

Sempé.

Welcome to the He♥rt Museum !

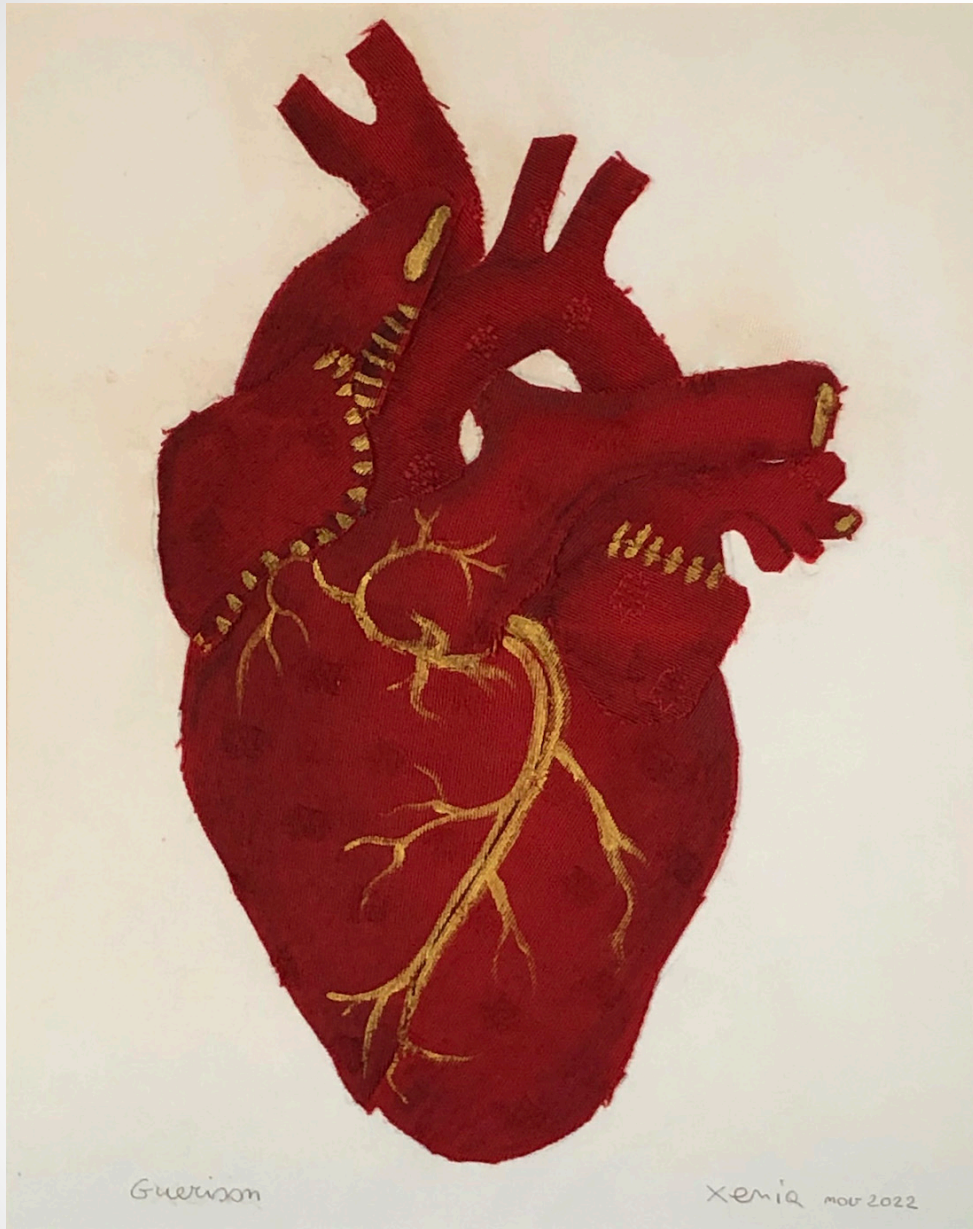
The importance of Art and Museotherapy
as an antidote to disease and ageing

Xenia Thévoz

Patient Partnership Ambassador & Artist



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My experience...

Four years ago, in March 2020, I had a heart attack.

It was like a thunderclap in a blue sky.

No cholesterol, no high blood pressure. But a lot of sadness, **which is known as a source of stress.** And stress can have serious **consequences** on our cardiovascular health.



