

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

Volume 22, Number 6

www.mendedhearts216.org

June 2012

FOR THE HEART PATIENT AND THEIR FAMILIES

Tammy Descoteaux on Identity Theft



Tammy Descoteaux is a Crime Prevention Specialist with the Orange County Sheriff's Department in Mission Viejo. She completed a B.A. in Human Development at California State University, Long Beach. Tammy has developed several safety education programs for various groups of all ages. Topics include Personal Safety, Parenthood Watch, Childhood Watch, Teen Refusal Skills, Identity Theft, Scam Watch, Workplace Violence and Community Preparedness. Her responsibilities have included managing their Senior Community Activity Team, a group of retired persons volunteering in police services. She is also responsible for coordinating the city's WALK Against Drugs which draws 3000 to 5000 participants.

Tammy represents the law enforcement sector as a grass roots member of the award winning City of Mission Viejo Community of Character Committee. She has served 6 years as Chairperson and has had great success creating and supporting events and projects that promote good character. The committee hosts parenting programs, youth programs and is currently organizing a character grand-parenting program.

While her focus is residents and businesses of Mission Viejo, she has also been a guest speaker for the National Conference on Character Education and the California Crime Prevention Officer's Association .

The Identity Theft presentation will include how the crime occurs, detecting and preventing it.

Don't forget the program starts at 7:00 pm, Wednesday June 20 at the Conference Center.

Come early for a seat as the program is always very popular and the public is invited.

Refreshments start at 6:30 pm.

Location:

Mission Hospital Conference Center
26726 Crown Valley Parkway
Mission Viejo, CA



"It's great to be alive - and to help others!"

Chapter 216 Board of Directors and Contacts

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Mission Hospital

<i>Cardiac Nurse</i>	Carol Catalano	949-364-7755	
<i>Secretary</i>	Helen Scotece	949-364-7755	hscotece@mhr.stjoe.org

Regional Contacts

<i>Regional Director</i>	Patrick Farrent		irishrjf@comcast.net
<i>Assistant Regional Dir.</i>	Jeanee Varndell		mmjv@cox.net

National Headquarters

www.mendedhearts.org

Note to recent heart surgery patients and others considering membership:

We hope all of you who have undergone heart surgery or other heart procedures will seriously consider joining Mended Hearts. You will receive the next three issues of this newsletter to help you get acquainted with who we are and what we do. Of course you already know about our most important activity—visiting heart patients and their families before and immediately after surgery. We hope your Mended Hearts Visitor made a positive difference during your surgical experience. We invite you and your family to attend some of our upcoming monthly meetings (Third Wednesday each month, see page 1). We welcome you and your family as our guests and would enjoy having you join us as members (application, pg 11). We have shared a special experience, either as surgical patients or as caregivers and together we can smooth the path for each other and for those who follow down the same path in the future.

Visitors Report

May 2012

	<u>MO</u>	<u>YTD</u>
Hospital Visits	5	43
Phone Visits	0	14
Visitors	4	29
Visitors Trainees	0	0

Visitors: Darrell Schmidt, Ben Buchanan, Dennis Galloway.

Visitors Coordinator for months as follows:

Jun.	Barbara Lane	949-859-3400
Jul.	Susan Goldberg	949-768-0913
Aug.	Dee Nangle	949-582-2719

Our June meeting is going to be great! Hope to see you there.

Barb Lane & Dee Nangle



President's Pulse

Can you believe it's June? Where did the time go? It's summer, time for picnics, beaches and vacations. Don't forget the sunscreen!

During June we celebrate Father's Day. It allows us to honor our fathers. I know for many of you, like me, Father's Day is a day to cherish memories of our fathers who have passed away.

We had a good turn out for May's topic. The AED by ZOLL offers real-time CPR feedback that guides all responders--including the infrequent responder and lay rescuers--to the correct depth and rate of chest compressions with audio and visual prompts, so they know how to perform this critical life-saving technique in an emergency.

