East Meets West
Using acupuncture and Chinese medicine for optimal health

Bret Ellington, MSOM

For most Americans, we don’t think about our health until a medical emergency appears. When that day comes it can turn your life around and you look for answers and relief.

A health crisis can and will set your life on a new course. When that day comes, healthcare becomes a top priority. You want answers and most importantly you want relief. Whether you’ve had a heart attack or you’re on medication for heart problems, rehabilitation and recovery are possible.

Traditional Chinese medicine (TCM) can be a complementary part of your health care and help to get your life back on track again. While it can treat the symptoms, Chinese medicine looks at the body as a whole and treats the root cause of the disease. Treating the patient from the root cause is key in the restoration of health and makes the patient healthier in all aspects of their life.

Bret Ellington has a Master of Science in Traditional Oriental Medicine and is a California Licensed Acupuncturist, as well as a National Diplomate in Acupuncture. He’s also certified as a Holistic Health Practitioner and certified in Clinical Nutrition. At his clinic, Inner Balance Acupuncture, he treats patients with chronic and acute conditions, while constantly educating his patients about the prevention of illness and disease.

Bret will discuss using acupuncture, Chinese medicine and nutrition in the rehabilitation process. Emphasis of this talk will be on how Chinese medicine can help the cardiac patient recover quicker and enjoy all around better health.

There will as well be an acupuncture demonstration from a brave volunteer.

Don’t forget the program starts at 7:00 pm, Wednesday May 21st 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

## Officers

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>President</td>
<td>Dennis Galloway</td>
<td>714-381-1906</td>
<td><a href="http://www.mendedhearts216.org">www.mendedhearts216.org</a></td>
</tr>
<tr>
<td>VP/Webmaster</td>
<td>Jeff Gotro</td>
<td>949-240-0530</td>
<td><a href="mailto:bresnan@cox.net">bresnan@cox.net</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Jeannine Leaper</td>
<td>949-831-4181</td>
<td><a href="mailto:fdamiano@mac.com">fdamiano@mac.com</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Mike Bresnan</td>
<td>949-582-2719</td>
<td><a href="mailto:bandbofmv@cox.net">bandbofmv@cox.net</a></td>
</tr>
<tr>
<td>Membership Chair</td>
<td>Dustin Frei</td>
<td>949-362-3944</td>
<td><a href="mailto:queenofthekassel@gmail.com">queenofthekassel@gmail.com</a></td>
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<tr>
<td>Past President</td>
<td>Fred Damiano</td>
<td>949-364-7755</td>
<td><a href="mailto:hscotece@mhr.stjoe.org">hscotece@mhr.stjoe.org</a></td>
</tr>
<tr>
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<td>949-573-8543</td>
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</tr>
<tr>
<td>Visitor Co-Chair</td>
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<td><a href="http://www.mendedhearts.org">www.mendedhearts.org</a></td>
</tr>
<tr>
<td>Member at Large</td>
<td>Lonnie Camilleri</td>
<td>949-386-3596</td>
<td></td>
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<tr>
<td>Member at Large</td>
<td>Marty Lipson</td>
<td>949-386-3596</td>
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## Mission Hospital

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<tr>
<th>Role</th>
<th>Name</th>
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<tr>
<td>Clinical Manager</td>
<td>Elaine Gotro</td>
<td>949-364-7755</td>
<td><a href="mailto:hscotece@mhr.stjoe.org">hscotece@mhr.stjoe.org</a></td>
</tr>
<tr>
<td>Secretary</td>
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<td>949-364-7755</td>
<td><a href="http://www.mendedhearts.org">www.mendedhearts.org</a></td>
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## Regional Contacts

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<th>Role</th>
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<tr>
<td>Regional Director</td>
<td>Patrick Farrent</td>
<td>859-3400</td>
<td><a href="mailto:irishpjf@comcast.net">irishpjf@comcast.net</a></td>
</tr>
<tr>
<td>Assistant Regional Dir.</td>
<td>Jeanee Varndell</td>
<td>582-2719</td>
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## National Headquarters

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

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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.

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## Visitors Report

**April 2014**

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Visitors: Lonnie Camilleri, Chip De Son, Jeff Wolff, Jo Christenson, Jeannine Vardell

Visitors Coordinator for the months as follows:

May  Barbara Lane  859-3400
June  Dee Nangle  582-2719
July  Susan Goldberg  768-0913

Hope to see you at the May Meeting!!

*Barb Lane & Dee Nangle*
Without Our Volunteers, Nothing Happens!

For more than 26 years Mended Hearts Chapter 216 volunteers have been providing heart patients and their families support and encouragement; from our patient and family hospital visits, follow up phone calls at their homes, monthly educational member and friends meetings, monthly Ticker-Talker newsletter, chapter member website (www.mendedhearts216.org) national information website and chapter member facebook page (facebook.com/mendedhearts216). Each provides ongoing information on heart disease, prevention and care.

