

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

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www.mendedhearts216.org

April 2015

FOR THE HEART PATIENT AND THEIR FAMILIES

“Algisyl – development of new approach to treat advanced heart failure.”

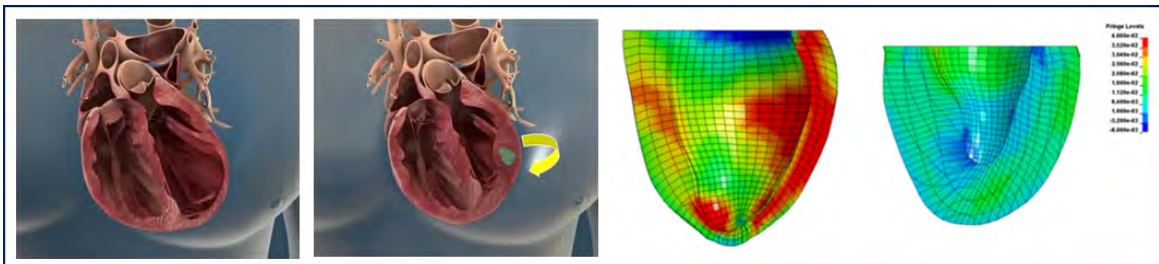
LoneStar Heart, Inc. is a California- and Texas-based start-up company developing medical devices and drugs to restore adequate heart function in patients with Advanced Heart Failure (HF). The company’s lead product, Algisyl®, is now available in Europe and clinical studies are expected to begin in the U.S. in mid-2015.

Algisyl® is an injectable hydrogel that restores adequate heart function in HF patients who have an enlarged left ventricle with low ejection fraction and who continue to have symptoms despite optimal drug treatment (primarily in NYHA Classes III and ambulatory IV). Algisyl® improves cardio-mechanical function, clinical symptoms, and quality of life in a cost-effective procedure that does not conflict with other drug or device therapies.

The administration of Algisyl® involves a procedure known as a mini-thoracotomy that is carried out routinely by cardiac surgeons. In this procedure, depending on the size of the heart, approximately 15 large drops of Algisyl® hydrogel are injected directly into the left ventricle wall. As it sets, the hydrogel thickens the ventricle wall and displaces the inner muscle cells shrinking the ventricle diameter, improving muscle stretch, and reducing wall tension. The hydrogel does not degrade but remains in the muscle as a permanent implant. It is well-tolerated and does not cause inflammatory or other negative reactions. The immediate physiological effects of reshaping the ventricle with Algisyl® lead to sustained improvements in cardiac function and clinical symptoms for most patients.

In development since 2006, Algisyl® has been tested carefully and thoroughly. Results from a controlled randomized study completed in 14 European and Australian centers were recently presented and demonstrated significant improvements for patients treated with Algisyl® in major efficacy endpoints including 6-minute walk test, NYHA classification, quality of life evaluation, and peak-VO₂. Of all of these parameters, peak VO₂, a measure of maximal aerobic capacity, is considered the best indicator of cardiovascular health because it correlates strongly with clinical symptoms as well as morbidity and mortality in HF patients. Patients enrolled in the study continue to be monitored and additional results will be presented in the coming months.

In October 2014, Algisyl® received approval to market in the European Union allowing the Company to broaden product usage and commercialization. Algisyl® is primarily being used in Germany and Italy. In the US, planning and approval procedures are under way with the Food and Drug Administration and with 30 hospitals to begin a randomized clinical study in mid-2015. **Frank Ahmann, President & COO**, will be our speaker.



Algisyl® is implanted into the enlarged left ventricle of HF patients. The effects of this cardiac “plastic surgery” include a decrease in heart muscle tension and ventricle diameter. The effects are shown in the “before and after” models of an actual patient ventricle shown on the right side above. The red color indicates areas of highest stress.

*Don't forget the program starts at 7:00 pm, Wednesday
April 15th 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

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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 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 March 2015

	<u>MO</u>	<u>YTD</u>
Hospital Visits	6	24
Phone Visits	2	2
Visitors	3	15
Visitors Trainees	0	0

Visitors: Ed Rocco, Fred Damiano, Chip DeSon

Visitors Coordinator for the months as follows:

April	Barb Lane	859-3400
May	Jo Cristian	581-1824
June	Dee Nangle	582-2719

See you at the April meeting!!

Barb Lane & Dee Nangle

Presidents Heartfelt Message

From the CardioPulmonary Rehab Center



Truly Inspirational

As each of us embark on our road of life we come across many people, places and things, some memorable and others not. I would like to share with you one such person who has a big heart and is a true inspiration; her name is Shana Kassel.