Join us at our June meeting. Tammy Descoteaux, Crime Prevention Specialist with the Orange County Sheriff's Department in Mission Viejo, will speak on IDENTITY THEFT.

Tammy will explain all aspects of Identity Theft, including detection and prevention. IT PROMISES TO BE A VERY INFORMATIVE EVENING. DON'T MISS IT!!!!

Remember, this is the last meeting until September, as we are DARK in July and August.

Have a great summer!

Fred

Our Mission " Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support."

SAVE THE DATE
SUNDAY DECEMBER 2, 2012
THE MENDED HEARTS CHAPTER 216
HOLIDAY GALA
ARROYO TRABUCO COUNTRY CLUB
MISSION VIEJO, CALIFORNIA
FULL DETAILS TO FOLLOW

Don't forget, visit our Web Site: www.mendedhearts216.org

Members Page - June 2012

Chapter 216 Membership - 276

Birthdays—June

Nick Williams	6-1
Antonio Presutto	6-4
Jim McEwen	6-5
Gale Brick	6-9
Marty Lipson	6-9
Carolyn Mulcahy	6-11
Paul Traum	6-16
Scott Neiman	6-21
Warrand Kirsch	6-22
John P. Smith	6-22
Hilton McCabe	6-23
Jeff Jacobs	6-24
Roger Francerschi	6-26
Sharron Volante	6-27
A.M. Binsfield	6-28
Ron Allan	6-29
Jim Waples	6-30

New Members

Always looking to grow our family, Mended Hearts welcomes you to join our cause.

You'll be able to make a difference in a patient's recovery and outlook on life, as well as interact with other members through local chapter meetings, volunteer opportunities and special events.

Your application is on page 11 of this newsletter, fill it out and join today!



Mendiversaries—June

Barbara Lane	6/05/1991
Bill Pirie	6/14/1991
Kim Essayian	6/??/1992
Bob Selzer	6/06/1993
Ralph Curtis	6/26/1994
Greg Gensichen	6/01/1999
Faith Hope Bigler	6/01/2000
Joseph Mayer	6/02/2001
Alvin Breitman	6/12/2003
Ralph Wilson Jr.	6/03/2004
Roger Bradshaw	6/23/2004
Carol Catalano	6/13/2005
Mike Bresnan	6/27/2006
A. Thompson	6/28/2007
Irene Judge	6/01/2008
Irene Westerman	6/10/2008
Shirley G. Lowe	6/30/2009
Paul Buehler	6/01/2010
Thomas Martin	6/09/2010
David Nelson	6/28/2010
Dorothy T. Gobo	6/08/2011
Robert Wachs	6/12/2011

Chapter 216 Meetings 2012 Meeting Schedule

June 20	Identity Theft
July	Dark
August	Dark
September 19	Alzheimer's Disease
October 17	Precise Moves with Magnets
November 21	Patient's Roundtable
December 2	Gala

Mission Hospital Conference Center
26726 Crown Valley Parkway
Mission Viejo, CA

If we missed your mendiversary or birthday and you would like it included in the Ticker Talker please email it to: pk2003@sbcglobal.net

Carol's Corner



Dear Ones,

I hope this finds everyone well and getting ready for a summer full of fun and family. I had a great trip to Florida and Texas to see my nieces and nephews along with great nieces and nephews and great-great nieces and nephews! That is what happens when you are the youngest of 6 and your sisters are already having kids when you are born. I appreciate them so much more now because all of my siblings are gone and I can remember them through their children and grandchildren and great grandchildren and so on it goes, the circle of life.

The expanded Cardio Pulmonary Rehab Center has worked very well. The staff feels it is more relaxed and less stressful now that people have room to move around and are not waiting for equipment all of the time. We still have some cupboards to replace and an office/storage room to be completed so do not think I have forgotten the open house. When everything is done, you will be the first to know!

