

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

Volume 23, Number 5

www.mendedhearts216.org

May 2013

FOR THE HEART PATIENT AND THEIR FAMILIES

Peggy Kirkwood on Women & Heart Disease



Peggy Kirkwood has been a Cardiovascular Nurse Practitioner at Mission Hospital for the past 14 years. Although her expertise is in caring for heart failure patients, she has participated in many cardiac related initiatives, including starting the Women's Heart Health Program 5 years ago. She speaks in many different arenas on Women and Heart Disease, Heart Failure, Pulmonary Hypertension and Coronary Artery Disease. She is a member of many professional organizations and is currently the President of the American Association of Heart Failure Nurses.

Peggy will speak on Women and Heart Disease, highlighting the differences between men and women in the development of heart disease, diagnosing and various treatment options.

Don't forget the program starts at 7:00 pm, Wednesday May 15 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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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

April 2013

	<u>MO</u>	<u>YTD</u>
Hospital Visits	11	45
Phone Visits	7	17
Visitors	7	27
Visitors Trainees	0	3

Visitors: Dee Nangle, Rocco, Jim Waples, Fred Damiano, Barb Lane, Jeff Gotro, Jeff Wolfe

Visitors Coordinator for months as follows:

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

Happy Mother's Day to all the Mothers and enjoy the Memorial Day Weekend!

Barb Lane & Dee Nangle

President's Pulse



May, is the Month we celebrate two special events.

To Moms everywhere we love you.
Happy Mother's Day

Mother's Day is the time to show Mom that she is loved and appreciated for all the selfless hard work she does for her family . I know for many of you, like me, Mother's Day is a day to cherish memories of our Mothers who have passed away. Every day, I think how lucky I was to have such a Great Mom.

Memorial Day is a day of remembering the men and women who paid the ultimate price for our freedoms. We need never let them be forgotten. Take time to thank the men and women who continue to serve our country.

Last Months topic Caregiving. Our speaker Angela Manriquez was very informative.

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Fred



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

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.

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.

From the CardioPulmonary Rehab Center

Dear Mended Hearts,

Thank You for all your support and encouragement during the course of my “Interim Manager” position. As of April 28th, I will officially be “Manager” of the CardioPulmonary Rehab Center! I look forward to continuing our stellar program and I’d also like to thank my amazing staff for their support and expertise – it definitely takes a dedicated team of professionals to create an outstanding program and I am truly blessed to have such a caring, intelligent and FUN team of people to work with! Together, we will continue to provide the best care for all of our cardiac and pulmonary patients. Thanks Again to All of You and...

Here’s To Your Good Health!

Elaine



Secretary Needed - The Mended Hearts chapter 216 is looking for a volunteer to serve as Secretary, this would involve attending the Board meetings once a month, 10am on the last Monday of the month and we meet at Cardiac Rehab. We need someone who can take notes and produce the minutes of the meeting, then e-mail them to the board members. If you would be interested in volunteering your time to do this please contact our President, Fred Damiano (contact info on page 2).

**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 Eric Jaeger, RN 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.

C O L O R V E R S I O N

of the Ticker Talker is available to all.

This newsletter is available as a pdf file, in color every month on our website...

www.mendedhearts216.org

PDF files are viewable on either Mac or PC computers and the free reader is available at...

<http://get.adobe.com/reader/>



Members Page - May 2013

Chapter 216 Membership - 287

Birthdays—May

Roger Bradshaw	5-07
Barbara Brickley	5-07
Nancy Christenson	5-07
Anthony Samanich	5-07
Bernd Leumer	5-10
William Silva	5-11
Richard F. John	5-12
Fred Bonn	5-13
Lee Goode	5-17
Keith Lindemann	5-23
Mona Mahieu	5-23
Roger O'Connor	5-23
Bill Pirie	5-23
Jean Cogan	5-28
Bill Huber	5-31

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—May

Roger O'Connor	5/15/1995
Richard Kramer	5/01/2001
Anthony Christian	5/20/2003
Ted Robinson	5/07/2006
Frank Bold	5/29/2008



Happy 
Mother's
Day

Chapter 216 Meetings 2013 Meeting Schedule

May 15	Women's Heart Health
June 19	Rock & Roll Exercise
July	Dark
August	Dark

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

Heart repair breakthroughs replace surgeon's knife

By MARILYNN MARCHIONE | Associated Press – 03/25/2013

SAN FRANCISCO (AP) — Have a heart problem? If it's fixable, there's a good chance it can be done without surgery, using tiny tools and devices that are pushed through tubes into blood vessels.