Rebirth

After an intense and
dynamic cardiac
rehabilitation,
5 days a week
during 6 weeks,

I felt as newborn !

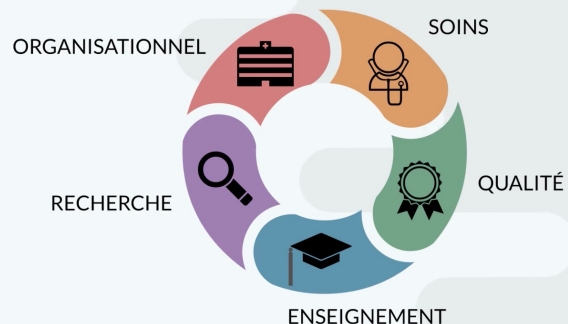
I received so much from the medical staff and physiotherapists that I wanted to give back. End 2020, I started my first steps as a patient as partner.

A «patient as partner» is a patient who, through his experience of illness, acts as a link between other patients, who have their «experience» and the medical staff, who has the «knowledge»

We are asked to act in different areas, according to our interests, abilities and languages :

Organizational, Care, Quality, Teaching, Research.

Acteurs & domaines du partenariat



Since 2016,
600 patients have
been recruited and/or
have participated in
thematic meetings.
± 60 active PP
9 PP Ambassador



Site web patients partenaires :
<https://www.hug.ch/patients-partenaires>

PROGRAMME
Patients
Partenaires **+3P** Proches
Professionnels
Public

Example of Assistive technology



The free Concerto application for the patients of Geneva University Hospitals

It offers :

- The possibility for the patient to be an actor in his hospitalization
- To have access to targeted and personalized information
- A tool to promote communication with caregivers
- A therapeutic education support
- The possibility for the patient to choose their meals

The features available are as follows :

- Consult the care diary and past or future appointments.
- Choose your menu from the dishes offered
- Know each member of the medical-care team.
- Write down the questions you want to ask the doctors and caregivers.
- Explore the human body & search for medical information in images and videos
- Discover the projects supported by the HUG Private Foundation
- Join the Patient Partners project
- Find practical information related to hospitalization.
- Report side effects of drug treatments

WHAT A HEART ATTACK FEELS LIKE TO A WOMAN.



UPPER BODY PAIN



NAUSEA



CHEST PAIN
DISCOMFORT
OR SQUEEZING
LIKE THERE IS
A TON OF
WEIGHT ON YOU



SHORTNESS
OF BREATH



BREAKING OUT IN
A COLD SWEAT



LIGHT HEADEDNESS
OR DIZZINESS



UNUSUAL
FATIGUE

Did you know that heart attacks are the leading cause of death in women, ahead of cancer ?

Going to cardiac rehabilitation can also be a problem if the woman is essential at home.

«**More than 80% of women are more concerned about the health of their loved ones than theirs**» says Dr Claire Mounier-Vehier, french cardiologist.

Today I notice some progress, because it seems to be in tune with the times.

It is also one of my great motivations to talk about prevention. **Because symptoms are often different in men and women.**

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

By American Heart Association News

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.

MEN

Nausea or
vomiting



Jaw, neck
or back pain



Squeezing chest
pressure or pain



Shortness
of breath



WOMEN



Nausea or
vomiting



Jaw, neck or
upper back pain



Chest pain,
but not always



Pain or pressure in
the lower chest
or upper abdomen



Shortness
of breath



Fainting



Indigestion



Extreme fatigue



Source: American Heart Association's journal, Circulation
© 2019 American Heart Association, Inc.

The He♥rt Museum

«Swiss Medical Journal» May 25, 2022

A He(art) museum for an existential rebirth after a myocardial infarction

Rebuilding one's life after a myocardial infarction requires mobilizing each and every resource available during a difficult period. Medical treatments, physical training and patient education (PE) help to initiate this process.

Associating healthcare with art and culture is known to favour an existential « rebirth » and positive biological effects. Since 2019, we propose an initiation to museotherapy (museum in health) to patients in our cardiac rehabilitation program. This article summarizes the evidence about museotherapy benefits in cardiovascular diseases and describes the experience gathered by the cardiology service of the HUG since museotherapy was initiated in 2019.