Many of you may recognize her name and or met her. Shana has done a great job as our Mended Hearts newsletter editor and facebook page developer volunteer for the past two years. Just last month Shana informed us she would be leaving us and heading for Albany California for the next 6 to 9 months to attend the Orientation Center for the Blind.

Shana has an eye disease known as *Retinitis Pigmentosa*. Retinitis pigmentosa is a rare, inherited disease in which the light-sensitive retina of the eye slowly and progressively degenerates, eventually blindness results.

She is a beautiful young lady with a big heart and so much to look forward to and now facing blindness in the prime of her life. And what does she do? She looks to the future with a glass half full and not half empty, checking and re-sourcing every possible opportunity to help not only herself but others with the same outlook on life with blindness.

Here's a quote from her blog. *"I may be losing my eyesight, but it's not the end of the world by any means....it's only the beginning of a new and exciting adventure!"*

If each and everyone one of us would face our own health issues with this same optimistic outlook here in the present and future we wouldn't only be helping ourselves but those around us, family, friends and those yet to experience health issues.

If you would like to follow Shana's journey here is her blog; <https://thisishoweyeseeit.com>

My wife Karen and I are so fortunate to have Shana and her family as friends for these many years. Shana is a "True inspiration".

God Bless,
Dennis

"Giving back does the Heart Good"

Dear Mended Hearts

More heart-felt **THANK YOU's** to all Mended Hearts:



The CardioPulmonary Rehab Center went "above and beyond" our \$5000 goal for the American Heart Association Heart Walk with a total of \$5695! Mission Hospital raised over \$7000, the St. Joseph Health System raised over \$18,500 and the American Heart Association, including sponsorships, met its goal of \$1.5 million dollars with a total of more than \$1,566,055! There were approximately 30 walkers from Mission Hospital and over 11,000 walkers in all! It was a fun, productive morning, raising money for an important cause. The AHA Heart Walk promotes physical activity and heart-healthy living, while also celebrating our heart disease and stroke survivors.



The 2015 St. Joseph Health System Walkers

Here's to Your Healthy Heart

Elaine



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

Thank you to our Community Supporters



ANGELS BASEBALL

HUSSMANN®



Dealer Services

1.5 CUPS OF OATMEAL
Each Day



OATMEAL

If you eat **1.5** cups of oatmeal each day,



research shows you can lower your cholesterol by **5-8%**.



Soluble Fiber Source

This is because oatmeal contains a type of soluble fiber called **beta-glucan** that can help lower cholesterol.



Chapter 216 Members Page - April 2015

Birthdays - April

Barbara Marks-Matsui	04/01
Carol Catalano	04/03
Capt Ralph Wilson Jr	04/03
Barbara Lane	04/04
Ruth Houser	04/07
Hazel H Schwab	04/07
Sandy Hoyal	04/09
Bruce Matsui	04/09
Connie Brown	04/10
Dr. Gary Phillips	04/11
Susan Goldberg	04/12
Judy Starr	04/14
John R West	04/16
Bob Selzer	04/21
Ronald Reeves	04/22
Joseph Pierantoni	04/25
Juanita Zarilla	04/27
Rae I Faigin	04/28

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 - April

Dave McCoy	04/17/1995
Lee Goode	04/03/1996
Charles Oldham	04/08/1997
Jeff Jacobs	04/01/1998
James Widner	04/07/1998
Greg Gensichen	04/01/1999
Ted Venia	04/28/2002
Richard Bondurant	04/03/2003
Willis "Jake" Jacobs	04/29/2008
Marilyn Zeiner	04/23/2008
Arthur Feldman	04/13/2012
William Silva	04/19/2012
Juanita Zarilla	04/12/2013
Joseph Pierantoni	04/16/2014



Chapter 216 Meetings 2015 Meeting Schedule

April	Frank Ahmann of LoneStar Heart
May	Dr. Faris Ghosheh of Advanced Eye Med. Group
June	Avinger, Inc

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

Should You Visit the Emergency Department, Urgent Care or Express Care?

Refer to these checklists to choose best place for care

Some situations are clearly an emergency: A heart attack, fall off a ladder, serious kitchen burn or bone break. You know to call 9-1-1 and to get your loved one to the nearest hospital.

