

## Extraordinary

# Celebrations!

by Susan Spindler

## FEBRUARY THE MONTH OF LOVE



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February brings our focus to the heart and all things about love. We never often think of how wonderful our own hearts are, but when you think of what they do for us you can understand why a whole month is devoted to it! An average heart beats a 100,000 times a day, so in an average lifetime your heart will beat more than 2.5 billion times!

### Creating Strong, Healthy Teeth to Last a... *Lifetime!*



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Next month there will be an inaugural fundraiser put on by the Women's Auxiliary to Children's Medical Center, Legacy Chapter. JC Penney is the Presenting Sponsor for this event, and it will be held at jcp headquarters here in Plano. I hope that you will consider supporting The Legacy of Love Benefit and Fashion Show on March 26, 2013. Please go to [www.childrensauxiliary.org](http://www.childrensauxiliary.org) to learn more about sponsorships, the amazing raffle, and tickets to the event. All the money raised at this event goes to help children and their families at Children's Medical Center. The pediatric cardiac department is saving lives every day, and is one of the busiest areas in the hospital. Below is a story I would like to share with you.

### *A little girl who is all heart*

*It's nearly impossible to spend time with 4-year old Caydence Barrett without noticing her heart.*

*You see it in the way she lovingly smiles at her parents, Joe and Stephanie Barrett; in the excitement she shows describing their summer trip to Disney World; and in the way she wears it on her sleeve when she feels like she needs to be heard – young Caydence is all heart.*

*However, she was born with only half a heart. A condition called hypoplastic left-heart syndrome caused the left side of her heart to be*



*severely underdeveloped at birth. Not too long ago, the condition was almost uniformly fatal for newborns.*

*But the prognosis for hypoplastic left-heart syndrome patients has improved dramatically in the last 25 years. Because of advancements in research and care, many children born with hypoplastic left-heart syndrome live to enjoy Disney World, family Thanksgivings, and their college graduations.*

*Expert cardiac surgeons like Dr. Joseph Forbess, the director of cardiothoracic surgery at Children's, are to thank for that.*

*"We met Dr. Forbess before Caydence was born, and my impression is that he's the best," Stephanie said. "He truly gave us the feeling that we had the right person working on our child and that he truly cared."*

*Dr. Forbess successfully performed Caydence's first open-heart procedure when she was only five-days old. Then he operated on Caydence's heart again at five months, and hopefully for the final time shortly after she turned three.*

*"She's been perfectly healthy since her last surgery," her dad, Joe, said. "We just have to go to Children's every six months for checkups and take a couple of daily medications."*

*Caydence began pre-school this fall, and her parents believe that the heart team at Children's is largely responsible for her being able to share her heart with her new classmates.*

*"Everything the heart team does at Children's is top notch," Joe said. "I'd just like to thank all the donors for putting their money into a program and a hospital that has a lasting impact – not only on the kids like Caydence, but also on the parents like us. We don't know where we would be without them."*

*There are hundreds of stories like Caydence happening daily at Children's. The Legacy of Love Benefit and Fashion Show will inform you on all that Children's does for our community and how they continue to not only save lives but lifetimes!!*

*Content provided by Children's Medical Center Legacy and printed with the permission of Joe and Stephanie Barrett.*