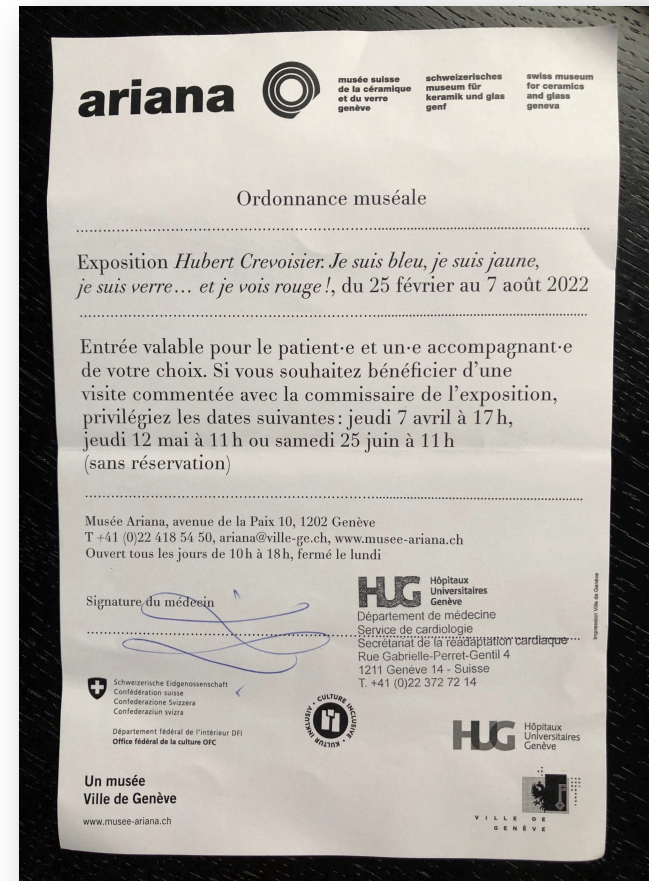
- Partnership with museums
- The pleasure of discovering a museum, outside opening hours
- Workshops at the end of the visit



Symposium «Art and health : a winning duo?»

