for Concord Hospital's Dr. Laura Fox, who she sees for cholesterol matters, and the rehabilitation staff at Concord Hospital. "They have all been so good to me...it's like a family. I know I am not just a number!" Her willingness to make sacrifices has been important in Judith's quest for better health, although, she laments, "I miss dessert the most. I've trained myself to eat low-fat frozen yogurt."

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Judith is unequivocal about the greatest benefits of her improved cardiac health. "I was a withdrawn person before my stent surgery and joining the Concord Hospital programs," she said. "Now I'm out more with people. I can walk further and faster. And I can do more of everything than I could do five years ago." Her two beloved cats, Andy and Angel, and plenty of new friends, benefit from her renewed energy. Judith is looking forward to a long, healthy life... "I feel like I could be 49, or even 39!"

Family history first brought Judith to Concord Hospital. It's only fitting that she leaves with a new family of physicians and caregivers, and a new start on a history of better heart health.

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