

For a heartened Horton, life is an unexpected pleasure

By HELEN KNIGHT
Elmer, Reoma feels blessed to have been given a second chance at life. Were it not for advances of modern medicine Horton would not be alive.

Eighteen months ago, Horton almost died because of heart problems. A heart transplant operation saved him.

Horton, 58, lives on Honeysuckle Lane on Lake Norman. He began having heart trouble at age 40, and he underwent a double bypass operation that year. The surgery was successful, but, as Horton said recently, "a bypass is great but it doesn't last forever."

Six years later, in October 1988, Horton had a heart attack. When the attack struck, it was some time before Horton was able to phone for an ambulance. Fortunately for him, his friend Pat van Rees, an Irredell County emergency medical technician, heard about the call on his radio. Van

Rees called Horton and told him exactly what to do, keeping him going until the ambulance arrived.

Horton was lucky to survive. "It was a massive heart attack and I could have died from that," he said. "They worked on me all day long to get me stabilized."

Horton's weakened health did not permit him to resume normal life. He found that he was unable to return to work, as a photographer for The Charlotte Observer, even on a part-time basis.

The condition of his heart, pumping at only 25 per cent of efficiency, was in steady decline. Horton's doctors gave him between one and two years to live.

Horton had heard about heart transplants, so he asked his doctor about the possibility of one in his case. It was decided that Horton was a good candidate for a transplant. When his heart worsened, pumping at only 15 per cent efficiency, he was put onto

the waiting list. It was July 1989. As time went by and Horton was still on the waiting list, he became very depressed. His condition was deteriorating. He described it as like having the flu all the time.

"I just lay around," he said. "I didn't feel like doing anything."

He began to wonder if he could live long enough to get a heart. Heart disease runs in Horton's family. His father suffered several heart attacks before dying at the age of 63. His oldest brother died of a heart attack in October of his 47th year. His next brother also had a heart attack in his 47th year, and survived it only to die of another in October five years later.

Horton's bypass operation had taken place in the month of October, as had his heart attack. The pattern didn't go unnoticed by Horton. By the time September came around he was very concerned. October was fast approaching and he was still waiting for a heart.

On Sept. 20, Horton was at Mike's Seafood Restaurant on Brawley School Road, having dinner with his wife, Reoma. At 4:30 p.m. the beeper he carried went off, and he remembered thinking, "this is it."

A phone call confirmed that a heart had indeed become available for him. By 5:30 p.m., Horton was at the hospital.

The donor heart had to undergo tests to check its suitability. By midnight, Horton was in the operating room. The whole transplant operation took just four hours.

For Horton, it had been a close call. Doctors later told him that having seen his heart, they did not think he would have lived more than another month. That would have taken Horton into October.

Horton had his surgery at Carolinas Medical Center, in which has the utmost confidence. "They're rated in the top 10 in the nation, out of over 150 centers that perform heart transplants," he said.

The staff is experienced. In Charlotte, doctors have performed 87 heart transplants, to date. The center boasts 17 cardiologists and five or six surgeons. These include Dr. Francis Robicsek, who performed Horton's bypass surgery, and Dr. Joseph Cook, who performed his heart transplant operation. Horton is full of praise for all the staff.

"They are all really outstanding," he said.

Horton's recovery from the transplant operation was rapid. By Tuesday he was walking around, and once his stitches were removed he said that he felt "like a new person."

So well and so quickly did Horton recover from the operation that he was released from the hospital after just six days and 23 hours, a record at that point. In fact, exactly one week after receiving the call that a heart had been found for him, Horton was

back at Mike's Seafood Restaurant eating his Friday evening dinner.

Horton explained how recovery from a heart transplant compares with recovery from a bypass operation: "After a bypass, it takes 12 weeks until you feel really well again. After a heart transplant, it takes only six. You feel good after three weeks. Where the chest is opened up is the only thing that's got to heal."

As part of his follow-up treatment, Horton checks his blood pressure, temperature and weight daily. Anytime he is sick, he calls the hospital. "The main fear with transplants is rejection," he explained. "You can be in bad shape before you know it."

To prevent rejection, Horton will take Cyclosporine for the rest of his life. The drug, which became available five years ago, is the key to all transplants. It has proved to be very effective in preventing rejection.