But some health issues are harder to decipher, says Bradford Borden, MD, Chairman of the Emergency Services Institute. *“People may not fully understand all their options and the differences between them,”* he says. *“It’s especially important to know the quickest routes to care when there’s a true emergency.”*

In what situations should you get your loved one to a hospital Emergency Department (ED) versus an urgent care center or express care center? Here’s a guide to using the options most effectively:

Hospital Emergency Departments

Here’s a list of the types of situations that require such immediate care:

Loss of consciousness

Signs of heart attack or stroke, including sudden, severe pain and/or chest discomfort or difficulty breathing

- Uncontrolled or excessive bleeding
- Coughing up or vomiting blood
- Head injury or any major injury
- Severe burns
- Sudden or unexpected paralysis
- Poisoning, suspected poisoning or drug overdose
- Accidents, including falls and car crashes or injuries caused by violence, such as gunshot wounds
- Extreme emotional distress, including suicidal or homicidal feelings

Urgent Care Centers

An urgent care center offers care for an illness or condition that wouldn’t result in further disability or death if not treated immediately; however, the condition does require

care within 24 hours in order to avoid further complications.

These include:

- Sprains and Strains
- Earaches
- Sore throats
- Rising temperature
- Stomach flu



Express Care Centers

An express care center offers care for common health problems such as:

- Cold and flu symptoms, including sore throat
- Pink eye
- Sinus infections
- Urinary tract infections
- Seasonal allergies

Express Care typically sees patients age 14 and older and offers night and weekend hours. Some locations also offer care for pediatric patients.

To avoid unnecessary ED trips:

- Learn the signs of true medical emergencies like stroke and heart attack versus less serious symptoms that don’t require an ED.
- Familiarize yourself with other nearby healthcare facilities, such as urgent care centers and express care centers.

Understanding the best way to receive care depending on the condition can help you use the healthcare system more efficiently and effectively.

The latest news from Cleveland Clinic

How You Can Cope with Declining Senses as You Age

What you can do about hearing and vision loss

If you find yourself saying, “Huh?” a lot, you’re probably aware that your senses are declining with age. While that’s normal, there are things you can do to help yourself.

As you age, you may notice that your eyes aren’t quite as good as they used to be or that you’re often asking people to repeat themselves because you didn’t quite catch what they said.

You may also notice that your ability to perceive where your body is in relation to other people or objects (what is known as proprioception) also declines.

“When proprioception declines, you may feel more unsteady when walking and have difficulty with balance,” says Ronan Factora, MD. “Hearing, vision, and proprioception all decline as a part of normal aging.”

What you can do to diminish hearing loss

Although hearing loss is a normal part of aging, there are some things you can do to make sure you are functioning at your best. “There are certain lifestyle factors that can contribute to hearing loss,” Dr. Factora says. “Drinking large quantities of alcohol, exposure to loud noises and smoking can all be contributors.”

Dr. Factora recommends that men consume no more than two alcoholic drinks per day and that women drink no more than one per day. Avoid loud noises as much as possible. And if you’re a smoker, ask your doctor for help with quitting.

There are also certain medications that can lead to hearing loss. “Excessive use of aspirin or ibuprofen, and also some antibiotics, can also contribute to hearing loss,” says Dr. Factora. “Make sure you talk to your doctor about any medications you’re taking, whether they’re prescription or over-the-counter.”

What you can (or can’t) do about vision loss

Unfortunately, there’s not much you can do to slow vision decline as you age. What you *can* do is have regular exams by an ophthalmologist to make sure any vision changes are

actually age-related, and not related to another underlying condition.

“After age 40, you should have an eye exam every one to two years,” Dr. Factora says. “Your ophthalmologist will look for contributing factors, such as glaucoma, cataracts, diabetes-related changes or macular degeneration. Those are not normal aging processes, but they can also lead to vision loss.” Sudden changes in vision are not a normal part of aging and need to be addressed immediately, he says.



What can be done for a decline in proprioception

If you feel like you’re having trouble balancing or like you’re unsteady on your feet, make sure you talk to your doctor. “Don’t assume it’s just a normal part of aging,” says Dr. Factora. “There are treatable conditions, like Vitamin B12 deficiency or peripheral neuropathy, that can sometimes cause balance problems. These conditions can add insult to the normal aging process.”

Get out and enjoy life

Many people become socially isolated when their senses start to decline because they can’t see as well as they used to or have trouble hearing what others are saying. But you don’t have to let that happen. “Normal sensory decline should not affect function,” Dr. Factora says. “Your doctor can help you find ways to adjust so you can still live a full and robust life.”