Heart care is in the midst of a transformation. Many problems that once required sawing through the breastbone and opening up the chest for open heart surgery now can be treated with a nip, twist or patch through a tube.

These minimal procedures used to be done just to unclog arteries and correct less common heart rhythm problems. Now some patients are getting such repairs for valves, irregular heartbeats, holes in the heart and other defects — without major surgery. Doctors even are testing ways to treat high blood pressure with some of these new approaches.

All rely on catheters — hollow tubes that let doctors burn away and reshape heart tissue or correct defects through small holes in blood vessels.



Atlanta cardiologist Dr. Spencer King demonstrates how a catheter is used to repair a diseased heart valve

"This is the replacement for the surgeon's knife. Instead of opening the chest, we're able to put catheters in through the leg, sometimes through the arm," said Dr. Spencer King of St. Joseph's Heart and Vascular Institute in Atlanta. He is former president of the American College of Cardiology. Its conference earlier this month featured research on these novel devices.

"Many patients after having this kind of procedure in a day or two can go home" rather than staying in the hospital while a big wound heals, he said. It may lead to cheaper treatment, although the initial cost of the novel devices often offsets the savings from shorter hospital stays.

Not everyone can have catheter treatment, and some promising devices have hit snags in testing. Others on the market now are so new that it will take several years to see if their results last as long as the benefits from surgery do.

But already, these procedures have allowed many people too old or frail for an operation to get help for problems that otherwise would likely kill them.

"You can do these on 90-year-old patients," King said.

These methods also offer an option for people who cannot tolerate long-term use of blood thinners or other drugs to manage their conditions, or who don't get enough help from these medicines and are getting worse.

"It's opened up a whole new field," said Dr. Hadley Wilson, cardiology chief at Carolinas HealthCare System in Charlotte. "We can hopefully treat more patients more definitively, with better results."

For patients, this is crucial: Make sure you are evaluated by a "heart team" that includes a surgeon as well as other specialists who do less invasive treatments. Many patients now get whatever treatment is offered by whatever specialist they are sent to, and those specialists sometimes are rivals.

"We want to get away from that" and do whatever is best for the patient, said Dr. Timothy Gardner, a surgeon at Christiana Care Health System in Newark, Del., and an American Heart Association spokesman. "There shouldn't be a rivalry in the field."

Heart repair breakthroughs replace surgeon's knife

Here are some common problems and newer treatments for them:

HEART VALVES

Millions of people have leaky heart valves. Each year, more than 100,000 people in the United States alone have surgery for them. A common one is the aortic valve, the heart's main gate. It can stiffen and narrow, making the heart strain to push blood through it. Without a valve replacement operation, half of these patients die within two years, yet many are too weak to have one.

"Essentially, this was a death sentence," said Dr. John Harold, a Los Angeles heart specialist who is president of the College of Cardiology.



Atlanta cardiologist Dr. Spencer King holds a replacement heart valve during a demonstration at an American College of Cardiology conference.

That changed just over a year ago, when Edwards Lifesciences Corp. won approval to sell an artificial aortic valve flexible and small enough to fit into a catheter and

wedged inside the bad one. At first it was just for inoperable patients. Last fall, use was expanded to include people able to have surgery but at high risk of complications.

Gary Verwer, 76, of Napa, Calif., had a bypass operation in 1988 that made surgery too risky when he later developed trouble with his aortic valve.

"It was getting worse every day. I couldn't walk from my bed to my bathroom without having to sit down and rest," he said. After getting a new valve through a catheter last April at Stanford University, "everything changed; it was almost immediate," he said. "Now I can walk almost three miles a day and enjoy it. I'm not tired at all."

"The chest cracking part is not the most fun," he said of his earlier bypass surgery. "It was a great relief not to have to go through that recovery again."

Catheter-based treatments for other valves also are in testing. One for the mitral valve — Abbott Laboratories' MitraClip — had a mixed review by federal Food and Drug Administration advisers this week; whether it will win FDA approval is unclear. It is already sold in Europe.

HEART RHYTHM PROBLEMS

Catheters can contain tools to vaporize or "ablate" bits of heart tissue that cause abnormal signals that control the heartbeat. This used to be done only for some serious or relatively rare problems, or surgically if a patient was having an operation for another heart issue.

