

# Spring CareDx<sup>®</sup> Patient Newsletter

## 2016 Issue

### *Greetings from CareDx!*

I am pleased to report CareDx provided over 13,000 AlloMap<sup>®</sup> tests in 2015. We are not alone in our commitment to transplant patients. Earlier this year the United Network for Organ Sharing (UNOS) reported a record number of organ transplants in 2015 — reaching over 30,000 for the first time. This represents a 5% increase in the past 2 years and a growing commitment from the American public to increase organ donation.

We hear from patients across the US that having a supportive community is critical for post transplant care. This support comes in many shapes including patient support groups, online communities, and directly from caregivers. We are working to bring individuals in the transplant community together to share best practices and learn from one another. You will see some changes to our online presence in social media and CareDx websites. As we make these changes — any and all feedback is welcome!

We are looking forward to the exciting year ahead — which will include the Transplant Games, educational conferences, and workshops across the US. Your continued support and interest in CareDx means a great deal to all of us.

Patients remain at the forefront of our commitment to non-invasive surveillance of transplant recipients. Your continued support and interest in CareDx means a great deal to all of us.

Wishing you all a continued happy and healthy 2016.

Peter Maag, PhD  
*CEO, CareDx*





## What's new at CareDx

### ***AlloMap Now Available in Europe***

As a company we are dedicated to improving the lives of organ transplant patients regardless of geography. The AlloMap test is currently used in over 110 heart transplant programs in North America, and we receive samples from multiple countries for clinical studies. As of this year the AlloMap test will be available to heart transplant patients through a lab based in Europe.

On January 4th, CareDx and our European commercial partner, Diaxonhit, announced that the AlloMap test has been successfully transferred into the Strasbourg University Hospital Central Immunology Laboratory (HUS). A multi-step validation process was conducted to demonstrate that the AlloMap test results released from the HUS laboratory were equivalent to the AlloMap test results generated by our laboratory based in the US.

With the completion and validation of this technology transfer, patient samples can now be tested directly in Europe. This should accelerate the time it takes for patients living in Europe to receive their AlloMap test results. The CEO at HUS, Mr. Christophe Gautier, stated: *"We are extremely pleased that our hospital in Strasbourg has become the single testing location for the AlloMap test in Europe."*

Our President and CEO, Peter Maag, added: *"The technology transfer of AlloMap demonstrates that CareDx is committed to providing the AlloMap test to heart transplant patients regardless of location. This unique partnership with both a prestigious university based laboratory (HUS) and a strong commercial organization (Diaxonhit) will increase the availability of the AlloMap test for transplant patients in Europe."*



## Patient Spotlight

### ***Mr. Jim Bullard***

For this edition of AlloSpeak! we are excited to feature Mr. Jim Bullard of Piscataway, NJ:

For eighteen years Jim suffered from Cardiomyopathy, a condition that weakens the heart and its ability to effectively pump blood. This condition can develop into a life-threatening form of heart failure. Jim was cared for by physicians at the Robert Wood Johnson University Hospital in Somerset, NJ. Jim was on the latest medications and also had a defibrillator implanted to keep his heart going. Jim's condition reached a point where his ejection fraction, how well his heart pumps with each beat, became less than fifteen percent. This means that his heart beat was only fifteen percent effective in pumping blood.

*"As I reflect back on my situation, climbing stairs was out of the question. I had to carry my laptop around on a roller cart. Walking for more than a city block was impossible without being out of breath. Sleeping in a chair at night was the most comfortable position for me because my condition would not allow me to lie down. I spent many nights sitting at my computer reading the news."*

On June 28, 2006, Jim received his heart transplant from Hahnemann University Hospital in Philadelphia, PA at the age of sixty-four.

In the first six months after his transplant, there were certain tasks he could not do alone. His wife and caregiver, Lois, had to assume full responsibility for his care, including getting him to and from all appointments, monitoring his medications, and assisting with the emotional and physical aspects of his new life. Jim received AlloMap testing during his early months post transplant, and the AlloMap test is still part of his medical care almost ten years post transplant.

Jim is now in very good health and enjoying retirement. Physical well-being is high on his priority list. He continues to visit the Robert Wood Johnson Somerset Wellness Center and meets with his medical support team on a regular basis. This team includes his Heart Transplant team, Nephrologists, Cardiologists, Urologists, Dermatologist and Dentists.