Horton takes other medication and also goes regularly to the hospital for checkups. Samples of heart tissue are taken and measured for rejection. This simple procedure, which is done with the use of a catheter, is done every week for the first two months, every two weeks for the following two months, and then on a monthly basis. Horton is now on a three-month schedule and will eventually move to a yearly schedule.

Horton has also had to make certain lifestyle changes. He must eliminate as many fats as possible from his diet, reduce his salt intake, and eat fish and poultry rather than red meats.

"You should eat lots of vegetables and fruit, which I never did," he said. "That's hard to get used to. But one barbecue a month is okay, you just don't make a habit of it. It's a common sense diet."

Horton should also take a brisk walk every day, for exercise. He should avoid too much sun because his medication causes a susceptibility to skin cancers. He should also avoid sudden changes of movement because it causes dizziness.

This is due to absence of nerves running through the heart. These are cut during the transplant operation and do not grow back. These are the nerves that warn the heart of impending movement, causing it to speed up. Without the nerves, the heart reacts more slowly and Horton must tailor his movements accordingly.

Horton lists the drawbacks of having a heart transplant as having to take the medication, having to go to the hospital for checkups, having to avoid crowds for fear of infection, and having to avoid getting too much sun. However, as he says, such is a small price for life.

Horton feels privileged to have a new heart.

"I feel very lucky that they're even doing transplants. I feel luckier still that I was one of the few to get one. Only about one out of 10 people that need one, get one."

"I'm not a rich person. There's a lot of people who are rich and important who are not lucky enough to get a new heart. But I've learned that money and prestige don't make any difference."

Because of his family history of heart disease, Horton never expected to reach retirement.

"I figured I would be lucky to even live to be 55," he said.

Horton attends the New Hearts Support Group, which meets every two months. He is editor of the organization's newsletter. The group includes those who have had transplants in Charlotte, those with transplants done elsewhere, but who have moved into this area, those on the waiting lists, and also doctors and transplant coordinators.

"I don't consider it helpful to me," Horton said. "I consider it an obligation to these other people, especially those on the waiting list."

He has another reason for his involvement in the heart-transplant support group: "I think we have an obligation to try to educate people as to being a donor. Being a donor, you're not losing anything during an autopsy, for example, they remove the organs. Seven different organs can be used. The donor of my heart also gave two kidneys. That one donor helped three people to live."

Horton is also anxious to allay fears about the heart transplant operation. Some would-be candidates feel that the surgery is too major to be undertaken. Yet Horton insists that the operation is not very complicated.

The hardest part, he explained, is finding a heart. The blood type and size of the donor heart must match the recipient's. The donor must be brain dead but with the heart still beating, and their family must consent to the donation of the organs. The heart of anyone who used drugs is unsuitable. Otherwise, hearts from donors of anyone up to about age 55 can be used.

As far as the operation itself is concerned, Horton had this observation:

"Heart transplant surgery is simple and fast. It is simpler than a bypass operation which involves microsurgery. The very tip of the donor heart is cut off and the rest of it is sewn onto the very tip of what was the recipient's heart. Recovery is much faster from a transplant than from a bypass. The effect is just immediate."

Attitude is very important to the success of such an operation. Horton was elated to get his new heart and he wasn't afraid of the procedure. Reoma also had a very positive attitude.

"I wasn't scared," she recalled. "Just had confidence in the doctors and in the Lord. I knew everything would be okay."

Horton's experiences have caused him to see things differently.

"Anytime you have a near-fatal experience, it makes you stop and think. When you have gone through the experience three times, you know there's some reason for you being here, it's not just pure chance."

Horton's experiences have reaffirmed his faith. Though he would have considered himself a Christian in the past, he was not committed. Now he is.

"It's different now," he said. "I'm a lot more aware. Your whole life should be based on faith in God."

Horton feels blessed and he is happy to be alive. The heart transplant operation has literally given him a new lease of life.

"I never expected to live to retire," he said. "Now, not only am I alive now, but I have prospects for living a long time. I'm just happy to be here."



Elmer and Reoma Horton dockside at their Honeysuckle Lane home

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Register for Summer Quarter First Session Classes June 3, 1991
9:00 a.m.-1:00 p.m. & 5:00 p.m.-7:00 p.m.
Classes Begin June 4, 1991 - Classes End July 12, 1991.

Register for Summer Quarter Second Session Classes July 11, 1991
9:00 a.m.-1:00 p.m.
Classes Begin July 15, 1991 - Classes End August 20, 1991.

