

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989



Volume 25, Number 5

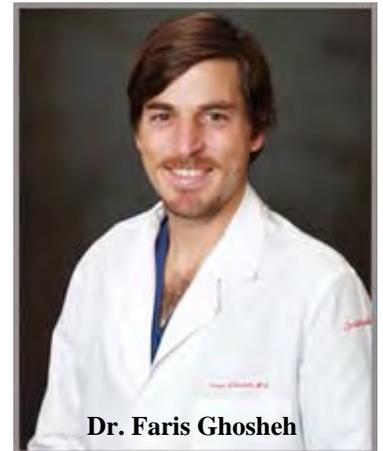
www.mendedhearts216.org

May 2015

FOR THE HEART PATIENT AND THEIR FAMILIES

"Preserving your vision: tips to ensure healthy eyes."

Dr. Faris Ghosheh specializes in corneal transplantation, cataracts and refractive surgery. He graduated Cum Laude from UC Irvine earning three degrees in Biology, History and English. After finishing his medical school education at UC Irvine, Dr. Ghosheh headed east to complete his ophthalmology residency at University of Maryland. He then completed a fellowship in cornea and external disease at the prestigious Wills Eye Institute in Philadelphia.



Dr. Faris Ghosheh

Dr. Faris Ghosheh has published articles in several peer-reviewed journals and has received recognition as a top researcher in his field. He is a member of the Academy of Ophthalmology, the Association of Cataract and Refractive surgeons, and the American Medical Association.

Dr. Ghosheh is "Chief of Ophthalmology at Mission Hospital"

Official Eye doctors for the Anaheim Ducks.



"It's great to be alive - and to help others!"

*Don't forget the program starts at 7:00 pm, Wednesday
May 20th 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	19	43
Phone Visits	1	3
Visitors	9	24
Visitors Trainees	0	0

Visitors: Jo Cristian, Chip DeSon, Greg Gensichan, Ben Buchanan, David Butler, Barbara Lane, Pat Phillips, Lonnie Camilleri.

Visitors Coordinator for the months as follows:

May	Jo Cristian	949-581-1824
June	Dee Nangle	949-582-2719
July	Barb Lane	949-859-3400

Hope to see you at our May 20th Meeting

Barb Lane & Dee Nangle

Presidents Heartfelt Message

From the CardioPulmonary Rehab Center



May is National Physical Fitness and Sports Month

During the month of May, we challenge all adults to get 30 minutes of physical activity every day. Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high

blood pressure, heart disease, and some types of cancer. Yet in California nearly 77% don't get the recommended amount of physical activity. Here are the California numbers per a CDC study.

Met both aerobic and muscle-strengthening guidelines, **23.7%**

Met muscle strengthening guideline, **32.1%**

Met aerobic activity guideline, **58.2%**

The Physical Activity Guidelines for Americans recommend that adults:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

Physical activity is for everyone. No matter what shape you are in you can find activities that work for you. So get off that couch and rise to the challenge and get more active during the month of May!

Don't forget a couple of other special days during the month of May.

Sunday, May 10th I would like to wish all the mothers out there a very blessed Mothers Day!

Monday, May 25th Memorial Day, remembrances of over a million men and women who sacrificed their lives while serving in the country's armed forces.

Think about giving back. Become one of Mended Hearts cherished volunteers; we are in need of women to become accredited patient visitors.

God Bless,
Dennis

“Giving back does the Heart Good”



Dear Mended Hearts

Just a reminder that we have some very interesting and informative classes coming up for our Healthy Heart & Lifestyle Education Series. All of these classes are held in the CardioPulmonary Rehab Center at 10:00am on Wednesdays. They are free and open to the public (so bring your family & friends)! Here's our upcoming classes for May:



Wednesday, May 6th – “Health, Fun & Relaxation”

By Dr. Debbie Hutchinson, Psy.D. Manager Outpatient Behavioral Health

Wednesday, May 13th – “Stress & Your Heart – Get the Connection”

By Cindy Smith, MS, CES

Wednesday, May 20th – Weight Loss Strategies – “How to Get it Off & Keep it Off”

By a Registered Dietitian

Wednesday, May 27th - “Blue Zones” – 9 Secrets to Living a Longer, Healthier Life

By Elaine Gotro, MS, CES

Hope to see you there - Here's to Your Good Health

Here's to Your Healthy Heart

Elaine



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

Thank you to our Community Supporters



Moderate Activity May Be All Your Heart Needs



If you're a middle-aged woman who didn't get to the gym every day last week, here's some good news. Moderate physical activity (including walking and doing housework) may be enough to keep your heart and blood vessels healthy, according to a recent study.

