

Ticker Talker



The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

Volume 23, Number 2

www.mendedhearts216.org

February 2013

Doctor's Roundtable

February is "Heart Month" and we will have our annual "Doctor's Roundtable" on February 20th. As always we have a great line up of Doctors to answer your questions. Come prepared with your questions and one of the Doctors will give you an answer. Our panel this year consists of:

Dr. Donald Rediker
Cardiologist

Dr. Joseph Barrera
Endocrinologist

Dr. William Thibault
Thoracic Surgeon



Don't forget the program starts at 7:00 pm, Wednesday Feb.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!"

FOR THE HEART PATIENT AND THEIR FAMILIES

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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

January 2013

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

Visitors: Dennis Galloway, Greg Gensichen, Dee Nangle, Marilyn Zeiner

Visitors Coordinator for months as follows:

Feb.	Susan Goldberg	949-768-0913
Mar.	Barbara Lane	949-859-3400
Apr.	Dee Nangle	949-582-2719

See you at the February meeting. Stay healthy!!

Barb Lane & Dee Nangle



President's Pulse

February is **American Heart Month**. There are several reasons for the existence of this month.

Heart disease is the leading killer in the United States. The goal of American Heart month is to prevent various cardiovascular disease through increased public knowledge and encouraging heart healthy habits. Observe **American Heart Month** by continuing to modify your behavior and reduce habits that contribute to your risk of

heart disease. Stop smoking, get blood pressure and cholesterol checked, become more active daily and try to maintain a healthy weight. The results will be a heart healthy lifestyle.

We had a good turnout last month for our speaker, Dr. Gundry, who spoke on "Eat To Cure Diabetes" He was articulate and informative, if you missed the meeting you can purchase his book, DR. GUNDRY'S DIET EVOLUTION.

Please join us in February for the Doctor's Roundtable. Dr. Rediker *Cardiologist*, Dr. William Thibault *Thoracic Surgeon* and Dr. Joseph Barrera *Endocrinologist*, will make up the Roundtable Panel. The Doctors will answer our questions and provide us with the latest medical advances in heart disease.

God Bless

Fred



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

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.

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.

From the CardioPulmonary Rehab Center

Dear Mended Hearts,

First of all, let me acknowledge how much we miss Carol and how honored & humbled I am to be the Interim Manager of such an amazing CardioPulmonary Rehab Center. Carol did a fabulous job building this program up to the highest of standards and I certainly intend to keep that trend going! I very much appreciate all of your support & well wishes as I know I have “Big Shoes” to fill! J And just to let you know - there are plans in the works to honor Carol in a very special way – information will be coming soon!

We have never had a “formal” Open House since we remodeled the CardioPulmonary Rehab Center, so on Valentine’s Day we will celebrate our “new digs!” Please feel free to stop by & get your cholesterol and blood pressure checked, then de-stress with a chair massage by “Stress Busters” and have a healthy snack on your way out! Hope to see you on the 14th!

To a Happy, Healthy 2013!

Elaine

Elaine Gotro, Interim Manager

FEBRUARY IS HEART MONTH!

Mission Hospital CardioPulmonary Rehab Center Open House

Valentine’s Day, Thursday, February 14th, 2012

9:00am – Noon

Mission Hospital Medical Tower

26732 Crown Valley Parkway, Suite 281



The Mission Hospital CardioPulmonary Rehab Center will be holding an Open House on Valentine’s Day, Thursday, February 14th from 9:00am-Noon. The newly-renovated Rehab Center will be offering free cholesterol testing (non-fasting Total Cholesterol & HDL) and blood pressure screenings as well as complimentary neck & back chair massages from “Stress Busters.” Refreshments will be served.

Come check out the remodeled CardioPulmonary Rehab Center!

Members Page - February 2013

Chapter 216 Membership - 287

Birthdays—February

Nancy Gromme	2-15
David Nelson	2-17
Peter Pukszta	2-18
Val Flynn	2-19
Nina Slayter	2-22
Ben Buchanan	2-26
Barbara Stewart	2-28

New Members

Mike Gonzales
Don Hall
Valerie O'Grady

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—February

Gale Brick	02/05/1988
Samuel Kirkland	02/55/1990
Charles Chapman	02/16/1993
Norman Foster	02/19/1995
Paul Traum	02/02/1997
Val Flynn	02/20/1997
Connie Brown	02/01/1998
Jim McEwen	02/01/1998
J. Micael Healion	02/21/1998
Lonnie Camilleri	02/01/1999
Ruth Houser	02/25/2000
Dick Gottron	02/03/2001
Arthur Springer	02/22/2005
Eric Tan	02/25/2005
Frank Bold	02/29/2008
Carolyn Mulcahy	02/01/2009
Stuart MacLaren	02/24/2009
Michael Farber	02/02/2011
Hilton K. McCabe	02/03/2011

