

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

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March 2015

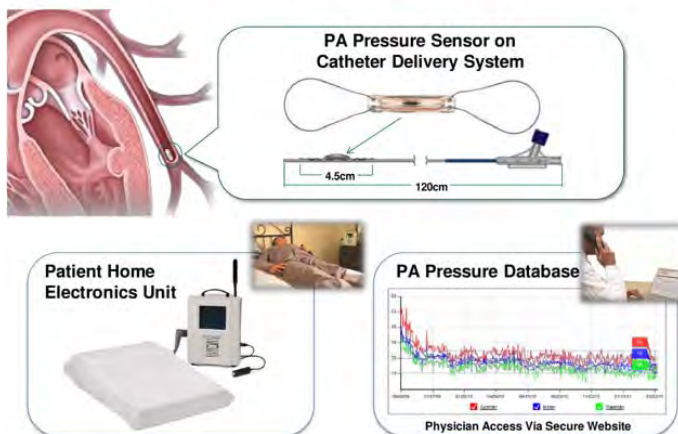
First-of-its-kind Heart Failure Monitoring Device

Jill Harris, MSN, ACNP-C, CNS, is a Heart Failure Specialist with St. Jude Medical.

Jill is a nurse practitioner and clinical nurse specialist with 15 years nursing experience. She has worked in the critical care setting, aiding in the development of a cardiac surgery program, with electrophysiologists, interventional cardiologist and diagnosticians in the hospital and office settings. Part of that work has involved research in new device technologies for management of heart failure and blood pressure.

Jill will be presenting the CardioMEMS™ HF System, first-of-its-kind and only FDA-approved heart failure monitoring device that uses a miniature wireless sensor to track the level of pressure borne by heart-failure patients. The implantable device is designed to proactively detect early rising pressure, helping to avoid a crisis that could result in hospitalization. Reducing heart failure-related hospitalizations has a direct impact on a patient's well-being.

CardioMEMS™ HF System



Approximately 26 Million people worldwide suffer from heart failure. St. Jude Medical collaborates with heart failure specialists, clinicians and advocacy partners to provide innovative, cost-effective solutions for heart failure patients around the world. Headquartered in St. Paul, Minn., St. Jude Medical has four major clinical focus areas that include cardiac rhythm management, atrial fibrillation, cardiovascular and neuromodulation.

*Don't forget the program starts at 7:00 pm, Wednesday
March 18th 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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www.mendedhearts.org

Note to recent heart surgery patients and others considering membership:

We hope all of you who have had a stent emplaced or 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 February 2015

	<u>MO</u>	<u>YTD</u>
Hospital Visits	9	18
Phone Visits	0	0
Visitors	6	12
Visitors Trainees	0	0

Visitors: Joe Pierantoni, Dennis Galloway, Greg Ger-sichen, Ed Rocco, Fred Damiano, Dee Nangle, Ron Reeves, Ben Buchanan, Chip DeSon.

Visitors Coordinator for the months as follows:

March	Dee Nangle 582- 2719
April	Dee Nangle 582- 2719

You won't want to miss the next meeting on March 18th.

Barb Lane & Dee Nangle

Presidents Heartfelt Message

From the CardioPulmonary Rehab Center



Moving into March

As we move into March and the end of the first quarter I want to thank our membership for its interest in Mended Hearts. We put out our first member survey during January's monthly meeting and received a large percentage of the surveys back.

The majority indicated they were very happy with Mended Hearts, from our hospital visits, monthly Newsletter, member monthly meetings and Gala. We received some thoughts and ideas for future speaker topics, growth of our membership and Holiday Gala. Those are being taken into consideration. I encourage you all to continue to give us your feedback as we travel this road together.

We had a large number of our membership attend the February American Heart Month, Doctors Round Table asking the panel some very excellent questions. All three doctors did a great job in answering our questions providing valuable information along with some much needed laughs. We would like to thank Doctors Bhojraj, Cardiologist; Barrera, Endocrinologist and Noorian, Internist for their enlighten participation.