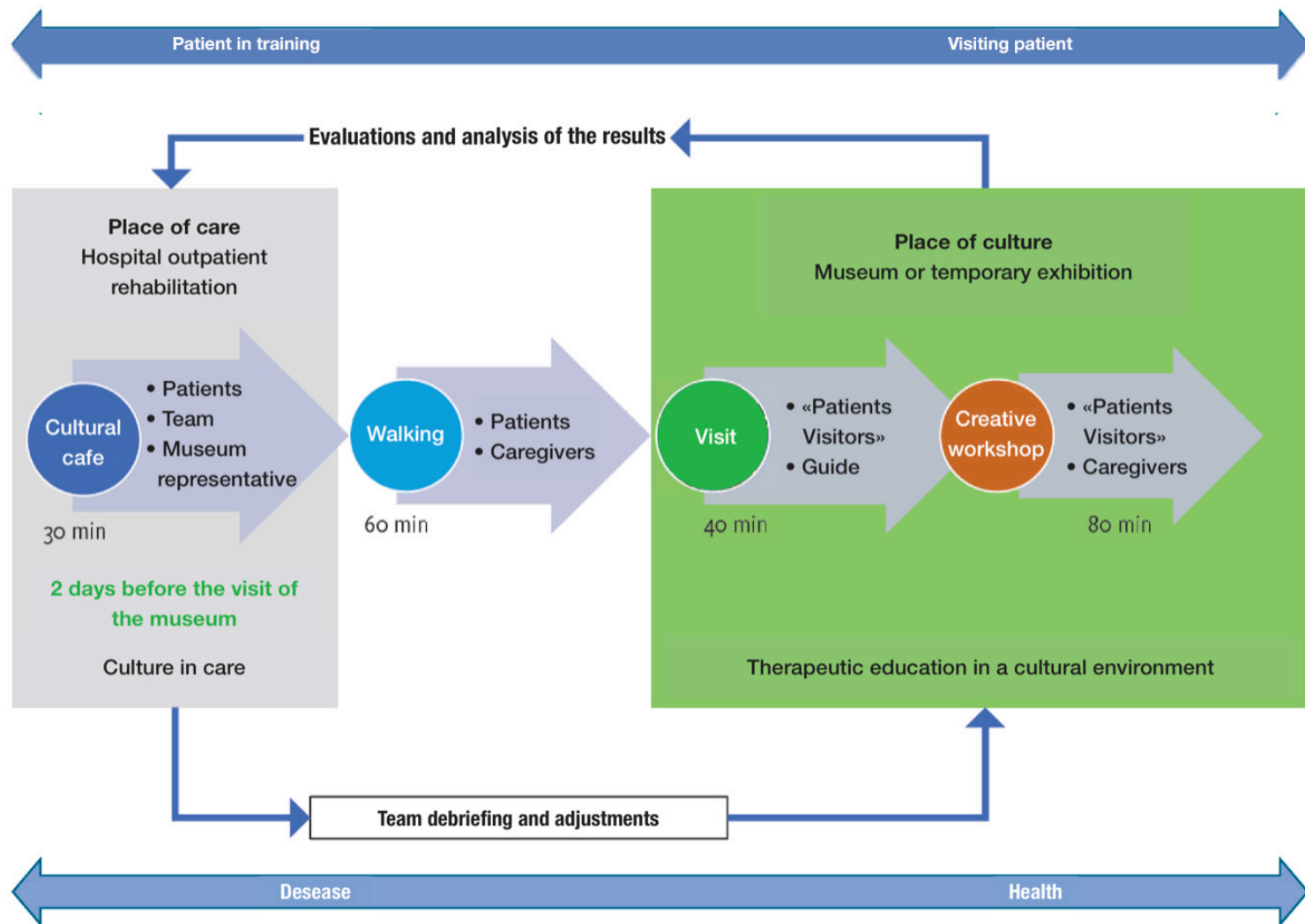


Art on prescription



I agree that «arts on prescription» should not replace traditional healthcare, but it works alongside very well.

Typical course of the pilot museum program



Repair resonates with rehabilitation patients



Photo by Xenia at the MEG, Musée d'Ethnographie de Genève •
<https://www.meg.ch/en>



«Love in Bloom» Kintsugi created
by designer Marcantonio and
produced by Seletti

Kintsugi is the art of subliming scars with gold

Cherish your wounds, they show you the path you have been through...

Céline Santini, «Kintsugi, The Art of Resilience»

Art contributes also to Metamorphosis

We received **testimonies** from patients who underwent real metamorphosis.

Their heart disease and rehabilitation have changed them profoundly.

«It's a return to life»

«We let ourselves go in wonder»

«This program makes me feel alive again»

«I felt as newborn»

«It is part of recovery and helps to reintegrate into normal life»

During a museum visit, both the speakers, the patients, the caregivers and also the museum staff, appreciate this artistic journey, and participate in their own transformation.

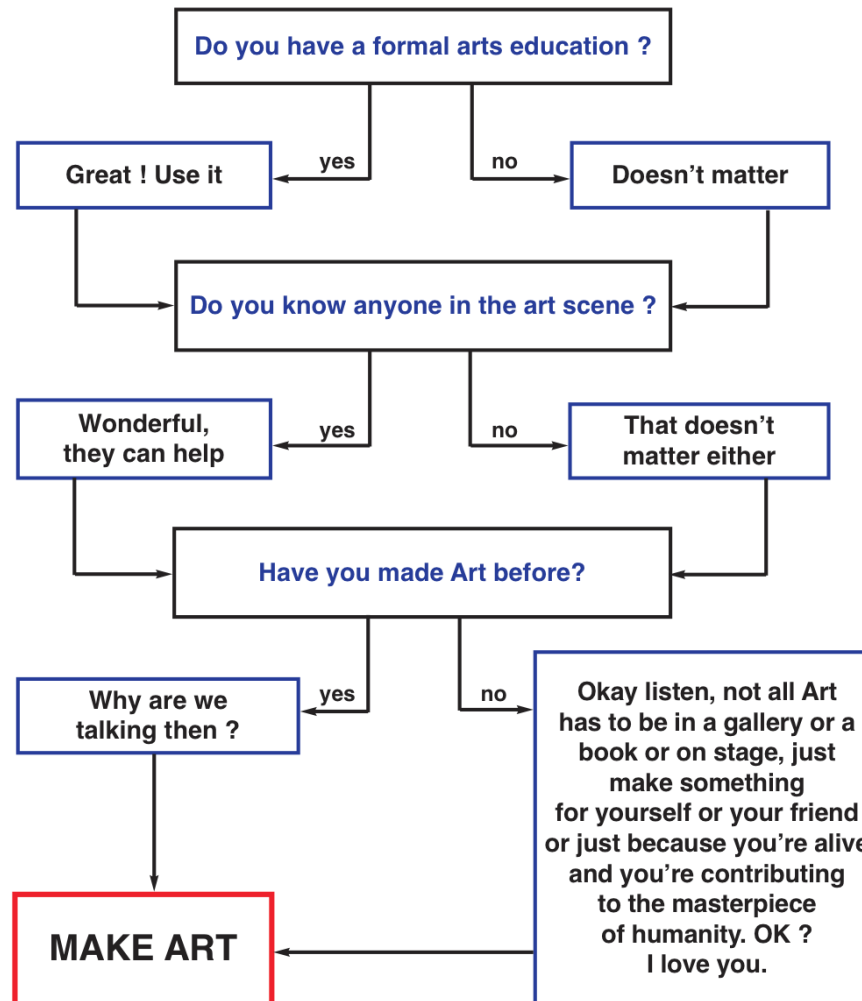
Giving is also receiving...