Register for Full Quarter and Vocational Classes June 3, 1991
9:00 a.m.-1:00 p.m. & 5:00 p.m.-7:00 p.m.
Classes Begin June 4, 1991 - Classes End August 20, 1991

DAY FULL-QUARTER CLASSES

Course No. & Title	Cr. Hrs.	Hours	Day	Course No. & Title	Cr. Hrs.	Hours	Day
BASIC LAW ENFORCEMENT TRAINING BLE 101 Basic Law Enforcement Training	24	8:00-6:30 p.m.	MTWTF	ELN 220 Electronic Systems Lecture*** Lab	6	8:00-9:50 a.m. 10:00-11:50 a.m.	TuTh
BIOLOGY BIO 255 Microbiology Lecture Lab	5	11:00-12:30 p.m. 12:30-2:30 p.m.	MTh MTh	ENGLISH ENG 989 Composition Skills ENG 103 Technical Writing ENG 151 English Composition	4 3 3	8:30-9:20 a.m. 8:30-10:40 a.m. 8:30-9:20 a.m.	MTWTF MTWTF MTWTF
ELECTRONICS ELN 122 Electronics II Lecture*** Lab	7	8:00-9:50 a.m. 9:00-11:50 a.m.	MW Fr	NURSING NUR 113 Medical Surgical Nursing III*** NUR 212 Pediatric Nursing*** NUR 231 Obstetrical Nursing***	10 10 10	TBA TBA TBA	TBA TBA TBA

EVENING FULL-QUARTER CLASSES

Course No. & Title	Cr. Hrs.	Hours	Day	Course No. & Title	Cr. Hrs.	Hours	Day
BASIC LAW ENFORCEMENT TRAINING				ENGLISH			
BLE 101 Basic Law Enforcement Training	24	5:30-10:30 p.m.	MTW	ENG 153 English Composition***	3	7:50-9:10 p.m.	MW
				ENG 250 Oral Communication	3	7:50-10:30 p.m.	Tues.
				ENG 265 English Literature***	5	5:30-7:45 p.m.	MW
BIOLOGY				HEALTH			
BIO 255 Microbiology Lecture	5	6:00-7:30 p.m.	MW	HEA 251 First Aid And Safety	3	7:50-10:30 p.m.	Mon.
Lab		7:30-9:30 p.m.	MW				
BUSINESS				HISTORY			
BUS 128 Business Mathematics	4	7:50-10:05 p.m.	TuTh	HIS 151 History-Civilization	5	5:30-7:45 p.m.	TuTh
BUS 134 Principles of Supervision	3	7:50-10:30 p.m.	Thurs.				
BUS 136 Professional Development	3	7:50-10:30 p.m.	Mon.				
BUS 151 Business Law**	3	7:50-10:30 p.m.	Wed.				
BUS 152 Introduction to Business	5	5:30-7:45 p.m.	MW	MATHEMATICS			
BUS 153 Typewriting I	3	5:30-7:45 p.m.	MW	MAT 151 Fundamentals of Mathematics	5	7:50-10:05 p.m.	MW
BUS 154 Typewriting II**	3	5:30-7:45 p.m.	MW	MAT 171 Introductory Statistics I	5	5:30-7:45 p.m.	MW
BUS 200 Accounting on Microcomputers***	4	7:50-10:05 p.m.	MW	MAT 191 Concepts and Techniques of Calculus**	5	7:50-10:05 p.m.	MW
BUS 224 Business Management	5	7:50-10:05 p.m.	MW				
BUS 225 Principles of Marketing	5	7:50-10:05 p.m.	MW				
BUS 228 Consumer Finance	3	6:15-7:35 p.m.	TuTh				
ECONOMICS				PHYSICAL EDUCATION			
ECO 252 Economics**	5	5:30-7:45 p.m.	TuTh	PED 157 Beginning Golf	1	5:30-7:15 p.m.	Mon.
						5:30-7:15 p.m.	Tues.
ELECTRONIC DATA PROCESSING				(Fee - \$20 per student) (Students must supply their own equipment)			
EDP 151 Intro to Data Processing	5	5:30-7:45 p.m.	MW				
EDP 158 Intro to IBM PCs with Basic Programming	4	5:30-7:45 p.m.	TuTh	PSYCHOLOGY			
EDP 161 Word Processing on the PC	3	7:50-9:10 p.m.	TuTh	PSY 151 Introduction to Psychology	5	7:50-10:05 p.m.	TuTh
				PSY 264 Abnormal Psychology	5	7:50-10:05 p.m.	MW
ELECTRONICS				SOCIOLOGY			
ELN 246 Electronics Design Project	3	7:00-7:50 p.m.	Tues.	SOC 151 Introduction to Sociology	5	5:30-7:45 p.m.	TuTh
Lab		8:00-9:20 p.m.	Tues.				
		7:00-9:20 p.m.	TuTh				