<http://health.clevelandclinic.org/2015/04/how-you-can-cope-with-declining-senses-as-you-age/>

The latest news from Cleveland Clinic

5 Great Reasons You Should Take a Walk Today

Why a walk is so good for both mind and body

People who walk regularly swear by the health and psychological benefits of their daily jaunt. Here are five reasons why they're right.



1. Walking reduces stress, cheers you up and increases self-esteem

If you've ever gone out for a walk in a huff and come back more calm and collected, you know firsthand that walking can help reduce your response to a stressful event.

Studies also confirm that walking benefits your mood by releasing your body's natural happy drugs — endorphins. And you'll be full of pride at your accomplishment, which helps increase your self-esteem. You'll respect yourself more.

2. You can lose weight by walking just 30 minutes a day

Walking is one of the best exercises for losing weight — it's relatively easy to do (and easy on the joints), it's free and you have to do it every day anyway. To start walking for fitness, try to begin with a 20-minute walk every day. If that's too much, start smaller. But do set a goal of building to 30 minutes a day, every day.

Once you mastered that, take your time increasing to a higher level. Never increase more than 10 percent more any one day than your maximum the prior week. Once you are

ready, increase your goal to 10,000 steps a day (A pedometer will help — see item #4).

3. Regular walking lowers blood pressure, improves sleep and energizes you

Regular walkers have fewer heart attacks and strokes, lower blood pressure and higher levels of HDL (healthy cholesterol) than non-exercisers. Walking can lower blood pressure and LDL (lousy cholesterol), decrease the risk of many cancers and improve immune system function. Plus it improves quality of sleep and keeps you energized.

4. Walks can be easier and more fun with a pedometer and a pal

Tracking your steps with a pedometer is key to walking success, says Michael F. Roizen, MD, Chair of Cleveland Clinic's Wellness Institute and co-author of the audiobook *YOU: On a Walk*. People who love their pedometers logged a reported 2,000 more steps per day.

To make your workout feel easier too, ask someone to join you. With a walking buddy, you're bound to enjoy your workout more — and feel it less.

5. People experience a major dip in snack cravings during and after a 15-minute walk

Cravings in general are usually bad news for people trying to lose weight. Craved-for foods tend to be calorie-dense, fatty or sugary, with chocolate being the most commonly reported. Recent findings show that walking can curtail a hankering for chocolate, both during the walk and for about 10 minutes afterward. Says Professor Adrian Taylor of the University of Exeter, the scientist behind the study, the findings suggest that walking helps people lose weight by curbing cravings for sugary snacks.

<http://health.clevelandclinic.org/2015/03/5-great-reasons-you-should-take-a-walk-today/>



The latest news from Cleveland Clinic

Why Controlling Anger Is Good for Your Heart

Study finds link between intense anger, heart attacks

A newly published study confirms what people have suspected for years – that getting very angry is bad for your heart.



The study, published in February in the *European Heart Journal: Acute Cardiovascular Care*, a journal of the European Society of Cardiology, found that extreme anger can trigger heart attacks. The study encourages doctors to look for ways to help patients who are at risk for heart attack to find ways to control stress and anger, along with other risk factors.

Two hours is a key timeframe

The study, which included 313 patients in Sydney, Australia, who were in the hospital because of heart attacks, found that the risk of heart attack is 8.5 times higher in the two hours after an acute episode of anger than during the “usual frequency” patterns of anger. It found that the patients’ levels of anger or anxiety preceding the heart attack were significantly higher at hospitalization for a heart attack than at the same time the day before.

The study determined anger levels by having patients answer a questionnaire that had a seven-point scale, with 1 being “calm,” and 7 as “enraged, out of control, throwing

objects, hurting yourself or others.” The study considered a 5 (“very angry, body tense, maybe fists clenched, ready to burst”) as acute anger.

Arguments with family members or others topped the list of events that prompted the subjects’ anger-triggered heart attacks, followed by anger at work or while driving.

Focus on well-being

Cleveland Clinic staff cardiologist Curtis Rimmerman, MD, MBA, who was not involved in the study, commented on its importance in an interview with *Time* magazine.

“This study is very helpful in many ways because it’s validating to what we already know. Anger is not what we would call a traditional risk factor because it’s so hard to measure,” he said. “It highlights the importance of paying attention to a patient’s well-being.”

Cleveland Clinic heart experts offer these tips on controlling stress and anger in your life:

- Manage your time
- Set realistic goals of what you can accomplish each day
- Take time each day to relax
- Learn relaxation techniques
- Talk to your primary care physician or a stress management professional about strategies to control your stress and anger

<http://health.clevelandclinic.org/2015/04/why-controlling-anger-is-good-for-your-heart/>

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