On a personal note, my body has let me down once again (and it is not my turn!). Not that I have been kind to it all these years with golf and all the other crazy things I do. I will be going in for back surgery soon and will be on LOA for up to 6 weeks. Hopefully it will be minimally invasive and I will recover with minimal discomfort. In the meantime I need all those of you who are still in the program to behave and not give the girls too much trouble!!

Any prayers you may want to send my way would be much appreciated.

Since I will not be at the June meeting, I will look forward seeing you in September.

Take Care and God Bless,
Carol, SHMBO



Have You Hugged a Mended Heart Lately?

**Do you have anxiety, depression,
or just want to talk to others
with similar heart problems?**

Every third Wednesday of the month, at 5:30 PM, the Cardiac Patient Discussion Group meets in the Conference Center with Carol and her staff prior to the regular Mended Hearts meeting. The group discussion is for all new patients and all others who are interested in finding out more about life with heart disease. Come and join the group, it's interesting and enjoyable. There is no cost and no tests just good discussions.

Have an inspirational story to share?

We are looking for a few inspirational stories for the Ticker Talker. If you have a story you would like to share, please submit it by email to: nurtarelactation@cox.net

Or mail it to :
Jeannine Leaper
P.O. Box 2117
Capistrano Beach, CA 92624



We have limited space, so please restrict your submission to 1/2 page. Those stories that meet our criteria will be edited and published in the Ticker Talker (print and online versions).

World Renown Heart Surgeon Speaks Out On What Really Causes Heart Disease

We physicians with all our training, knowledge and authority often acquire a rather large ego that tends to make it difficult to admit we are wrong. So, here it is. I freely admit to being wrong.. As a heart surgeon with 25 years experience, having performed over 5,000 open-heart surgeries ,today is my day to right the wrong with medical and scientific fact.



I trained for many years with other prominent physicians labeled “opinion makers.” Bombarded with scientific literature, continually attending education seminars, we opinion makers insisted heart disease resulted from the simple fact of elevated blood cholesterol.

The only accepted therapy was prescribing medications to lower cholesterol and a diet that severely restricted fat intake. The latter of course we insisted would lower cholesterol and heart disease. Deviations from these recommendations were considered heresy and could quite possibly result in malpractice.

It Is Not Working!

These recommendations are no longer scientifically or morally defensible. The discovery a few years ago that **inflammation in the artery wall** is the real cause of heart disease is slowly leading to a paradigm shift in how heart disease and other chronic ailments will be treated.

The long-established dietary recommendations have **created epidemics of obesity and diabetes**, the consequences of which dwarf any historical plague in terms of mortality, human suffering and dire economic consequences.

Despite the fact that 25% of the population takes expensive statin medications and despite the fact we have reduced the fat content of our diets, more Americans will die this year of heart disease than ever before.

Statistics from the American Heart Association show that 75 million Americans currently suffer from heart disease, 20 million have diabetes and 57 million have pre-diabetes. These disorders are affecting younger and younger people in greater numbers every year.

Simply stated, without inflammation being present in the body, there is no way that cholesterol would accumulate in the wall of the blood vessel and cause heart disease and strokes. Without inflammation, cholesterol would move freely throughout the body as nature intended. It is inflammation that causes cholesterol to become trapped.

Inflammation is not complicated -- it is quite simply your body's natural defense to a foreign invader such as a bacteria, toxin or virus. The cycle of inflammation is perfect in how it protects your body from these bacterial and viral invaders. However, if we **chronically expose the body to injury by toxins or foods the human body was never designed to process, a condition occurs called chronic inflammation.** Chronic inflammation is just as harmful as acute inflammation is beneficial.

What thoughtful person would willfully expose himself repeatedly to foods or other substances that are known to cause injury to the body? Well, smokers perhaps, but at least they made that choice willfully.