DAY FIRST SESSION CLASSES

Course No. & Title	Cr. Hrs.	Hours	Day	Course No. & Title	Cr. Hrs.	Hours	Day
BIOLOGY				HEALTH			
BIO 151 Gen. Biology Lecture	4	8:30-9:30 a.m.	MTWTF	HEA 252 Personal Health	3	9:50-10:50 a.m.	MTWTF
Lab		12:00-3:00 p.m.	TuTh				
BIO 152 Gen. Biology Lecture***	4	9:50-10:50 a.m.	MTWTF	HISTORY			
Lab		12:00-3:00 p.m.	MW	HIS 151 History-Civilization	5	8:00-9:40 a.m.	MTWTF
BUSINESS EDUCATION				HIS 181 N.C. History	5	9:50-11:30 a.m.	MTWTF
BUS 128 Business Mathematics	4	9:50-11:30 a.m.	MTWTF	HIS 251 U.S. History	5	8:00-9:40 a.m.	MTWTF
BUS 136 Professional Development	3	11:40-12:40 p.m.	MTWTF	MATHEMATICS			
BUS 150 Business Law	3	9:50-10:50 a.m.	MTWTF	MAT 151 Fundamentals of Mathematics	5	11:40-12:30 p.m.	MTWTF
BUS 152 Introduction to Business	5	11:40-12:30 p.m.	MTWTF	MAT 161 College Algebra	5	9:50-11:30 a.m.	MTWTF
BUS 153 Typewriting I***	3	8:00-9:40 a.m.	MTWTF	MAT 171 Introductory Statistics	5	11:40-12:30 p.m.	MTWTF
BUS 154 Typewriting II***	3	8:00-9:40 a.m.	MTWTF	MAT 191 Concepts and Techniques of Calculus	5	9:50-11:30 a.m.	MTWTF
BUS 161 Accounting Principles	4	8:00-9:40 a.m.	MTWTF				
ECONOMICS				PHYSICAL EDUCATION			
ECO 251 Economics	5	8:00-9:40 a.m.	MTWTF	PED 153 Conditioning	1	11:40-12:30 p.m.	MTWTF
ELECTRONIC DATA PROCESSING				PED 157 Beginning Golf	1	3:30-4:45 p.m.	TuTh
EDP 150 IBM PC DOS	1	1:30-3:30 p.m.	MW	(Fee - \$20 per student)			
EDP 151 Keyboarding on the IBM PC	1	1:30-3:30 p.m.	MW	(Students must furnish own equipment)			
EDP 158 Intro. to IBM PCs with Basic	1	1:30-3:30 p.m.	MW	PED 160 Beginning Tennis	1	8:00-9:40 a.m.	MTWTF
Registration for both EDP 150 and EDP 151 must be completed during regular registration hours on June 3, or during the late registration hours on June 4-6.				PED 162 Weight Training	1	8:00-9:40 a.m.	TuTh
EDP 151 Introduction to Data Processing	5	8:00-9:40 a.m.	MTWTF	PED 163 Recreational	1	11:40-12:30 p.m.	MTWTF
EDP 158 Intro. to IBM PCs with Basic Programming	4	9:50-11:30 a.m.	MTWTF	(Fee - \$20 per student)		1:00-1:50 p.m.	MTWTF
EDP 161 Word Processing on the PC	3	11:40-12:40 p.m.	MTWTF	READING			
ENGLISH				ROD 90 Developmental Reading	4	11:40-12:30 p.m.	MW
ENG 101 Grammar	3	9:50-11:30 a.m.	MTWTF	SOCIOLOGY			
ENG 102 English Composition I***	3	11:40-12:40 p.m.	MTWTF	SOC 151 Introduction to Sociology	5	8:00-11:30 a.m.	MTWTF
ENG 103 English Composition II***	3	9:50-10:50 a.m.	MTWTF	SOC 271 Social Problems	4	11:40-12:40 p.m.	MTWTF
ENG 151 English Composition I***	3	8:00-9:40 a.m.	MTWTF				
ENG 250 Oral Communication	3	8:00-9:40 a.m.	MTWTF				
ENG 265 English Literature***	3	8:00-9:40 a.m.	MTWTF				