As part of The Million Women Study in the United Kingdom, 1.1 million healthy women, ages 50 to 64, reported their frequency and type of physical activity. Researchers compared data to the women's incidence of heart attack, stroke and blood clots over approximately nine years.

The findings: Women who were active two or three days per week had significantly lower risks of all three conditions than those who didn't exercise at all. That might not be surprising. However, they also had lower risks than those who exercised daily.

The study concluded that while moderate physical activity can help protect against cardiovascular disease, more activity isn't necessarily better.

Give up intense exercise? Not so fast

Don't use this study as an excuse to give up long-distance running or other intense exercise, says Natalie Evans, MD, a vascular medicine specialist at Cleveland Clinic.

"I wouldn't tell any patient to exercise less unless it was causing stress fractures, tendonitis or other specific harm," she says. "I'm not convinced that strenuous activity doesn't reduce vascular disease risk as much as moderate activity. I think this study and some others before it that have shown less benefit for those who were inactive or who exercised strenuously compared with moderate exercisers, have statistical limitations."

Some activity is better than none

It's clear, however, that even moderate activity has benefits. Walking, gardening, doing housework — or any activity that makes you sweat or raises your heart rate — contributes to cardiovascular health.

Dr. Evans emphasizes that some activity is better than none. Exercising three days per week can improve your heart disease risk factors by:

- Helping control high blood pressure
- Lowering cholesterol
- Reducing body fat
- Reducing risk of diabetes

"If you're totally sedentary, get off the couch," says Dr. Evans. "But if you're a daily strenuous exerciser, and it's what you like to do and it makes you feel good, keep doing it."

<http://health.clevelandclinic.org/2015/04/moderate-activity-may-be-all-your-heart-needs/>

Chapter 216 Members Page - May 2015

Birthdays - May

Roger Bradshaw	05/07
Ms Barbara Brickley	05/07
Nancy Christenson	05/07
Anthony Samanich	05/07
Bernd Leumer	05/10
William Silva	05/11
Richard F. John	05/12
Fred Bonn	05/13
Lee Goode	05/17
Keith Lindemann	05/23
Mona Mahieu	05/23
Roger O'Connor	05/23
Bill Pirie	05/23
Ms Jean Cogan	05/30
Bill Huber	05/31

New Members

Always looking to grow our family, Mended Hearts welcomes you to join our cause.

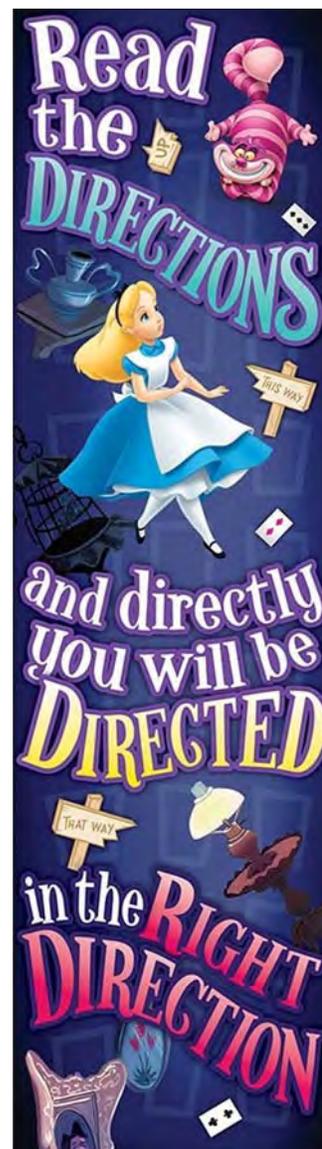
You'll be able to make a difference in a patient's recovery and outlook on life, as well as interact with other members through local chapter meetings, volunteer opportunities and special events.

Your application is on page 11 of this newsletter, fill it out and join today!



Mendiversaries - May

Roger O'Connor	05/17/1984
Richard Kramer	05/01/2001
Ted Robinson	05/07/2006
Frank Bold	05/29/2008
Hal Schwartz	05/08/2013



Chapter 216 Meetings 2015 Meeting Schedule

May	Dr. Faris Ghosheh of Advanced Eye Med. Group
June	Avinger, Inc
July	Dark - No Meeting

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

Guide to Big Health, Financial Decisions as You Near Age 70

How to plan ahead so your wishes are respected



If you are a baby boomer nearing age 70, you may want to make some important decisions about your finances and future medical care decisions. No one likes to think about the possibility of losing control of the ability to make these decisions, but it's important to plan ahead. When you are prepared, you can better ensure that your wishes are both understood and respected.

