

**Hope beyond heart failure: Innovative treatment allows woman to change  
the course of her heart failure**

| <b>Video</b>                       | <b>Audio</b>   |
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| Nats of appointment/parallel park  | Jessica O'Brien has a way of making everyone she meets ...   |
| Jessica O'Brien                    | "I just want to say, come in."   |
|                                    | ... feel a little bit better.  |
| Laughter nats<br>Dr. Luke Burchill | "Come on in, hahaha!"  |
| Dr. Luke Burchill                  | "Everyone here that's met you, it's like a lightbulb goes on."   |
| Jessica O'Brien                    | "How do you do that?"  |
| Dr. Luke Burchill                  | "I see them glowing after they've been with you because you make people feel good."  |
|                                    | But in November of 2022, it was Jessica who needed help feeling better. The usually active, gold medal-winning Special Olympics athlete started experiencing symptoms of heart failure.  |
| Nancy and Jessica O'Brien          | "We knew something was wrong, but we didn't know."<br>(Nancy)<br>"I know something wrong. I don't know what's going on my body."<br>(Jessica)  |
|                                    | Jessica was hospitalized with rapid onset of heart failure in upstate New York, where she and her mom Nancy live. Like many people with Down syndrome, Jessica was born with a congenital heart defect and received treatment at Mayo Clinic when she was 7 years old. But now, as a 42-year-old, it was unclear why she had developed sudden heart failure. So the O'Briens once again turned to Mayo Clinic. |

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| <b>Nancy O'Brien<br/>Jessica's Mom</b>  | "If any place knew how to handle that type of long-term care and the deterioration, we knew they would do it the right way."  |
|   | Doctors at Mayo Clinic were able to identify a hole that had developed between Jessica's aorta and the right side of her heart.   |
| Dr. Luke Burchill   | "They had been told, really, there was nothing that could be done."   |
|   | Dr. Luke Burchill, an adult congenital heart disease specialist, says the uncertainty of what Jessica's future would hold may have been as big of a burden as her symptoms themselves.  |
| <b>Luke Burchill, M.B.B.S., Ph.D.<br/>Cardiovascular Medicine<br/>Mayo Clinic</b> | "So I think that they really arrived with the understanding that there wasn't really any option. And perhaps we were needing to shift into a different phase of her life and care — looking at palliative care."                        |
|   | The hole in Jessica's heart could be corrected with open-heart surgery, but that is high risk. A multidisciplinary care team brought various experts to the table to develop a plan for Jessica that didn't involve open-heart surgery. |
| Dr. Luke Burchill   | "Mechanical problems need mechanical solutions. In this case, it was finding a device that could be placed across the hole in her heart and plugging the hole."   |
| Nancy O'Brien   | "That was just like a gift from heaven."  |
| Dr. Burchill  | "They had really done a 180 degrees from being told there's nothing we can do. It's just a case of keeping her comfortable versus, actually, we have a solution."   |
| Nats procedure  | Within a week of arriving, Jessica underwent the procedure to plug the hole in her heart.   |
| Dr. Luke Burchill   | "Things are looking good here."   |
| Nats Jessica laughing   | "Hahaha!"   |
| Jessica O'Brien   | "He helped me get my strength back. I just want to say thank you. Thank you for helping me."  |

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| Dr. Luke Burchill | "It is my privilege."                |
|                   | For the Mayo Clinic News Network ... |
| Dr. Luke Burchill | "It's my honor ..."                  |
|                   | ... I'm DeeDee Stiepan.              |
| Dr. Luke Burchill | "... my honor."                      |