SECOND SESSION CLASSES

Course No. & Title	Cr. Hrs.	Hours	Day	Course No. & Title	Cr. Hrs.	Hours	Day
BIOLOGY				ENGLISH			
BIO 153 Gen. Biology Lecture*** Lab	4	8:30-9:30 a.m. 12:00-3:00 p.m.	MTWTF TuTh	ENG 102 English Composition***	3	11:40-12:40 p.m.	MTW
				ENG 152 English Composition***	3	9:50-10:50 a.m.	MTW
				ENG 153 English Composition***	3	8:30-9:30 a.m.	MTW
				ENG 265 English Literature***	5	9:50-11:30 a.m.	MTW
BUSINESS EDUCATION				HEALTH			
BUS 151 Business Law***	3	9:50-10:50 a.m.	MTWTF	HEA 251 First Aid And Safety	3	9:50-10:50 a.m.	MTW
BUS 154 Typewriting I***	3	8:00-9:40 a.m.	MTWTF				
BUS 155 Typewriting II***	3	8:00-9:40 a.m.	MTWTF				
BUS 162 Accounting Principles***	4	8:00-9:40 a.m.	MTWTF				
BUS 163 Accounting Principles***	4	9:50-11:30 a.m.	MTWTF				
BUS 200 Accounting on Microcomputers***	4	11:40-12:00 p.m.	MTWTF				
ECONOMICS				MATHEMATICS			
ECO 252 Economics***	5	8:00-9:40 a.m.	MTWTF	MAT 096 Developmental Mathematics	4	9:50-11:30 a.m.	MTW
				MAT 151 Fundamentals of Mathematics	5	8:00-9:40 a.m.	MTW
				MAT 162 Trigonometry	5	9:50-11:30 a.m.	MTW
ELECTRONIC DATA PROCESSING				PHYSICAL EDUCATION			
EDP 150 IBM PC DOS	1	1:30-3:30 p.m.	MW	PED 155 Conditioning	1	11:40-12:30 p.m.	MTW
Class to meet the week of July 15-19				PED 160 Beginning Tennis	1	8:00-9:40 a.m.	MTW
EDP 151 Keyboarding on the IBM PC	1	1:30-3:30 p.m.	MW	PED 162 Weight Training	1	11:40-12:30 p.m.	MTW
Keyboarding on the IBM PC				PED 175 Intermediate Tennis	1	8:30-9:40 a.m.	TuTh
Class to meet the week of July 22-26.							
Registration for both EDP 150 and EDP 151 <u>must be completed</u> during regular registration hours on July 11, or during the late registration hours on July 15.				POLITICAL SCIENCE			
				POL 251 American National Government	5	9:50-11:30 a.m.	MTW
EDP 161 Word Processing on the PC	3	8:30-9:30 a.m.	MTWTF				
EDP 162 Spreadsheet Processing on the PC	3	11:40-12:30 p.m.	MTWTF	SOCIOLOGY			
EDP 163 Database Processing on the PC	3	9:50-10:50 a.m.	MTWTF	SOC 261 Marriage and the Family	5	9:50-11:30 a.m.	MTW
				SOC 272 Social Problems	3	11:40-12:40 p.m.	MTW

MOORESVILLE CENTER CLASSES

Course No. & Title	Cr. Hrs.	Hours	Day	Course No. & Title	Cr. Hrs.	Hours	Day
ELECTRONIC DATA PROCESSING				EDP 131 Keyboarding on the IBM PC	1	5:30-7:05 p.m.	M
EDP 130 IBM PC DOS	1	5:30-7:05 p.m.	MW	(Class to meet July 15, 17, 22, 24, 29, 31)			
(Class to meet June 5, 10, 12, 17, 19, 24)				EDP 162 Spreadsheet Processing on the PC	3	8:40-10:00 p.m.	M
				EDP 163 Database Processing on the PC	3	7:10-8:30 p.m.	M