The rest of us have simply followed the recommended mainstream diet that is low in fat and high in polyunsaturated fats and carbohydrates, not knowing we were causing repeated injury to our blood vessels. This **repeated injury creates chronic inflammation leading to heart disease, stroke, diabetes and obesity.**

Let me repeat that: **The injury and inflammation in our blood vessels is caused by the low fat diet recommended for years by mainstream medicine.**

What are the biggest culprits of chronic inflammation? Quite simply, they are the overload of simple, highly processed carbohydrates (**sugar, flour** and all the products made from them) and the excess consumption of

(Continued on page 7)

World Renown Heart Surgeon Speaks Out On What Really Causes Heart Disease

(Continued from page 6)

omega-6 vegetable oils like soybean, corn and sunflower that are found in many processed foods.

Take a moment to visualize rubbing a stiff brush repeatedly over soft skin until it becomes quite red and nearly bleeding. you kept this up several times a day, every day for five years. If you could tolerate this painful brushing, you would have a bleeding, swollen infected area that became worse with each repeated injury. This is a good way to visualize the inflammatory process that could be going on in your body right now.

Regardless of where the inflammatory process occurs, externally or internally, it is the same. I have peered inside thousands upon thousands of arteries. A diseased artery looks as if someone took a brush and scrubbed repeatedly against its wall. Several times a day, every day, the foods we eat create small injuries compounding into more injuries, causing the body to respond continuously and appropriately with inflammation.

While we savor the tantalizing taste of a sweet roll, our bodies respond alarmingly as if a foreign invader arrived declaring war. **Foods loaded with sugars and simple carbohydrates, or processed with omega-6 oils for long shelf life** have been the mainstay of the American diet for six decades. These foods have been **slowly poisoning everyone**.

How does eating a simple sweet roll create a cascade of inflammation to make you sick?

Imagine spilling syrup on your keyboard and you have a visual of what occurs inside the cell. When we consume simple carbohydrates such as sugar, blood sugar rises rapidly. In response, your pancreas secretes insulin whose primary purpose is to drive sugar into each cell where it is stored for energy. If the cell is full and does not need glucose, it is rejected to avoid extra sugar gumming up the works.

When your full cells reject the extra glucose, blood sugar rises producing more insulin and the glucose converts to stored fat.

What does all this have to do with inflammation? Blood sugar is controlled in a very narrow range. Extra sugar molecules attach to a variety of proteins that in turn injure

the blood vessel wall. This repeated injury to the blood vessel wall sets off inflammation. When you spike your blood sugar level several times a day, every day, it is exactly like taking sandpaper to the inside of your delicate blood vessels.

While you may not be able to see it, rest assured it is there. I saw it in over 5,000 surgical patients spanning 25 years who all shared one common denominator -- inflammation in their arteries.

Let's get back to the sweet roll. That innocent looking goody not only contains sugars, it is baked in one of many omega-6 oils such as soybean. Chips and fries are soaked in soybean oil; processed foods are manufactured with omega-6 oils for longer shelf life. While omega-6's are essential -they are part of every cell membrane controlling what goes in and out of the cell -- **they must be in the correct balance with omega-3's**.

If the balance shifts by consuming excessive omega-6, the cell membrane produces chemicals called **cytokines** that directly cause inflammation.

Today's mainstream American diet has produced an extreme imbalance of these two fats. The ratio of imbalance ranges from 15:1 to as high as 30:1 in favor of omega-6. That's a tremendous amount of cytokines causing inflammation. In today's food environment, a 3:1 ratio would be optimal and healthy.

To make matters worse, the excess weight you are carrying from eating these foods creates overloaded fat cells that pour out large quantities of pro-inflammatory chemicals that add to the injury caused by having high blood sugar. The process that began with a sweet roll turns into a vicious cycle over time that creates **heart disease, high blood pressure, diabetes** and finally, **Alzheimer's disease**, as the inflammatory process continues unabated.

