

Hello, Everyone from BHS

This is Gary. I just wanted to let all of you know that I am doing very well, slowly but surely recovering from my heart surgery. My wife, Virginia, has been in contact with many of you, but I don't know to whom she has written recently. So pardon me if this note is redundant.

On Thursday I had a post-op visit with the surgeon – one usually does so 4 weeks after this type of operation. He said the surgery went very well, and, aside from a continuing restriction on lifting more than 10 pounds for another 8 weeks, I am free to do whatever I want. I can drive again; I can sit in the front seat of a car; I do not need a visiting nurse any longer, and no need for cardiac rehab. Wow; I'm free again. So I celebrated over the weekend with several hours of light yard work; and yesterday we went out for dinner with my sister and her husband. It is so good to get out of the house.

All the symptoms I still have are minor and common at this point post-surgery. Most of the symptoms are healing related. A few are the result of some loss of blood during the procedure leaving me temporarily anemic, and some are due to residual fluid in the bottom of my lungs, which will clear up soon. My post-surgery test results are excellent, confirming that the surgery to repair my mitral valve was a total success. The scars are healing well too.

I want to thank all of my classmates/friends for their support, cards, calls, and emails, during that past four-five weeks. It has meant a lot to me – and to Virginia.

Enjoy the great spring weather we are having. I think we all deserve it.

Warm regards,

Gary