Chapter 216 Meetings 2013 Meeting Schedule

February 20 Doctor's Roundtable

March 20 Reverse Mortgages

April 17 Care Givers

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



If we missed your mendiversary or birthday and would like it included in the Ticker Talker please email it to: socalcarculture@yahoo.com

Prevent the Spread of Norovirus



Norovirus causes about 20 million gastroenteritis cases each year in the United States. There's no vaccine to prevent infection and no drug to treat it. Wash your hands often and follow simple tips to stay healthy.

Noroviruses are a group of related viruses. Infection with these viruses affects the stomach and intestines and causes an illness called gastroenteritis (GAS-tro-en-ter-I-tis; inflammation of the stomach and intestines).

Anyone Can Get Norovirus

Anyone can be infected with noroviruses and get sick. Also, you can get norovirus illness more than once during your life. The illness often begins suddenly. You may feel very sick, with stomach cramping, throwing up, or diarrhea.

Noroviruses are the most common cause of gastroenteritis in the United States. CDC estimates that each year more than 20 million cases of acute gastroenteritis are caused by noroviruses. That means about 1 in every 15 Americans will get norovirus illness each year. Norovirus is also estimated to cause over 70,000 hospitalizations and 800 deaths each year in the United States.

Many Names, Same Symptoms

You may hear norovirus illness called "food poisoning" or "stomach flu." It is true that food poisoning can be caused by noroviruses. But, other germs and chemicals can also cause food poisoning. Norovirus illness is not related to the flu (influenza), which is a respiratory illness caused by influenza virus.

Symptoms of norovirus infection usually include diarrhea, throwing up, nausea, and stomach cramp-

ing.

Other, less common symptoms may include low-grade fever, chills, headache, muscle aches, and general sense of fatigue.

Norovirus illness is usually not serious. Most people get better in 1- to 2 days. But, norovirus illness can be serious in young children, the elderly, and people with other health conditions; it can lead to severe dehydration, hospitalization and even death.

You may get dehydrated if you are not able to drink enough liquids to replace the fluids lost from throwing up or having diarrhea many times a day. Symptoms of dehydration include a decrease in urination, a dry mouth and throat, and feeling dizzy when standing up. Children who are dehydrated may also cry with few or no tears and be unusually sleepy or fussy.

The best way to prevent dehydration is to drink plenty of liquids. Oral rehydration fluids are the most helpful for severe dehydration. But other drinks without caffeine or alcohol can help with mild dehydration. However, these drinks may not replace important nutrients and minerals that are lost due to vomiting and diarrhea.

If you think you or someone you are caring for is severely dehydrated, contact your doctor.

Norovirus Spreads Quickly

Norovirus can spread quickly from person to person in crowded, closed places like long-term care facili-

Prevent the Spread of Norovirus continued

ties, daycare centers, schools, hotels, and cruise ships. Noroviruses can also be a major cause of gastroenteritis in restaurants and catered-meal settings if contaminated food is served.

The viruses are found in the vomit and stool of infected people. You can get it by

- Eating food or drinking liquids that are contaminated with norovirus (someone gets stool or vomit on their hands, then touches food or drink).
- Touching surfaces or objects contaminated with norovirus and then putting your hand or fingers in your mouth.
- Having direct contact with a person who is infected with norovirus (for example, when caring for someone with norovirus or sharing foods or eating utensils with them).

People with norovirus illness are contagious from the moment they begin feeling sick until at least 3 days after they recover. But, some people may be contagious for even longer.

Norovirus: No Vaccine and No Treatment

There is no vaccine to prevent norovirus infection. Also, there is no drug to treat people who get sick from the virus. Antibiotics will not help if you have norovirus illness. This is because antibiotics fight against bacteria, not viruses. The best way to reduce your chance of getting norovirus is by following some simple tips.

Stop the Spread of Norovirus

Practice proper hand hygiene

Wash your hands carefully with soap and water, especially after using the toilet and changing diapers and always before eating or preparing food. If soap

and water aren't available, use an alcohol-based hand sanitizer. These alcohol-based products can quickly reduce the number of germs on hands in some situations, but they are not a substitute for washing with soap and water.

Take care in the kitchen

Carefully wash fruits and vegetables, and cook oysters and other shellfish thoroughly before eating them.

Do not prepare food while infected

People with norovirus illness should not prepare food for others while they have symptoms and for 3 days after they recover from their illness.