*"I firmly believe that the transplant team can only give you the heart. You, as a heart transplant recipient, have to assume certain lifelong responsibilities."*

Since his transplant, Jim has been very active in giving back to the transplant community. He is the President of the Second Chance Hahnemann/Drexel University Chapter and the Chair of the Second Chance Heart Transplant Support Group, Second Chance for short.

Second Chance is a local heart transplant support group with over 800 members from the Philadelphia area, Delaware, Southern New Jersey, and Eastern Pennsylvania. Second Chance raises funds to provide financial assistance to heart-transplant patients for any transplant-related need. Second Chance also provides public information and education on matters relating to organ transplantation and donation. To date, Second Chance has given out over \$670,000 in patient grants.

Jim is also passionate about volunteering to support the youth and elderly in his community. He is the Assistant Babe Ruth Baseball NNJ State Commissioner and the Piscataway Babe Ruth Chair. He volunteers his time on the Middlesex County Aging Council, the Piscataway Township Senior Commission, and the Cultural Arts Commission. He is also the Ward 2 Piscataway Township Councilman.

Do you know someone who would like to share their story? If so, we want to hear from you! If you are interested in sharing your transplant story with us, or would just like more information about our upcoming events, please email us at [info@caredx.com](mailto:info@caredx.com).





## Heart Healthy Recipe

### *Salmon with Lentils*

This edition's heart-healthy recipe courtesy of [Food Network Kitchen](#). Get more great recipes [here!](#)

#### Ingredients:

- 1/4 cup extra-virgin olive oil, plus more for drizzling
- 2 leeks, white and light-green parts only, halved lengthwise and chopped
- 2 carrots, diced
- 3 cloves garlic, chopped
- 1 tablespoon tomato paste
- 1 cinnamon stick
- 1/2 pound (1 1/4 cups) French brown or green lentils
- 1 bunch Swiss chard
- 3 6-ounce center-cut skinless salmon fillets
- Kosher salt and freshly ground pepper
- 1 tablespoon honey
- Juice of 1 lemon

#### Directions:

Heat 1/4 cup olive oil in a skillet over medium heat. Add the leeks and carrots and cook until tender, 5 minutes. Add the garlic and tomato paste and cook 1 minute. Increase the heat to high; add 4 cups water, the cinnamon stick and lentils. Bring to a boil, then reduce the heat to medium-high, cover and simmer until tender, 20 minutes.

Meanwhile, remove the Swiss chard stems; reserve 3 leaves and chop the rest. Place the whole leaves over the lentils, cover and wilt, 1 minute. Remove the chard and cover the lentils. Season the salmon with salt and pepper and wrap a wilted chard leaf around each fillet.

Reserve about 1 cup lentils for Warm Beet and Lentil Salad. Stir the honey and lemon juice into the remaining lentils and season with salt and pepper. Stir in the chopped chard. Place the wrapped salmon on top of the lentils, drizzle with olive oil and season with salt and pepper. Cover and cook over medium-high heat until the fish is just cooked through, 6 minutes.

Remove the salmon and cut into pieces. (If the lentils are dry, add a splash of water.) Divide lentils among bowls and top with salmon.



## Organization Spotlight

### *The MerleJam Benefit Concert*

Each May, MerleJam — founded and hosted by Merle Zuel, who is a heart transplant patient himself and a tireless advocate for organ donation — takes place in Kansas City. Merle spoke with CareDx about this annual event.

**CareDx:** Thanks for taking the time to speak with us today, Merle. Let's start at the beginning, what exactly is MerleJam?

**Merle Zuel:** Thanks for having me. MerleJam is a benefit concert and organ donation awareness campaign primarily focusing on the Kansas City metro market. We have raised over \$100,000 to date for the MerleJam Transplant Fund. These funds are used to assist heart transplant patients or candidates with uncovered medical expenses. Our website, [www.merlejam.com](http://www.merlejam.com) has even more information. Last year's event was a huge success with hundreds of local residents coming out to enjoy live music and to show their support for heart transplant patients in the community.



**CDNA:** What was the inspiration to start this annual concert?

**MZ:** The inspiration for the concert came in 2006 while I was waiting for my own heart transplant. I saw other patients who were struggling with the emotional and financial magnitude of needing a new heart. I decided to plan the event and did much of the networking from my hospital bed.