Now catheter ablation is being used for the most common rhythm problem — atrial fibrillation, which plagues about 3 million Americans and 15 million people worldwide. The upper chambers of the heart quiver or beat too fast or too slow. That lets blood pool in a small pouch off one of these chambers. Clots can form in the pouch and travel to the brain, causing a stroke.

Ablation addresses the underlying rhythm problem. To

Heart repair breakthroughs replace surgeon's knife

address the stroke risk from pooled blood, several novel devices aim to plug or seal off the pouch. Only one has approval in the U.S. now — SenteHeart Inc.'s Lariat, a tiny lasso to cinch the pouch shut. It uses two catheters that act like chopsticks. One goes through a blood vessel and into the pouch to help guide placement of the device, which is contained in a second catheter poked under the ribs to the outside of the heart. A loop is released to circle the top of the pouch where it meets the heart, sealing off the pouch.

A different kind of device — Boston Scientific Corp.'s Watchman — is sold in Europe and parts of Asia, but is pending before the FDA in the U.S. It's like a tiny umbrella pushed through a vein and then opened inside the heart to plug the troublesome pouch. Early results from a pivotal study released by the company suggested it would miss a key goal, making its future in the U.S. uncertain.

HEART DEFECTS

Some people have a hole in a heart wall called an atrial septal defect that causes abnormal blood flow. St. Jude Medical Inc.'s Amplatzer is a fabric-mesh patch threaded through catheters to plug the hole.

The patch is also being tested for a more common defect — PFO, a hole that results when the heart wall doesn't seal the way it should after birth. This can raise the risk of stroke. In two new studies, the device did not meet the main goal of lowering the risk of repeat strokes in people who had already suffered one, but some doctors were encouraged by other results.

CLOGGED ARTERIES

The original catheter-based treatment — balloon angioplasty — is still used hundreds of thousands of times each year in the U.S. alone. A Japanese company, Terumo Corp., is one of the leaders of a new way to do it that is easier on patients — through a catheter in the arm rather

than the groin.

Newer stents that prop arteries open and then dissolve over time, aimed at reducing the risk of blood clots, also are in late-stage testing.



Model of a diseased heart valve with a replacement placed inside during a demonstration.

HIGH BLOOD PRESSURE

About 75 million Americans and 1 billion people worldwide have high blood pressure, a major risk factor for heart attacks. Researchers are testing a possible long-term fix for dangerously high pressure that can't be controlled with multiple medications.

It uses a catheter and radio waves to zap nerves, located near the kidneys, which fuel high blood pressure. At least one device is approved in Europe and several companies are testing devices in the United States.

"We're very excited about this," said Harold, the cardiology college's president. It offers hope to "essentially cure high blood pressure."

—
Marilynn Marchione can be followed at

<http://twitter.com/MMarchioneAP>

2013 Mended Hearts Annual Convention - San Diego



Dear Fellow Mended Hearts Member,

The time has come again to join in our annual celebration of the joy of recovery for all heart patients and caregivers. Our convention location this year has moved west to San Diego, California, June 5-9, 2013.

To quote a theme from a past convention, “we are not just surviving, we are thriving.” As we start our second 60 years, our theme for the 61st annual convention will be, “The Many Ways to Mend a Heart”. One of the ways to mend a heart is to surround yourself with the companionship of 400 other heart patients and caregivers. Take this opportunity to learn from the lifestyle experiences of other heart patients as to what works best in developing heart healthy habits.

Our program this year will feature leading heart authorities speaking about some of the latest developments in the treatment of heart disease and heart failure. One of the highlights will be a presentation entitled, “Living Without a Pulse”. This will describe the LVAD procedure (Left Ventricular Assist Device) which started out as a bridge to a heart transplant, but now in some cases is “destination” surgery. We will also have a presentation on atrial fibrillation as an example of how we are reaching beyond the traditional surgery patient to patients with heart arrhythmias.

The agenda features sessions devoted to helping chapters grow and develop, and will provide a forum to exchange ideas on what works best in different parts of the country. In addition, we have made continued efforts this year to involve and include caregivers in all aspects of Mended Hearts.

The agenda also includes several “fun” events. In my opinion, no one else can celebrate life more than heart event survivors as we take advantage of the second chance we have been given.

Oh yes, there is also San Diego – a city with so many attractions that you may have to extend your stay.