None of this could have been possible if it were not for our founder’s vision, hospital support and the total commitment of our dedicated VOLUNTEERS!

I encourage each of you a family member or friend, to consider becoming one of our cherished volunteers, perhaps as a certified visitor or working with our newsletter and facebook editor.

To all our past and present Volunteers on behalf of our membership I give you all a HEARTFELT THANK YOU for all that you do.

I look forward to seeing you all Wednesday May 21st, 7pm with Bret Ellington, MSOM, East Meets West, Using acupuncture and Chinese medicine for optimal health

God Bless,

Dennis

“Giving back does the Heart Good”

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: nurturelactation@cox.net

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

Congestive heart failure (CHF) is now a covered diagnosis for Medicare patients that meet specific criteria! It has long been known that regular exercise is an important component for individuals with heart problems, especially for those with heart failure. Heart failure patients are frequently readmitted to the hospital if they do not know how to exercise appropriately or how to manage their symptoms. Medicare now covers the following diagnoses: Heart attack (MI), Angioplasty or stents (PCI), Bypass surgery (CABG), Stable Angina, Heart Valve Repair/Replacement, Heart or lung transplant and Congestive Heart Failure (CHF). Other insurance companies typically provide coverage for the same diagnoses and often approve cardiac rehab for Risk Factor Modification, Pacemakers and Defibrillators (ICD) as well. Even more reasons to reap the benefits of cardiac rehab!

Here’s to Your Healthy Heart!

Elaine

Color Version

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/
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

Mr Frank Bold 5/29/2008

Richard Kramer 5/1/2001

Roger O’Connor 5/15/1984

Ted Robinson 5/7/2006

Hal Schwartz 5/8/2013

Chapter 216 Meetings

2014 Meeting Schedule

May 21 Bret Ellington L.Ac, MS
Inner Balance Acupuncture

June 18 Melody Davidson, RN, MN, CNS, PCCN,
Mission Hospital Stroke center

September 17 Beth Summerl, RN
Mindfulness-Based Stress Reduction (MBSR)

Mission Hospital Conference Center
26726 Crown Valley Parkway
Mission Viejo, CA
Meeting starts at 7PM

If we missed your mendiversary or birthday and would like it included in the Ticker Talker please email it to: queen-ofthekassell@gmail.com
WE THANK YOU
Mended Hearts
Community Supporters

Facebook Web Address:
https://www.facebook.com/MendedHeartsChapter216
Mended Hearts
Chapter 216

Fundraiser Game

Vs.

Detroit Tigers

Sunday, July 27th @ 12:35pm or 5pm

- Special Lower View MVP-412 seating for $29.00!
- All Family, Friends and Neighbors are welcome to attend.
- Tickets are limited. ACT NOW!

Deadline for your order is:
JULY 11, 2014

We will accept: CASH and CHECKS
Make checks payable to:
MENDED HEARTS 216
www.mendedhearts216.org

| # of Tickets You Want to Purchase | Price Per Ticket | Total $ Amount of Order | Name:
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Sorry, unable to make the game. Donation Only $ 

Phone Number: ( )
Email Address: 

Questions:
DENNIS GALLOWAY
(714) 381-1906

No refunds or exchanges!
Please return order form with payment by: 7-11-14
TO: DENNIS GALLOWAY 2 Phaedra, Laguna Niguel, CA 92677

*Game start time will be known on or before July 1st.
May 06, 2014

**Vast Advancements in the Treatment of Fetal Heart Disease**

We’ve come a long way with the diagnosis and treatment of fetal heart disease, according to a scientific statement released by the American Heart Association.

According to a scientific statement recently released by the American Heart Association, we’ve made significant progress in the diagnosis and treatment of fetal heart disease.

Written by experts in the field, this statement summarized our current understanding of fetal heart disease and outlined best practices for the diagnosis and management of this condition. Authors reviewed the latest tests used to diagnose fetal heart disease, such as 3- and 4-dimensional imaging tests that help provide detailed information about the fetus’s heart. They also reviewed the latest treatments that have helped improve outcomes for babies born with heart defects and highlighted the need for additional research in the field of fetal cardiac care.

Throughout this statement, it’s clear how much fetal heart care has evolved throughout the years. Not long ago, there was little that could be done following the diagnosis of a fetal heart problem. Doctors’ primary goal was to counsel families on what to expect once the baby was born, since there was nothing that could be done in utero to treat the fetus. Now, experts are able to work together to pinpoint a fetal heart problem and possibly intervene before delivery to improve outcomes.

Of course, there’s still plenty of room for advancement. With further research, experts hope to continue improving outcomes for fetuses diagnosed with heart disease. And despite advancements in care, authors highlight the continued importance of prenatal counseling following diagnosis. Doctors should work closely with parents to provide an accurate diagnosis, provide a clear and truthful prognosis, outline treatment options and help parents reach medical decisions that are best for them.