**CDNA:** Can you tell us a bit about your transplant story?

**MZ:** I was diagnosed with a defective aortic valve at the age of 10 and ended up with congestive heart failure (CHF) at age 34. Before I received my new heart, I was given a defibrillator, which saved my life on several occasions. Eventually, I had surgery to get a mechanical aortic valve. At 10%, my ejection fraction, how well your heart pumps blood with each beat, was way below the normal level of 55–70%. I was placed on the transplant list on December 18<sup>th</sup>, 2006 and was given a second chance by my donor family 67 days later on February 23.

**CDNA:** You said you did much of the networking for the event from your hospital bed. How did MerleJam really get kicked-off?

**MZ:** While I was sick, I worked part time at a music venue in Kansas City. My boss and I kicked around the idea for the concert and finally decided to go ahead with it in 2007, just ten weeks after my transplant. I settled on the name MerleJam because it was easy to remember and tied me to the event. The community has embraced MerleJam and it is now an annual celebration of life with recipients, donor families, and healthcare professionals all coming together to help showcase the success of transplantation.

**CDNA:** What is your hope for the future of MerleJam?

**MZ:** My hope is to continue with the event here locally and expand outreach efforts nationally. The concert and awareness type of campaign could be recreated in other markets and tied to local transplant support groups.

**If you or someone you know is hosting an upcoming event or initiative benefitting transplant patients and would be interested in support from CareDx, please contact us at [info@caredx.com](mailto:info@ caredx.com).**



## Meet the Team

### **Tricia Fine**

**Assoc. Director, Customer Care**

Each month we are fortunate enough to have patients come to our office in Brisbane, CA and share their transplant story with us. Now it is our turn to introduce ourselves to you. For this edition, it is a pleasure to introduce you to Tricia Fine.

#### **How long have you been working at CareDx?**

I have been working for CareDx for 11 years! The time has just flown by.

#### **What are the main responsibilities of you and your team?**

My main responsibility is to develop and support the Customer Care team to provide world class customer service to all of our customers.

The Customer Care team is the first point of contact for all AlloMap samples. From the moment the samples arrive at the lab via FedEx, we are the ones ensuring they are processed and that the results are reported out. We are with each sample every step of the way.

Not only do we process patient samples, we also follow up with customers on sample information requests, work with the Web Portal team, manage supply requests, update customers on changes (such as the change in ICD – 10 codes) and make sure that our in-house customer data is up to date and accurate for the company.



My team is absolutely meticulous on records, data, and information — we have to be that way! At the same time our goal is to provide the best customer care possible.

#### **What is your favorite part about working for CareDx?**

Customer Care is truly a dynamic environment with a lot happening on a daily basis. There is never a dull moment! My favorite part is being able to interact with and help our customers, whether they are patients, healthcare providers, or vendors. It is all part of our commitment to patient care.

#### **What do you like to do for fun?**

I love to travel with my family. Our favorite spot is Isla Mujeres in Mexico. I also love to read books, go to the movies, and go to the beach. In my opinion, there is nothing more refreshing than waking up in a beach setting!



## Stay Connected

We encourage you to stay connected with our community and spread awareness and educate others who may be experiencing something similar.

- Check out and like our new CareDx on [Facebook](#)
- Hear stories from patients and caregivers who have been impacted by AlloMap on [YouTube](#)
- Check out our redesigned website at [www.allomap.com](http://www.allomap.com)
- Follow our Patient Newsletters to learn about transplant updates and profiles throughout the year

We look forward to staying connected with you!

Sincerely,

*CareDx and the AlloMap Team*



## More About AlloMap<sup>®</sup>

AlloMap is a non-invasive diagnostic test that helps to assess the risk of organ rejection. It measures the expression levels of specific genes found in your blood. The combined level of expression of these genes, represented as an AlloMap test score, can help provide your doctor with additional information regarding your body's response to your transplanted heart.

When used together with standard clinical assessment, AlloMap can help inform your doctor whether you are at low probability of rejecting your heart at the time your blood was drawn.

To find a transplant center and a draw site near you, [click here](#).

For additional information, or to contact us about service-related questions, please visit us online at [www.allomap.com](http://www.allomap.com) or call at 1-888-255-6627. You can also download the AlloMap brochure [here](#).

We hope you enjoy receiving communications and updates from the AlloMap family. If you no longer wish to receive e-mail messages from us, you can [unsubscribe](#) at any time.