There is no escaping the fact that the more we consume prepared and processed foods, the more we trip the inflammation switch little by little each day. The human body cannot process, nor was it designed to consume, foods packed with sugars and soaked in omega-6 oils.

There is but one answer to quieting inflammation, and that is returning to foods closer to their natural state. To

(Continued on page 8)

(Continued from page 7)

build muscle, eat more protein. Choose carbohydrates that are very complex such as **colorful fruits and vegetables**. Cut down on or eliminate inflammation- causing omega-6 fats like corn and soybean oil and the processed foods that are made from them.

One tablespoon of corn oil contains 7,280 mg of omega-6; soybean contains 6,940 mg. Instead, use **olive oil or butter** from grass-fed beef.

Animal fats contain less than 20% omega-6 and are much less likely to cause inflammation than the supposedly healthy oils labeled polyunsaturated. Forget the “science” that has been drummed into your head for decades. The science that saturated fat alone causes heart disease is non-existent. The science that saturated fat raises blood cholesterol is also very weak. Since we now know that cholesterol is not the cause of heart disease, the concern about saturated fat is even more absurd today.

The cholesterol theory led to the no-fat, low-fat recommendations that in turn created the very foods now causing an epidemic of inflammation. Mainstream medicine made a terrible mistake when it advised people to avoid saturated fat in favor of foods high in omega-6 fats. We now have an epidemic of arterial inflammation leading to heart disease and other silent killers.

What you can do is choose **whole foods** your grandmother served and not those your mom turned to as grocery store aisles filled with manufactured foods. By eliminating inflammatory foods and adding essential nutrients from **fresh unprocessed food**, you will reverse years of damage in your arteries and throughout your body from consuming the typical American diet.

Dr. Dwight Lundell is the past Chief of Staff and Chief of Surgery at Banner Heart Hospital , Mesa , AZ. His private practice, Cardiac Care Center was in Mesa, AZ.

Recently Dr. Lundell left surgery to focus on the nutritional treatment of heart disease. He is the founder of Healthy Humans Foundation that promotes human health with a focus on helping large corporations promote wellness. He is also the author of ...

The Cure for Heart Disease and The Great Cholesterol Lie.

From www.preventdisease.com

Riders & Drivers Needed

Mended Hearts is organizing a Ride-Share program for our members that are unable to drive to our meetings.



We would like to match those individuals with someone in their area that can provide a ride to the meeting and back.

Please let us know if you need a ride, or if you are able to provide a ride.

Call Jeannine at 949-240-0530 with questions, and to sign up for the program.

We will also have a sign-up sheet available at our next meeting.



Color version of the Ticker Talker is available to all with an email address!

This newsletter is available as a pdf file, in color every month, to sign up simply send your name and email address to the editor at socalcarculture@yahoo.com and you will be added to the list. PDF files are viewable on either Mac or PC computers and the free reader is available at <http://get.adobe.com/reader/>

The newsletter is also on our website...

www.mendedhearts216.org



Heart Healthy Recipe for June

If you have a Heart Healthy Recipe that you would like to share please email it to us at pk2003@sbcglobal.net.

Very Berry Pie

Ingredients

- 1 reduced fat graham cracker crust
- 1 3.4oz pkg. Instant Lemon (or white chocolate or vanilla) Jello sugar-free pudding
- 1/2 pint fresh blueberries, blackberries or boysenberries, cleaned & well drained
- 1/2 pint fresh raspberries, cleaned & well drained
- 1 pint strawberries
- 2 cups non-fat milk
- 1 egg white, beaten lightly

Preparation

1. Brush crust with egg white & bake according to pkg. directions. Let cool completely.
2. Combine milk & pudding. Beat with wire whisk for 2-3 minutes or until pudding has thickened. Pour into cooled pie crust.
3. Slice strawberries lengthwise. Place berries standing up in pudding around edge of pie crust. Make 2 rings of strawberries around the edge. Put blackberries or boysenberries over the pudding and top with the raspberries.
4. Optional, serve with reduced fat Cool Whip.



