A Second Chance at Life: The Robert Peterson Story

The following story tells the experience of one patient who benefited from the use of the Octopus® Tissue Stabilization System during his bypass surgery. Medtronic invited this patient to share his story candidly. The experiences described here are specific to this particular patient. Results vary and every response is not the same. Patients should always talk with their doctors to see if they may benefit from this therapy and for a full review of indications and side effects.

Robert Peterson of Plymouth, Minn., has a genuine love for life. “Wherever I have lived, it has been my goal to leave my piece of the earth a better place than it was when I acquired it,” he says. “I have done this by planting trees and flowers and by preserving and improving the land on which my family and I live.”

A year ago, Robert’s passion for life nearly came to a tragic end. On December 7, 2000 — Robert’s eightieth birthday — he was brought to a hospital emergency room, experiencing a loss of energy and shortness of breath. These were unusual symptoms for a man who had been physically active all his life. A retired Major General in the U.S. Air Force, Robert — originally from Montclair, N.J. — was about to embark on a journey he never imagined.

After several tests were performed at the hospital, Robert learned that he had coronary artery disease — a narrowing of the arteries in his heart. Robert’s shortness of breath and lack of energy had been the result of “silent heart attacks” he had been experiencing. Robert’s tests further showed that he had a golf ball-sized blood clot, and that blood was pumping through his heart at a rate of 15 percent rather than a normal rate of between 60 and 70 percent. Robert’s angiogram results, along with his age, kept him from being a good candidate for heart surgery. Instead, Robert’s doctor chose to aggressively treat him with medication.

One month after he began taking the medication, Robert had a sonogram, which indicated that his heart’s ejection fraction (amount of blood pumped per beat) systematically had risen (improved) from 15 to 35 percent, and that the large blood clot had disappeared. Robert’s improved condition enabled him to become an acceptable candidate for surgery and, on April
13, 2001, he was admitted to the hospital again. This time, he would undergo quintuple bypass surgery performed by Ted Spooner, M.D., a cardiac surgeon at Methodist Hospital in Minneapolis.

Dr. Spooner first became interested in cardiac surgery while going through general surgical training at the Buffalo General Hospital in Buffalo, N.Y. He was intrigued by the opportunity to master the intricate technical skills required to perform heart surgery, as well as the chance to dramatically enhance the quality of people’s lives. Since then, Dr. Spooner has been involved in facilitating revolutionary heart surgery techniques that help improve the lives of his patients with coronary disease.

Robert Peterson was no exception.

Dr. Spooner chose to perform a Beating Heart bypass procedure on Robert using the Medtronic Octopusâ stabilization device. Beating Heart bypass surgery is often an appealing alternative to conventional bypass surgery, because in the majority of cases, it allows the patient to avoid being placed on a heart-lung machine — a machine used in many heart surgeries to work in place of a patient’s heart and lungs to provide oxygenated blood flow throughout the body while the heart is stopped during surgery. Beating Heart bypass surgery is made possible with tissue stabilization devices like the Octopus 4, which uses suction to stabilize a small portion of the beating heart so the surgeon can sew the bypass graft in place.

“A person with terrible heart disease may think all hope is lost,” said Dr. Spooner. “Beating Heart bypass surgery restores hope for even older patients. Surgery can correct these problems, and therefore, the patient can continue to live a fulfilling life.”

Robert’s surgery was performed on Monday, April 16, 2001. The following Saturday, he was discharged from the hospital.

In May, Robert began the rehabilitation process prescribed by his doctor — including walking on a treadmill and working with a dietician to improve his eating habits. He has received positive feedback regarding his recovery from his physicians, and in turn, Robert feels terrific.

“I am very pleased with my treatment and my physician’s care,” Robert said. “Beating Heart bypass surgery gave me a second chance at life.”

Likewise, family members continue to be amazed at how healthy Robert looks and feels.
“Robert looks fabulous,” says Jean Peterson, his wife of 17 years. “He lost 30 pounds and the doctors continue to take excellent care of him. This surgery has helped extend such a wonderful life.”

Today, Robert continues to improve his health by walking five to seven days a week and maintaining a low-sodium diabetic diet. Robert enjoys his hobbies of gardening and reading and, most of all, spending time with his family, including his and Jean’s eight children, 21 grandchildren and two great-grandchildren.

Another hobby found a place in Robert’s life after his retirement: writing. Prior to his lifesaving surgery, Robert’s eldest granddaughter encouraged him to write a book about his life adventures and experiences. “I started making notes about things that happened during my time in the Air Force,” Robert says. “I wrote it as a manuscript of family treasures more than anything. I was not writing this book for money, I was writing it for me.”

Each day, Robert would write for three hours from memory. His book, A Kid From Jersey, takes the reader through his flight career, which includes flying 94 missions in China; as well as his romance with his first wife, Eileen. When Robert was admitted to the hospital, his son-in-law had his book of memories published — a life for family, friends — and complete strangers — to reflect upon.

A life that continues today.

For other reports about patients who have undergone beating heart bypass, visit the Medtronic website at http://www.medtronic.com/cardsurgery.html

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