Source SHINNOBU The Enigma

Can I make Art ?

by John Osebold



Becoming an active spectator



Source :
https://izismile.com/2022/02/12/kids_and_their_weird_adventures_35_pics.html

We do not see the same things...

Images that connect to emotions and sensations connect to our deeper selves...

Why not invite patients to discover a museum or an exhibition as an **active spectator** ?

They will be able to **identify** or question themselves (aesthetic empathy), **exchange** with other participants.
Or take the time to make one or more **sketches**.
This is the purpose of my project «**Croq'Musée**».
The benefits are many.

Focusing, concentrating on an object, a sculpture, etc., is already a **timeless contemplation** and a **moment of well-being**.
The object can be a mirror for a **better understanding of our emotions**.

Taking the sketch home is also a way to **remember** that moment and **share** it with family and friends.

**Before a child speaks, it sings.
Before they write, they paint.
As soon as they stand, they dance.
Art is the basis of human expression**

Phylicia Rashad

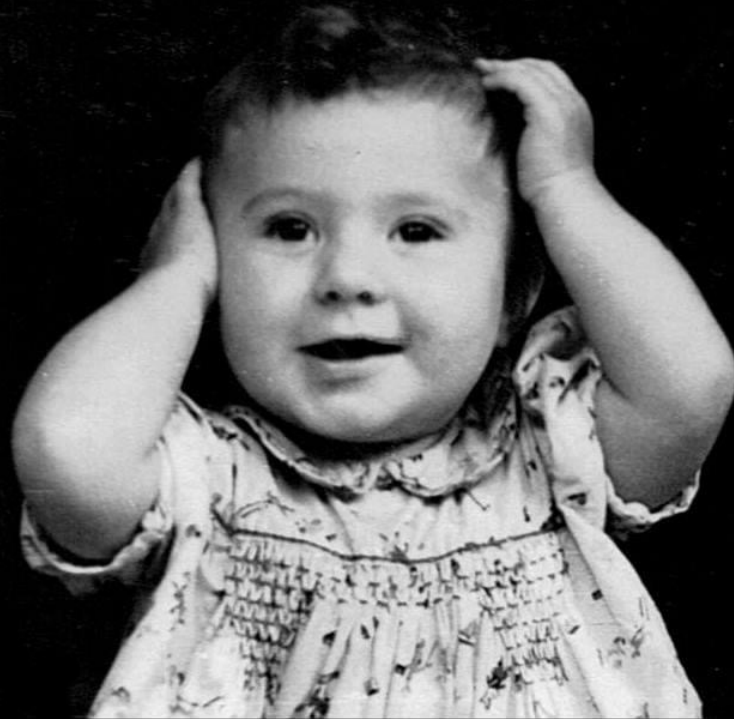


Photo Xenia Thévoz

Layers of Memory



We can make art for pleasure, to express ourselves, **but also for therapeutic purposes.**

A few years ago, we lost our daughter in law. At the age of 37, she had very aggressive breastcancer and died two years later. We were devastated. Our son, our two little granddaughters and the whole family.

Healing Stitches



Later, my son gave me some canvases where she had already started sketching orchids. To soothe my pain and also pay homage to her, I painted these «Layers of Memory» and «Healing Stitches» over it.

Through this, peace entered my heart. I did not forget her, but felt great serenity.