"Make sure your finances are arranged and that you're protected," says Geriatrician Ronan Factora, MD. "Studies have shown that people who have memory complaints later in life are more likely to get financially exploited," he says.

According to the National Adult Protective Services Association, one in nine seniors reports being a victim of financial abuse. Cognitive impairment is one of the factors that make people more vulnerable.

Experts say the best prevention is an early conversation with your family. Most people have some form of cognitive effects as they age, and it's best to be prepared. It's especially common that people struggle with memory, especially short-term memory, and they can find it more difficult to multitask. Having a plan in place with loved ones ensures a better outcome.

Develop a health care plan

Dr. Factora says when you are developing a healthcare plan, it's important to arrange for a healthcare power of attorney. If you are unable to speak for yourself, this person would act as your agent and communicate your wishes.

Also, you want to figure out what will happen if, at some point, you're unable to live by yourself.

"Are you going to move in with family? Are you going to move to another facility? The important thing is to decide where you would prefer to go and it's better to be involved in those decisions now, while your cognition is still intact," he says.

Other important steps to prepare

It's also important to get into some of the financial and legal details with your loved one, someone you trust to act in your behalf. You and this person should:

- **Review your estate plan.** This is important to do so that your assets are distributed to the people or charities that you select. Be sure you have a will, and it may also make sense to have a trust.
- **Walk through your overall finances and insurance policies.** It's important to share where your accounts reside, including banks, investments and mortgages. Be sure your family member has information about your life insurances, medical insurance and long-term care policies.
- **Create and share an inventory of all your regular monthly bills.** This way, if it becomes necessary, your family member ensure that all your bills are paid.
- **Share a list of your professional advisors.** Create a list and include contact information for any doctors, investment advisors, attorneys and insurance agents you work with. You may also want to take your family member with you to appointments with these trusted advisors.

Experts say it's a much healthier process when you plan; people feel better when they are involved in the decision-making rather than ending up in a place that does not satisfy their needs.

<http://health.clevelandclinic.org/2015/04/guide-to-big-health-financial-decisions-as-you-near-age-70/>

The latest news from Cleveland Clinic

How a Second Opinion Can Help You With a Difficult Diagnosis

10 questions to ask when you seek another opinion



In recent entertainment news, celebrities have talked about the importance of seeking a second medical opinion when you face a serious medical diagnosis. A second opinion allows you to determine if the diagnosis is correct, and it helps you determine if the recommended treatment is optimal for you. If a person is diagnosed with cancer, the treatment plans will differ depending on the specific nature of the cancer cells.

Usually, the opinion that a second physician provides will agree with the diagnosis and treatment identified by your physician. This can offer reassurance as it gives you confidence about the choices you are making about your health.

“In addition to the clinical issues, a second opinion on a pathology reading can also change your diagnosis, and ultimately your treatment plan,” says Jonathan Schaffer, MD, MBA, Orthopaedic Surgeon and Managing Director of MyConsult®.

“The peace of mind that a second opinion can provide is priceless, especially when you or a member of your family is facing a difficult medical journey,” say Dr. Schaffer.

Where should you seek a second opinion?

“I recommend a second opinion from a healthcare institution with significant expertise in the clinical area in which you have a diagnosis,” says Dr. Schaffer.

For cases that involve pathology specimens, the pathologist should also be sub-specialized and have significant expertise as well. “This means that they look at the same types of cells all day, every day, instead of reviewing pathology for many different types of diagnoses,” he says.

When you seek a second opinion, whether in person or online, Dr. Schaffer recommends that you prepare your questions in advance. This will ensure that you obtain all of the knowledge you need to guide you in your treatment decisions.

Here’s a list of questions you may want to ask during your second opinion:

1. Is my diagnosis correct?
2. Is the treatment plan optimal for my individual situation?
3. Which treatment plan is the best for me?
4. Do alternative treatments exist for this diagnosis?
5. Am I able to safely delay surgery?
6. Are there other medications available that may benefit me?
7. How will my other health issues affect the treatment for this diagnosis?
8. What complications am I at risk for with the proposed treatment plan?
9. Are there clinical trials available for this diagnosis?
10. What is my prognosis?