Clean and disinfect contaminated surfaces

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces by using a bleach-based household cleaner as directed on the product label. If no such cleaning product is available, you can use a solution made with 5 tablespoons to 1.5 cups of household bleach per 1 gallon of water.

Wash laundry thoroughly

Immediately remove and wash clothing or linens that may be contaminated with vomit or stool. Handle soiled items carefully—without agitating them—to avoid spreading virus. If available, wear rubber or disposable gloves while handling soiled clothing or linens and wash your hands after handling. The items should be washed with detergent at the maximum available cycle length and then machine dried.



[CDC.gov](http://www.cdc.gov) (www.cdc.gov) is your online source for credible health information and is the official Web site of the Centers for Disease Control and Prevention (CDC).

Beet Juice Lowers Blood Pressure

By [Jennifer Warner](#)

WebMD Health News Reviewed by [Brunilda Nazario, MD](#)

Drinking a glass of beet juice may have an immediate impact on lowering blood pressure, according to a new study.

The study shows that within hours of drinking it, beet juice lowered systolic blood pressure (the top number in a blood pressure reading) by an average of 4-5 points among a small group of healthy men.

Researchers say that drop may seem small, but on a public health level a reduction like that would equate to a 10% reduction in deaths due to heart disease.



“It’s promising that we can see an effect from a single dose,” says researcher Leah Coles, PhD, a research fellow at the Baker IDI Heart and Diabetes Institute in Melbourne, Australia. “That effect might be even greater over the long term if they are drinking it day upon day.”

Beetroot Benefits

Previous studies have shown that beet juice, also known as beetroot juice, can lower blood pressure in a laboratory setting. But researchers say this is the first study to look at the effects of adding beet juice to a healthy person’s diet without making any other diet or lifestyle changes.

The results appear in *Nutrition Journal*.

In the study, 15 men and 15 women drank either 17.6 ounces of a beet juice beverage consisting of about three-fourths beet juice and one-fourth apple juice, or a placebo juice. They were then monitored for 24 hours. The same procedure was repeated two weeks later, with those who drank the placebo on the first round receiving beetroot juice on the second.

Among both men and women, the results showed a trend to

lower systolic blood pressure six hours after drinking the beet juice.

But when researchers limited their analysis to men only, they found a significant reduction of about 4.7 points among those who drank the beetroot juice.

Previous studies have also suggested that beetroot’s blood-pressure-lowering effects may not be as strong in women.

In this case, Coles says it may be partially explained by the fact that the women in the study tended to be older, and many were on prescription medications, such as oral contraceptives.

Nitrates Behind Blood Pressure Effect

Experts say it’s the high concentration of nitrates in beets that are responsible for the benefits.

In a lengthy biological process, nitrates from dietary sources like beets and leafy green vegetables are converted to nitric oxide within the body. The nitric oxide then relaxes blood vessels and dilates them, which helps the blood flow more easily and lowers blood pressure.

“Whether from foods or from juice, you are seeing a consistent effect of nitrates in lowering blood pressure,” says registered dietitian Norman Hord, PhD, MPH, an associate professor at College of Public Health and Human Sciences at Oregon State University in Corvallis, Ore. “It’s probably the most potent blood-pressure-lowering component of the diet.”

Hord says previous studies have found more impressive reductions in blood pressure of up to 10 points when researchers measured blood pressure within three hours of drinking beet juice.

Although more research is needed to better understand the long-term effects of nitrates on blood pressure, Hord says eating a diet rich in nitrates, from natural sources like beets and leafy green vegetables, is good advice.

It’s an approach to eating that’s similar to the DASH (Dietary Approaches to Stop Hypertension) diet, which has been proven to lower blood pressure. The DASH diet emphasizes eating more fruits, vegetables, and low-fat dairy foods along with whole grains, fish, poultry, and nuts while limiting saturated fat and cholesterol.

“These food patterns have been shown to lower blood pressure,” Hord says. “Research now shows nitrates are probably responsible for at least part of that effect.”

10 Artery-Cleansing Foods You Should be Eating



1. AVOCADOS

A 1996 study done by researchers in Mexico found that people who ate avocado every day for one week experienced an average 17 percent drop in total blood cholesterol. What's more, their levels of LDL ("bad") cholesterol decreased and HDL ("good") cholesterol increased.

2. WHOLE GRAINS

The soluble fiber found in whole grains such as whole-wheat bread, brown rice, and oatmeal binds the cholesterol in your meal and drags it out of your body

3. OLIVE OIL

A 2011 study found that people ages 65 or older who regularly used olive oil (for both cooking and as a dressing) were 41 percent less likely to have a stroke compared to those who never use olive oil in their diet.