We need your suggestion on topics for next year's meetings!

Send your suggestions to the editor at

socalcarculture@yahoo.com

What topics, speakers, ideas are of interest to you? All suggestions are welcome!

Hussmann[®] Donates \$4000 to Mended Hearts Chapter 216



Michael Nobile
Director, Western Region Sales

Dennis Galloway
Mended Hearts Chapter 216

Dave Martin
VP Western Region

Tres Brown
Sr. VP of Sales

Mr. Michael Nobile
Western Sales Director Hussman

Dear Mike,

On behalf of Mended Hearts 216, I would like to extend our deepest appreciation for your generous donation of \$4000. The monies will make it possible for our Chapter to offer nursing scholarships and to make a contribution toward Cardiac Rehabilitation.

Your contribution each year is greatly appreciated.

Mended Hearts, as you know, is a national nonprofit organization, affiliated with the American Heart Association and offers hope, support, inspiration and information to those affected by heart disease.

Please accept my apologies for missing this year's golf tournament.

With so many charities seeking support, we appreciate you choosing us.

Sincerely,

Fred Damiano
President - Chapter 216



The Mended Hearts, Inc. Chapter 216

Membership Application

Mended Hearts is a national nonprofit organization that has been offering the gift of hope to heart disease patients, their families and caregivers since 1951. Recognized for its role in facilitating a positive patient-care experience, Mended Hearts partners with over 460 hospitals and rehabilitation clinics and offers services to heart patients through hospital visiting programs, support group meetings and educational forums. Our mission is to “inspire hope in heart disease patients and their families.”

Please Print: _____ Date _____

Name _____ Spouse _____

Address: _____ City: _____ Zip: _____

Home phone _____ Cell phone _____ E-mail _____

If interested in receiving the newsletter electronically, please provide e-mail

Birthday (dd/mm) _____ Episode/Surgery date dd/mm/yy) _____

Physician/Surgeon _____

Type of procedure: STENT (PCI) _____ MI (Myocardial Infarction) _____ BYPASS _____
 HEART VALVE _____ TRANSPLANT _____ ANEURYSM _____
 ATRIAL SEPTICAL DEFECT _____ PACEMAKER/ICD _____

Hobbies & Interests: _____

I wish to volunteer to assist the Chapter in these areas:

Visiting Patients _____ Telephoning _____ Other (describe) _____

	Individual	Family
Dues: Initial, Annual, National & Chapter Dues	\$25	\$32
Life membership, National & Chapter	\$225	\$335
<i>I wish to donate to defray Special Projects</i>		
<i>And Newsletter Expenses: \$ _____</i>		

Membership fees include both Chapter and National dues.

Return the completed application with check to: Mended Hearts, Inc Chapter 216, c/o Mission Hospital, Cardiopulmonary Rehab Center, 26732 Crown Valley Parkway, Suite 281, Mission Viejo, CA 92691

Annual billings will be from the National Office located in Dallas, Texas.

Billings will be on the anniversary of joining.



Ticker Talker

Mission Hospital Cardiac Rehab Center
26732 Crown Valley Parkway, Suite 281
Mission Viejo, CA 92691

Return Service Requested
Dated Material

The purpose of this organization is to offer help, support and encouragement to heart patients and their families and to achieve this objective in the following manner:

1. To visit with physician approval, and to offer encouragement to disease patients and their families.
2. To distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families.
3. To establish and maintain a program of assistance to physicians, nurses, medical professionals, and healthcare organizations in education and research activities pertaining to heart disease.
4. To cooperate with other organizations in education and research activities pertaining to heart disease.
5. To assist established heart disease rehabilitation programs for members and their families.
6. To plan and conduct suitable programs of social and educational interest for members and for heart disease patients and their families.

