

# Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 \* Chartered 1989

Volume 23, Number 12

[www.mendedhearts216.org](http://www.mendedhearts216.org)

January 2014

FOR THE HEART PATIENT AND THEIR FAMILIES

## How a Healthy Mind Equates to a Healthy Body



Meet Dr. Eileen Kramer

You have had a heart attack. You have had a heart procedure. You are on cardiac medication. You are actively involved in cardiac rehabilitation. What can you do for the emotional turmoil that you and your family have endured through these experiences?

Dr. Kramer will be discussing how people suffering from depression have higher rates of illness, such as heart disease and cancer, compared to those who live happy, well adjusted lives.

Dr. Kramer will address the characteristics of depression and PTSD, including the important signs and symptoms that caregivers must be aware of. She will explain remedies for depression, both clinically and holistically, and describe the great benefits of altruistic work, such as Mended Hearts, can have on the body and mind.

Dr. Kramer has a PHD in Psychology and has been in practice for 15 years. She is currently the Clinical Director at Pacific Hills' Treatment Center, taking on the trials and tribulations of people suffering from substance abuse and drug addiction. Much of her career has been spent working with battered women and children, as well as the perpetrators of these crimes.

We look forward to having Dr. Kramer join us at our January 15, 2014 meeting at 7:00pm. Hope to see you there!

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