Our Wednesday March 18th guest speaker is Jill Harris from St. Jude Medical. She will be introducing an exclusive, recent FDA approved medical device, CardioMEMS Heart Failure Management System. I know you'll enjoy this program.

I look forward to seeing you there.

God Bless,
Dennis

"Giving back does the Heart Good"

Dear Mended Hearts

We're getting our walking team organized for The American Heart Association's Heart Walk on Saturday, March 7th at Angel Stadium in Anaheim! And, at the time this article was written, we're about \$1800 away from our Cardiac Rehab Center goal of \$5000. Thank You so much to those who have already donated towards this great cause, and if you would still like to help us reach our goal, please either stop by the CardioPulmonary Rehab Center with your donation, or donate online at www.ocheartwalk.org



On the left side of the page go to:
"Find a Company"
then look for "St. Joseph Health"
then "Mission Hospital"
then "Cardiac Rehab Center" team

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then "Mission Hospital"
then "Cardiac Rehab Center" team

If you would like to join us as a walker (5K, 3.2 miles), you can also sign up online or in person at the CardioPulmonary Rehab Center. **Thank You** again - we greatly appreciate your support of the Heart Walk, our Cardiac Rehab Team, and the fight against heart disease and stroke!

Here's to Your Healthy Heart

Elaine



<https://www.facebook.com/MendedHeartsChapter216>

Thank you to our Community Supporters



Good nutrition can be as easy as one-two-three!

Making a few changes in your meal and snack choices is a good place to start.

Try these tips:

1. Consume at least one low-fat dairy product each day such as a cup of yogurt or an eight ounce glass of skim milk. Make sugar free instant pudding with skim milk for a delicious treat.
2. Add two servings of fruits and vegetables to your meals. Try a variety of fresh vegetables and fresh or dried fruit in salads.
3. Add three servings of whole-grain foods to your daily diet. Check labels. It's not hard to include whole wheat breads, pastas and cereals or brown rice. Even popcorn counts.

Source: American Dietetic Association

Chapter 216 Members Page - March 2015

Birthdays-March

Dr. Jeffrey Gotro	03/03
Hal Schwartz	03/14
Shirley A. Neal	03/18
Jenny Katzen	03/20
Alvin Breitman	03/22
Arthur Feldman	03/25
Ralph (Ed) Nelson	03/25
Dick Spaulding	03/28
Chandler Rabins	03/29
Antoinette Thompson	03/29



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-March

Linda Sokoloff	03/01/1992
Patricia Phillips	03/26/1996
James Waples	03/04/1998
Hazel H. Schwab	03/02/2000
Edwin Stotereau	03/08/2000
Dr. Jeffrey Gotro	03/26/2001
Walter Kuhns	03/28/2001
Pat Picuch	03/12/2001
Peter Puksza	03/14/2001
Ron Blanchard	03/19/2002
Mona Mahieu	03/26/2002
George Denney	03/22/2005
John Dewey	03/01/2006
Warand R. Kirsch	03/09/2006
Josephine Hicks	03/27/2008
Louise Hornbeck	03/12/2008
Janet Burgus	03/09/2009
Marilyn Sullens	03/17/2009



Chapter 216 Meetings 2015 Meeting Schedule

March	Jill Harris - Heart Monitoring Device
April	Frank Ahmann of LoneStar Heart
May	Dr. Faris Ghosheh of Advanced Eye Med. Group

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:

socalcarculture@yahoo.com

The latest news from Cleveland Clinic

How a Smartphone App Can Help You Save a Life

App notifies you of nearby sudden cardiac arrests.



When someone suffers sudden cardiac arrest, they need immediate help. That's because the chance of surviving a sudden cardiac arrest drops 10 percent for every minute that passes before they receive cardiopulmonary resuscitation (CPR).