Source: [https://www.cardiosmart.org/News](https://www.cardiosmart.org/News)
Five Key Acupuncture Discoveries

Five new acupuncture discoveries received widespread global attention. Number one on the list was that of CT scans capturing acupuncture points. CT (computerized tomography) X-ray scans now reveal the anatomical structure of acupuncture points. This rocked the research world after being published in the *Journal of the Electron Spectroscopy and Related Phenomena*. Prior to these findings, researchers were able to map electrical, heat and oxygen density patterns for acupuncture points. This most recent discovery finding, however, included the very first CT images of acupuncture point structures. To learn more, take a look at the Healthcare Medicine Institute's [acupuncture continuing education article](http://www.healthcmi.com).

Number two on the list has important implications for patients suffering from depression. Electroacupuncture is shown to increase brain cell health associated with mental health. An examination of brain cells following acupuncture treatments uncovered important mechanisms by which acupuncture exerts its antidepressant effects.

The researchers discovered that acupuncture exhibits regulatory effects on special brain cells in the hippocampus called neural progenitor cells (NPs). These cells contribute to the maintenance of the brain and spinal cord. A major function of NPs is in the replacement of damaged or dead cells. Injured cells activate NPs to differentiate into the target tissue.

The research team cited numerous studies demonstrating “that acupuncture is an effective remedy for depression and it may be as effective as antidepressant drugs.” They also note that electro-acupuncture increases neurogenesis in the hippocampus as do SSRIs (serotonin reuptake inhibitors), a class of antidepressant medications. Neurogenesis is the process by which neurons are generated from neural stem and progenitor cells. To learn more, a full write-up is available online at HealthCMi.

Number three on the list confirms prior findings that acupuncture significantly reduces hypertension. Researchers conclude that acupuncture has a “stable antihypertensive effect.” Acupuncture point KI3, located in the ankle region, was shown to have an “antihypertensive effect for essential hypertension.” Over 1.5 billion people have high blood pressure and it is the leading cause of death among cardiovascular disorders. In the USA, high blood pressure is the most common chronic medical disorder associated with doctor office visits. The American Heart Association estimated that the cost of this disorder exceeded $76 billion dollars in 2010. To find out more, visit the HealthCMi page on this topic.

Number four on the list produced overwhelming scientific evidence that acupuncture reduces pain. The discovery created a great stir because it was published in the prestigious *Journal of the American Medical Association (JAMA)*. Researchers from Memorial Sloan-Kettering Cancer Center, New York and Technical University, Munich conclusively proved that acupuncture reduces pain. The sham-placebo controls examined in the meta-analysis met the highest standards and put to rest the age old question, does it work? The comprehensive investigation reviewed 31 studies involving 19,827 patients. After 2,000 years of clinical success it is now official, acupuncture stops pain. Learn more in the [full news article](http://www.healthcmi.com).
Number five on the list is new research demonstrating that acupuncture significantly improves pregnancy rates and has potent effects in reversing infertility. The study measured acupuncture’s success in patients using IUI, IVF and for those using no biomedical interventions. All three groups showed significant improvements in pregnancy rates. Learn more in the article on acupuncture for fertility.

Another recent investigation demonstrated that acupuncture is safe and effective for relieving pain and nausea in the emergency room setting. The study concluded that acupuncture combined with biomedical care improves patient outcomes. This type of study reflects a myriad of new research demonstrating the role of acupuncture in an integrative medical environment. Read about this finding in the article on acupuncture emergency room care.

Another investigation receiving widespread attention is that acupuncture combined with ginger moxibustion has a curative effect on patients with intractable tinnitus, ear ringing. Researchers from a hospital in Hubei province treated cases of intractable tinnitus using acupuncture and ginger moxibustion. They achieved an overall effective rate of 91.18%. The study outlined a special protocol for the treatment of this pernicious and often difficult to treat disorder. Lean more in the article acupuncture for tinnitus.

Another recent study finds that acupuncture benefits the ovaries by regulating sex hormones for cases of PCOS, polycystic ovarian syndrome. According to the research, acupuncture facilitated “the normal transformation of ovarian androgen to estrogen” and restored normal endocrine system functions. This type of laboratory research, now common, measures the direct impact on bodily biochemicals by acupuncture. This helps to explain the long-lasting therapeutic effects caused by acupuncture care. Learn more in the article Acupuncture Regulates Sex Hormones in PCOS.

Source: http://www.healthcmi.com/Acupuncture-Continuing-Education-News/1303-five-key-acupuncture-discoveries
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 SEPTAL DEFECT________ PACEMAKER/ICD ____________

Hobbies & Interests:____________________________________________________________________

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

Visiting Patients _____ Telephoning _____ Other (describe)___________________________

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<th>Family</th>
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<tr>
<td>Dues: Initial, Annual, National &amp; Chapter Dues</td>
<td>$28</td>
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<tr>
<td>Life membership, National &amp; Chapter</td>
<td>$225</td>
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I wish to donate to defray Special Projects

And Newsletter Expenses: $__________

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.

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.