4. NUTS

Grabbing a handful of nuts is a heart-healthy way to beat the afternoon itch for a cookie. According to the American Heart Association, monounsaturated fats can help reduce levels of bad cholesterol in your blood and lower your risk of heart disease and stroke.

5. SALMON

Eating fish twice a week can reduce your risk of developing heart disease by decreasing inflammation and lower-

ing triglyceride levels, and it may even help boost your HDL levels.

6. POMEGRANATE

A 2005 study published in the Proceedings of the National Academy of Sciences found that antioxidant-rich pomegranate juice stimulated the body's production of nitric oxide, which helps keep blood flowing and arteries open.

7. BROCCOLI

Broccoli is rich in vitamin K, which is needed for bone formation and helps to keep calcium from damaging the arteries,

8. WATERMELON

A Florida State University study found that people given a 4,000mg supplement of L-citrulline (an amino acid found in watermelon) lowered their blood pressure in just six weeks. Researchers say the amino acid helps your body produce nitric oxide, which widens blood vessels.

9. SPINACH

The potassium and folate found in spinach can help lower blood pressure, and according to recent research, one serving of nutrient-packed leafy greens (like spinach) a day can help reduce your risk of heart disease by 11 percent.

10. COFFEE

According to researchers in The Netherlands, people who drank more than two, but no more than four, cups of coffee a day for 13 years had about a 20 percent lower risk of heart disease than people who drank more or less coffee or no coffee at all.

From...





Heart Healthy Recipe for February

If you have a Heart Healthy Recipe that you would like to share please email it to us at socalcarculture@yahoo.com

Claire's Mixed Green Salad with Feta Vinaigrette

This salad was inspired by one served during the peak of summer at Claire's Restaurant & Bar in Hardwick, VT. Chef Steven Obranovich of Claire's likes the soft crumbly sheep's-milk feta for this recipe. He cautions that the subtle briny notes of feta can sometimes be overpowered by too much lemon or an olive oil that's too fruity. Saltiness varies from feta to feta too. Add the ingredients a little at a time and taste as you go.

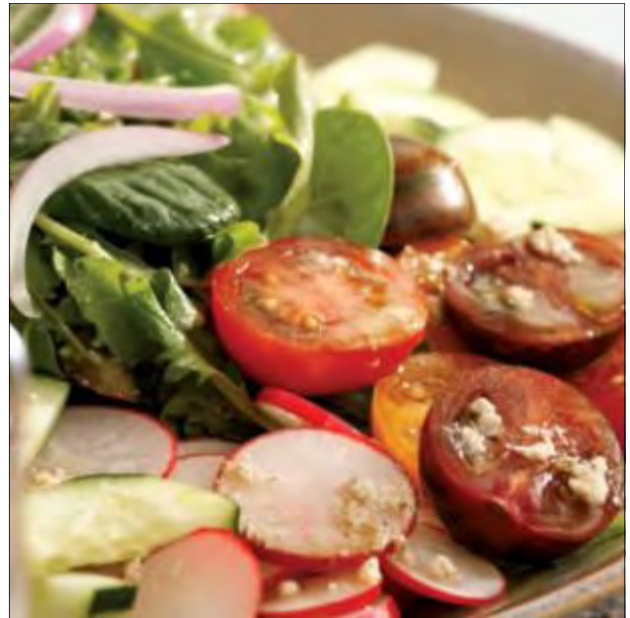
Ingredients

Feta Vinaigrette

3 tablespoons sunflower oil or canola oil
3 tablespoons extra-virgin olive oil
1/4 cup finely crumbled feta cheese
1 tablespoon cider vinegar
1 tablespoon red-wine vinegar
2 teaspoons lemon juice, or to taste
1 teaspoon freshly ground pepper, or to taste
1/4 teaspoon salt, or to taste

Salad

8 cups lightly packed mixed salad greens, or arugula, any tough stems removed
2 cups sliced cucumbers
1 1/2 cups cherry tomatoes, halved
5 radishes, thinly sliced
1/4 cup very thinly sliced red onion



Preparation

1. To prepare vinaigrette: Place sunflower (or canola) oil, olive oil, feta, cider vinegar, red-wine vinegar, lemon juice, pepper & salt in a blender and puree until combined. Adjust seasoning with additional lemon juice, salt or pepper, if desired.
2. To prepare salad: Toss greens (or arugula) in a large bowl with half the vinaigrette. Mound on a large platter. Arrange cucumbers, tomatoes, radishes and onion on top of the greens. Drizzle the remaining vinaigrette over the salad.

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

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.