A smartphone app called PulsePoint Respond aims to solve that problem by connecting people struck by sudden cardiac arrest with the people who can give them help during the time it takes for emergency medical service (EMS) workers to arrive.

Sudden cardiac arrest occurs when the heart's electrical system malfunctions and becomes irregular. The heart beats dangerously fast and blood is not distributed to the body. In the first few minutes, blood flow to the brain may be reduced so drastically that a person loses consciousness. Death follows unless treatment is begun immediately.

Finding help

With emergency medical workers taking an average of seven minutes to arrive at an address — let alone locate the patient at the address — the PulsePoint app crowdsources lifesaving help for people with sudden cardiac arrest, says Thomas Beers, Manager of Emergency Medical Services at Cleveland Clinic.

The app, which is available free on iTunes and Google Play, is integrated into the 911 procedures of participating cities. When emergency dispatchers receive a call regard-

ing a suspected sudden cardiac arrest, they activate an alert to PulsePoint app users at the same time they dispatch local EMS.

The alert notifies app users only when an emergency is in a public place within a quarter-mile. The app uses a smartphone's geolocation service to direct you to the sick person's location and the nearest automated external defibrillator (AED), a portable device that checks the heart rhythm and can deliver an electric shock to restore a normal rhythm.

About 1,100 cities and 22 states across the nation participate in the PulsePoint program, which is a project of the PulsePoint Foundation, a 501(c)(3) non-profit foundation based in the San Francisco Bay area.

Participating cities include Las Vegas and Los Angeles. In 2014, Cleveland Clinic sponsored the cost of the software integration for dispatch centers in the city of Cleveland and five suburban fire departments.

"Cleveland Clinic's heart program continues to rank as the best in the nation and we saw it as a natural fit to bring the PulsePoint tool to Northeast Ohio," says Brad Borden, MD, Chair of Cleveland Clinic's Emergency Services Institute. "We hope that local citizens will join us in our fight to combat the No. 1 cause of death in the United States and encourage everyone who is trained in CPR to download and use the application."

Hands-only CPR

You don't have to be formally trained in CPR to help save the life of someone experiencing sudden cardiac arrest. You can give hands-only CPR by simply pushing hard and fast in the center of the victim's chest. The PulsePoint app has information on how to do hands-only CPR and even plays a ticking rhythm so you can time your life-saving pushes most effectively.

Having sudden cardiac arrest victims get CPR immediately is so important that in 2008, the American Heart Association (AHA) revised its recommendations to encourage bystanders without formal CPR training to use hands-only CPR in emergency situations.

"If we don't have people engaging in CPR early on, we're way behind," Mr. Beers says. "Without CPR, there's very little chance we can save them."

The latest news from Cleveland Clinic

Leading killer

Sudden cardiac arrest affects about 1,000 people a day across the country and claims nearly 90 percent of its victims, according to the Sudden Cardiac Arrest Foundation. It is the leading cause of death for people older than age 40.

Sudden cardiac arrest is different from a heart attack, which occurs when one or more of the coronary arteries is blocked, preventing the heart from receiving enough oxygen-rich blood.

With sudden cardiac arrest, CPR keeps enough oxygen in the lungs and gets it to the brain until normal heart rhythm is restored with an electric shock to the chest through defibrillation.

“The PulsePoint app engages people to work as a team to save a life,” Mr. Beers says. “The more people we have out there with this app who can catch the alert, the more likely they can help others in need and give them a better chance for survival.”

<http://health.clevelandclinic.org/2015/02/how-a-smartphone-app-can-help-you-save-a-life/>

Medical Advances That May Affect You

Research is changing how your doctor prevents and treats heart disease.



Medicine changes so fast that doctors are hard-pressed to stay on top of the latest developments. That’s why they

attend national medical meetings. At these meetings, they learn the latest information in their specialty.