Transportation is facilitated by an outstanding bus and trolley system. One can come and go on one’s own schedule by riding the trolley. Among the must-see sights: Balboa Park, the San Diego Zoo, Sea World, San Diego Museum of Art and Natural History, Cabrillo National Monument, the Gas Lamp Quarter, Old Town, the Maritime Museum, the USS Midway aircraft carrier and MORE! Your heart will be given a work-out with all the exciting things to see and do.

The Western Region and San Diego based chapter 62 will be our hosts. So brush the dust off your beach-themed shirts, visualize the palm trees and the sand in-between your toes, and register for an unforgettable experience!

Patrick Farrant
Western Regional Director

Overview

The Western Region invites Mended Hearts members from across the country to join them in San Diego for a week of education, networking, and entertainment. You won’t want to miss this opportunity to connect with other chapter members from across the nation. We sincerely hope that this information is helpful to you in planning your trip to the **2013 Mended Hearts Annual Convention**.

Buddy / First-Timer Session

Is this your first time attending a MHI conference? Allow us to pair veteran MHI members/attendees who will introduce newcomers to the MHI “ropes”. Seasoned MHI members are encouraged to become a “buddy” to a first-time attendee. Buddies and first timers will sit together during the opening and closing dinners to share the week’s experiences.

Farewell Award Dinner

The convention concludes with an evening of recognition for the MHI membership. This event is considered by many the “Academy Awards” of MHI. Chapters and members will be recognized for their outstanding contributions to their local community both in education and leadership. The event is not to be missed! <http://www.mendedhearts.org/convention.htm>





Heart Healthy Recipe for May

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

Asparagus - Goat Cheese Soufflés

Puffy and warm, these asparagus-goat cheese soufflés are the essence of spring. Serve them alongside a big salad with a tangy vinaigrette for a light supper or a special brunch. Though these are wonderful either way, the addition of truffle oil is spectacular and decadent-tasting. Makes 6 servings.

Ingredients

- 1 bunch asparagus (about 1 pound), trimmed
- 1 1/2 cups nonfat milk
- 2 tablespoons butter
- 3 tablespoons all-purpose flour
- 1/2 teaspoon coarse salt, divided
- 1/4 teaspoon freshly ground pepper
- Pinch of ground nutmeg
- 4 large egg yolks, at room temperature
- 1 1/2 teaspoons truffle oil
- 8 large egg whites at room temperature
- 1 cup crumbled or diced aged goat cheese or Manchego cheese



Preparation

1. Fill a large skillet with 1 inch of hot water and bring to a boil. Add asparagus. Partially cover and cook the asparagus until tender-crisp, about 3 minutes. Drain, refresh under cold water. Blot the asparagus dry with a clean kitchen towel, then cut into 1/2 inch slices.
2. Position rack on lowest level of oven; preheat to 375°F. Coat six 10 ounce ramekins with nonstick cooking spray. Place ramekins on a large rimmed baking sheet.
3. Heat milk in a small saucepan over medium heat until hot. Melt butter in a medium saucepan over medium-low heat. Whisk in flour and cook, whisking often, for 2 minutes. Turn off heat and slowly whisk in hot milk. Return the heat to medium-low and continue whisking until the mixture is thickened, 3 to 4 minutes. Whisk in 1/4 teaspoon salt, pepper and nutmeg. Remove from the heat and whisk in 4 egg yolks, one at a time, and truffle oil, if using. Transfer the mixture into a large bowl and stir in the asparagus and cheese.
4. Place 8 egg whites in a large bowl. Beat with an electric mixer, slowly increasing the speed, until they begin to foam. Add the remaining 1/4 teaspoon salt and continue to beat until the whites hold their shape; do not overbeat. (You'll know they are ready when you lift the beaters out and the peak doesn't flop over.)
5. Using a rubber spatula, gently stir one-third of the whites into the egg yolk mixture to lighten it. Gently fold in the remaining egg whites just until blended. Divide the soufflé mixture among the prepared ramekins, filling them almost to the top.
6. Bake the soufflés on the bottom rack until puffy and golden and an instant-read thermometer inserted into the center registers 145°F, 20-25 minutes. Do not overcook, the centers will look soft.

Ingredient Note: Goat cheese, also known as *chèvre* (French for "goat"), is earthy-tasting and slightly tart. Aged goat cheese has a nutty, sharp flavor and is drier and firmer than fresh goat cheese. Look for it in a well-stocked cheese section at large supermarkets and specialty cheese shops. We don't recommend using fresh, creamy goat cheese as a substitute—Manchego cheese is a better choice.

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 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.