Your Brain on Art

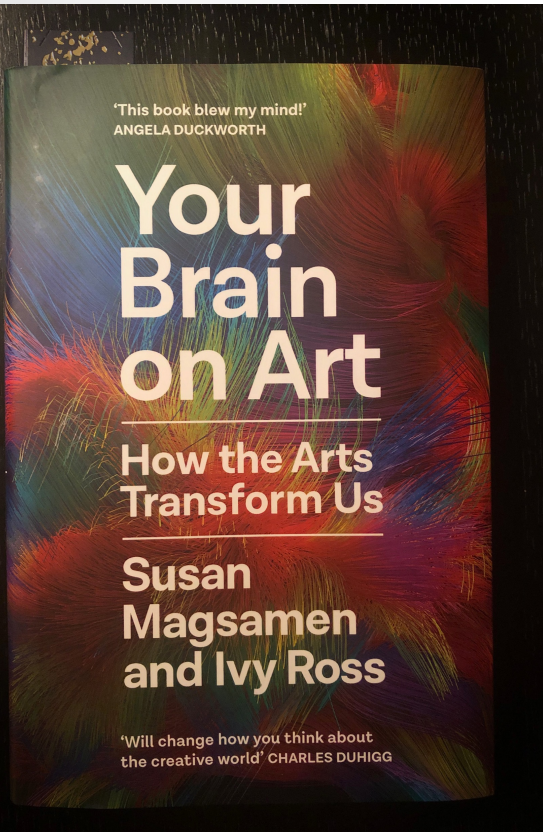
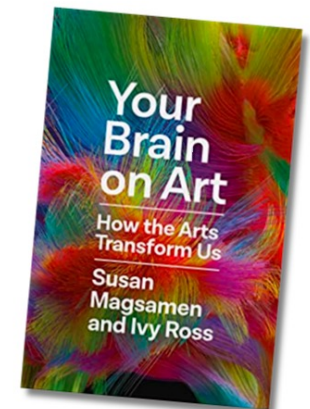


Susan Magsamen is the founder and executive director of the International Arts + Mind Lab Center for Applied Neuroaesthetics (IAM Lab) which is part of the Pedersen Brain Science Institute of the Johns Hopkins University School of Medicine where she is a faculty member in the Department of Neurology. At the intersection of science and the arts, for more than 40 years, her work incorporates academic research and other ways of knowing to inform the design and implementation of arts-based programs and products to improve health, well-being, and learning. She is also co-director of the Neuroarts Blueprint: Advancing

Advancing the Science of Arts, Health and Well-Being, a collaboration between the Johns Hopkins International Arts + Mind Lab and the Aspen Institute's Health, Medicine and Society Program.

Ivy Ross is the vice president of hardware design at Google. Ivy and her team created the design language for the Google hardware products that launched in 2017, winning over 240 design awards over the last three years. Business Insider recently named her one of the 15 Most Powerful Women at Google.

Many of us think of the arts as entertainment--a luxury of some kind. In *Your Brain on Art*, authors Susan Magsamen and Ivy Ross show how activities from painting and dancing to expressive writing, architecture, and more are essential to our lives. This book is a portal into this new understanding about how the arts and aesthetics can help us transform traditional medicine, build healthier communities, and mend an aching planet.



Neuroaesthetics

Neuroaesthetics is a new and rapidly expanding field of research
that is aimed at the intersection of :

• **psychological aesthetics** • **biological mechanisms** • **human evolution.**

**«Neuroaesthetics now demonstrate the direct impact of visual arts, architecture,
design, digital media and music on the human brain, biology and behavior»**

Susan Magsamen • Cerebrum • July 2019

And, I would say, not only on humans but on all living beings.

«What are the neurological effects of being creative?»