The annual meeting of the American Heart Association (AHA) is one of the largest in the world. From the thousands of presentations at AHA 2014, Steven Nissen, MD, Chairman of Cardiovascular Medicine at Cleveland Clinic, picked four that he feels are most likely to influence the way doctors prevent and treat heart disease.

1. Rock-bottom LDL levels safely lower risk after a heart attack

Low levels of “bad” LDL cholesterol are known to reduce the likelihood of having a heart attack. That’s why people at risk for heart attack are advised to keep their LDL level around 70 mg/dL—a feat that usually takes a statin to achieve. Whether going lower would produce additional benefit, or even be safe, has been unknown.

In a study presented at AHA 2014, researchers gave a different cholesterol-lowering drug, ezetimibe (Zetia), plus simvastatin (Zocor) to patients who had suffered a heart attack. The drug combination pushed LDL levels as low as 53 mg/dL, while those taking simvastatin alone achieved levels of 69-70 mg/dL. As LDL levels fell, so did the risk of heart attack and stroke, and the patients suffered no unusual events.

“This trial really shows that for very high risk patients, exceedingly low LDL levels produce meaningful benefits,” says Dr. Nissen.

2. Extending dual antiplatelet therapy after stenting has both risks and benefits

After receiving a stent, patients must take clopidogrel or a similar drug plus aspirin for 12 months. This regimen, called dual antiplatelet therapy, is designed to reduce the likelihood that a clot will develop inside the stent, causing a heart attack, or elsewhere in the arteries, potentially causing a stroke.

The results of a trial presented at AHA 2014 found that extending dual antiplatelet therapy to 30 months did, indeed, reduce the rate of these undesirable events, but also increased the rate of moderate or severe internal bleeding. In addition, in-stent clots and heart attacks rose within three months after clopidogrel or similar drug was discontinued.

“The optimal duration of dual antiplatelet therapy remains

The latest news from Cleveland Clinic

unknown,” says Dr. Nissen.

3. Aspirin fails to prevent a first heart attack or stroke

After a heart attack, taking low-dose aspirin every day can help prevent another heart attack. But if you have never had a heart attack, the risks of daily aspirin outweigh the benefits, even if you have hypertension, diabetes or high cholesterol.

In a study presented at AHA 2014, daily low-dose aspirin significantly reduced the rate of heart attack and transient ischemic attack (a “pre-stroke” or “mini-stroke”). However, the risk of bleeding canceled out any benefit.

Recently, a survey of U.S. cardiology clinics showed that 10 percent of patients were being given aspirin to prevent a first heart attack.

“For some years, we have recommended that patients not take aspirin for primary prevention of heart disease. This study further supports our conviction that patients should take aspirin only if they already have heart disease,” says Dr. Nissen.

4. Stenting asymptomatic diabetic patients does not save lives

Diabetes is a major risk factor for cardiovascular disease, so stenting high-risk diabetic patients—even when their risk factors are under control—should reduce the risk of death, heart attack and stroke. But a study presented at AHA 2014 found this assumption is flawed.

The study used coronary CT angiography (CTA) to identify coronary artery disease in asymptomatic patients with diabetes, so that stenting could be performed. When compared with those whose blood sugar, blood pressure and cholesterol were controlled with medication, stenting made no difference in the rate of heart attack, stroke, hospitalization for cardiovascular causes or death.

“The negative results of this study reinforce that CTA does not provide an outcomes advantage in asymptomatic patients, even those at high-risk,” says Dr. Nissen.

<http://health.clevelandclinic.org/2015/02/medical-advances-that-may-affect-you/>



30 different antioxidants



RED PEPPERS

Contain 30 different antioxidants.



Red Peppers are some of the most nutrient-dense vegetables you can eat.



Roasted red peppers are a good source of potassium, a mineral many of us are lacking. Getting enough is associated with a decreased risk of stroke.



Capsaicin

Capsaicin is what gives peppers their heat and offers health benefits. It's anti-inflammatory and a source of vitamin A and E, which neutralize free radicals in our bodies.



clevelandclinic.org/loveyourheart

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The latest news from Cleveland Clinic

Running is a Life-Saver, Study Finds

Running may reduce heart disease risk



A new study finds that running just a few minutes each day may significantly decrease your risk for heart disease. And you don't have to run very far or very fast to improve your heart health.

The researchers concluded that running even 5 to 10 minutes each day is good. It "is associated with markedly reduced risks of death from all causes and cardiovascular disease."

"Running does so much for your body," says Cleveland Clinic sports cardiologist Dermot Phelan, MD, PhD. "It reduces your risk of high blood pressure. It improves your lipid profile. It improves your insulin sensitivity and reduces your risk for diabetes and metabolic syndrome."

"All of these benefits from running work together to reduce the overall chance that you are going to have a heart attack or stroke," he explains. "Start at any age, but start, I often tell patients."

Study details

Little had been known about the long-term effects of running on mortality. This led researchers at Iowa State University to embark on a 15-year study of more than 55,000 adults between the ages of 18 and 100. The average age was 44.

They found that in comparison to non-runners, runners had a 45 percent lower risk of death from heart disease and stroke and a 30 percent lower risk of death from all causes. And they learned that the benefits were the same no matter

how long, far, frequently or fast the people ran. Participants often ran less than six miles per hour.

"Studies show time and time again that as soon as you start exercising, you begin to see benefits. It is good for your heart and reduces your risk for heart events," says Dr. Phelan. "This study took a closer look at running, which is an activity that is easy and inexpensive to start."

In this study, the reduction in mortality was a result of continued running over time. And the researchers said that running is as important to heart health as not smoking and avoiding obesity and high blood pressure.

The researchers said further study will help to determine if there is an upper limit to the amount of vigorous physical activity that can help reduce mortality.

"The hope is that these study results will encourage healthy sedentary people to begin and continue running in order to prolong their lives," Dr. Phelan adds. "It's amazing to see the benefits."

For the complete findings for this study, see the Journal of the American College of Cardiology.

Before you start running

For some people, it is very important to consult with a doctor before starting a running or other exercise program.

"If you are at high risk for heart disease, have any symptoms such as chest pains, shortness of breath, palpitations or lightheadedness, or a personal or family history of heart disease," Dr. Phelan says, "then it is a good idea to consult with a cardiologist experienced at treating athletes before you begin intensive cardiovascular exercise."

<http://health.clevelandclinic.org/2014/10/running-is-a-life-saver-study-finds/>

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/>

Mended Hearts

Chapter 216




Fundraiser Game

ANGELS.

Vs.



Wednesday, May 27th @ 7:05pm

-  **Special Lower View MVP-425 seating for \$29.00!**
-  **All Family, Friends and Neighbors are welcome to attend.**
-  **Tickets are limited. ACT NOW!**

**DEADLINE FOR
YOUR ORDER IS:**

May 20, 2015

We will accept: CASH and CHECKS
Make Checks Payable to:
MENDED HEARTS 216

www.mendedhearts216.org

Questions:

**DENNIS
GALLOWAY
(714) 381-1906**

# OF TICKETS YOU WANT TO PURCHASE	PRICE PER TICKET Price listed is per person	TOTAL \$ AMOUNT OF ORDER	NAME:
			ADDRESS: (To mail tickets)
	\$29.00	\$	PHONE Number: ()
Sorry, unable to make the game. <u>Donation Only</u> \$			Email Address:

NO REFUNDS OR EXCHANGES!

PLEASE RETURN ORDER FORM WITH PAYMENT BY: 5-20-15
TO: DENNIS GALLOWAY 2 Phaedra, Laguna Niguel, CA 92677

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	\$28	\$38
Life membership, National & Chapter	\$225	\$335

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.

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.



St. Joseph Health 
Mission Hospital



St. Joseph Health 
St. Mary