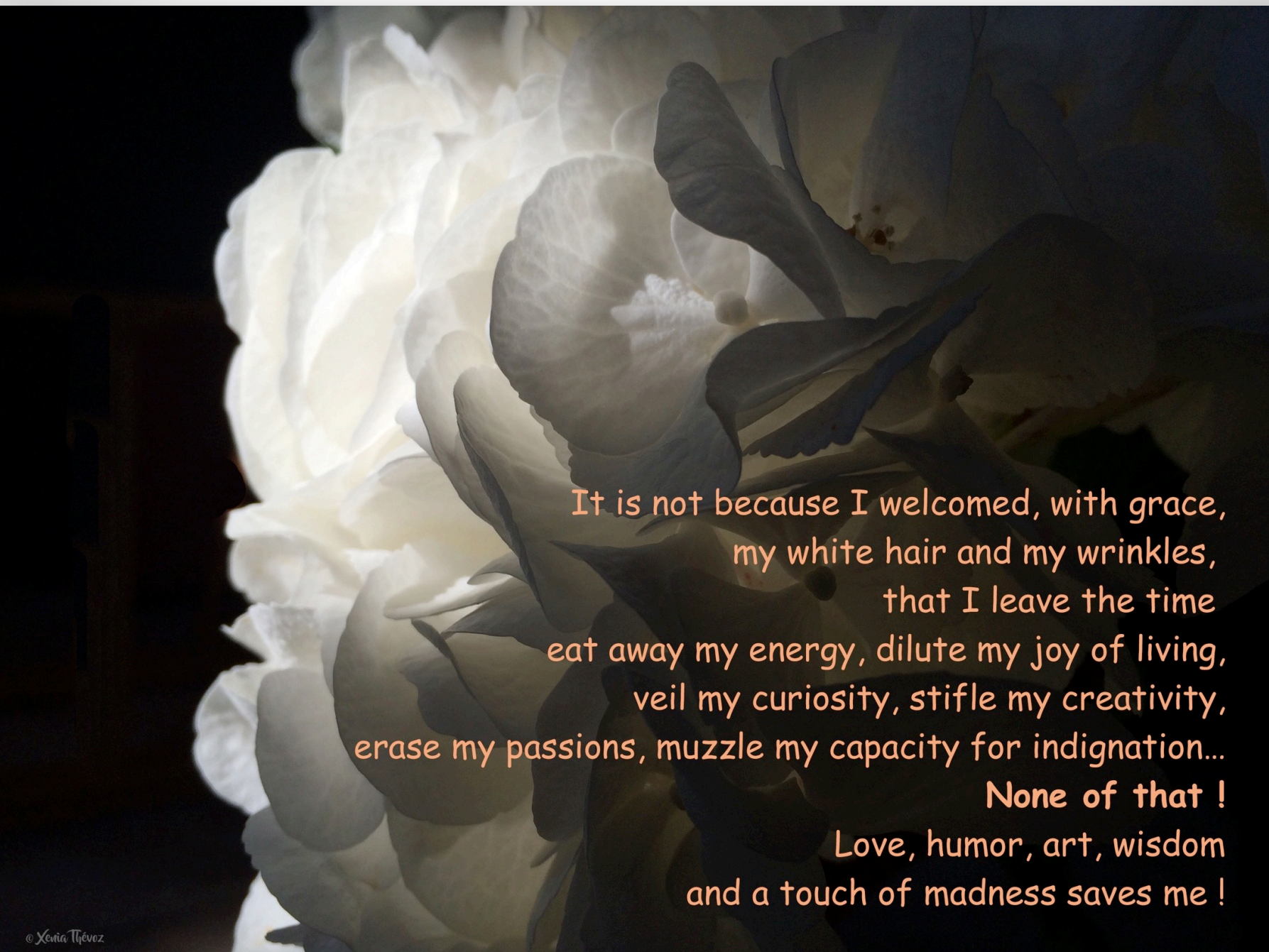
Produces positive brain chemistry like Serotonin, Endorphins, Dopamine, and Norepinephrine.

Your brain stem can actually get thicker.

Your awareness of your surroundings can get sharper. Your memory can improve»

«Drawing is also an act of meditation and promotes mindfulness»

**In fact, neuroscience says we tend to be at our most creative
when we're not trying to do anything at all**



It is not because I welcomed, with grace,
my white hair and my wrinkles,
that I leave the time
eat away my energy, dilute my joy of living,
veil my curiosity, stifle my creativity,
erase my passions, muzzle my capacity for indignation...

None of that !

Love, humor, art, wisdom
and a touch of madness saves me !



*You should listen
to the child you were*

© Xenia Thévoz

Quoi que tu fasses, écoute ton cœur

Wat je ook doet, luister naar je hart

Was du auch machst, höre dein Herz

Whatever you do, listen to your heart

En todo lo que haces, escucha tu corazón



Xenia Thévoz

As a Patient as Partner, I will continue,
as long as I can, to help the patients I
meet. If they want.

For them to be confident.
So that they continue or become
motivated by art, daily creativity, passion
for life, curiosity, wonderment and love.

To give them the attention they need. To
help increase their quality of life.

From you all, I receive as much as I give,
and even more. Thank you.

« **Beauty is (almost) everywhere** »



Art is Life

Life is Art

Never forget your inner strength