Adds Dr. Schaffer, “As a patient, it is your right to ask for a second opinion. From a physician’s perspective, when your health — and perhaps even your life — is at stake, we want to make sure you are making the most informed healthcare decision.”

<http://health.clevelandclinic.org/2015/04/how-a-second-opinion-can-help-you-with-a-difficult-diagnosis/>



The latest news from Cleveland Clinic

7 “Unsexy” Foods You Should Be Eating

Good food doesn’t have to be trendy

By Kristin Kirkpatrick, MS, RD, LD

Somehow, kale has become sexy. Credit the amazing power of food trends.

Kale is not alone, either. Quinoa, coconut oil, chia seeds, kefir — food trends abound. In most cases, that’s a good thing. Kale and other foods that are “hot” right now are chock full of nutrients you need.

But when you’re browsing the grocery store or farmer’s market for the latest trends, don’t forget about classic staples with health benefits of their own. The following seven foods may not have the marketing-backed appeal of the latest “buzz” cuisine, but they should still be on your shopping list.

1. Spinach



Kale has taken center stage in the leafy green category, but don’t forget about spinach. Spinach contains twice as much protein as kale and a little more fiber. And like other leafy greens, it delivers

high levels of crucial nutrients such as vitamins A, C and K, plus calcium, iron, and omega-3 fatty acids to help fight inflammation. If you find Popeye’s power food too bland on its own, add it to salads, soups, sandwiches, 100 percent whole grain pasta and smoothies.

2. Oatmeal



No, I’m not talking about the ready-made flavor packets that are full of added sugars. Even if you skip these conveniences, plain oatmeal is one of the easiest breakfast foods to make — and one of the most filling throughout the day. The soluble fiber in oatmeal

has long been known for its potential to lower harmful cholesterol and stabilize blood sugar. Add flavor with berries, unsweetened peanut butter and your own favorite extras.

3. Chicken breast

It’s not the most exciting or flavorful option in the meat



world, but a chicken breast is a “complete” source of high-quality protein that contains the essential amino acids your body needs. If you skip the fried variety, a single 3-oz serving of skinless, boneless chicken breast contains 31 grams of protein and is naturally low in sodium, plus iron and niacin that help with cell growth and metabolism.

4. Beans and other legumes



There’s a reason beans, lentils and other legumes fill plates around the world. They’re versatile, they’re cheap, and they’re about as good an alternative to animal protein as you can get. Daily servings can help manage your weight. Like many foods on

this list, they mix fiber and protein to keep you feeling fuller longer. Although more research is needed, legumes also may play a part in reducing cholesterol.

5. Apples



Exotic fruits and berries get all the attention, but apples are still nutrition powerhouses. An apple (peel included!) contains roughly 4 grams of fiber, so as a snack, it’ll fill you up and aid in digestion. On top of that, certain compounds in apples may

help promote the growth of good bacteria in your gut associated with reductions in obesity and inflammation. And the antioxidants in these self-contained treats may ultimately help reduce the risk of type 2 diabetes.

6. Yogurt



OK, if you pick flavors like “cookies and cream,” yogurt might be a little sexy. But to make the most of yogurt’s benefits, you should simplify. Plain yogurt — skip the extra sugar in all those fancy flavors — can start your day right. On top of a healthy

dose of calcium, vitamin D and magnesium, yogurt offers probiotics that aid in digestive health. And yogurt — particularly Greek yogurt — packs a protein punch. It can be an important part of an overall weight loss plan including exercise and other lifestyle changes.

The latest news from Cleveland Clinic

7. Water



From energy drinks to “diet” sodas, your beverage choices are abundant. But you’ve had access to the perfect refresher all along: water. Drinking water helps you stay hydrated and fight fatigue. Drink-

ing water before and with meals may help reduce your feelings of hunger and energy intake at meals, which can actually help you lose or manage weight. Perhaps most important, though, water does these things without adding a single calorie or unwanted ingredient to your diet.

<http://health.clevelandclinic.org/2015/04/7-unsexy-foods-you-should-be-eating/>

Lower Your Risk of Arrhythmia: Don’t Put Food in Plastic

Even “BPA-free” may not be safe, says study



Bisphenol-A (BPA) is one chemical many Americans don’t want in their plastic bottles and food packaging. But the alternative, found in many “BPA-free” products, may not be much safer.

What’s so bad about BPA?

Research shows that BPA from plastic containers can leach into food and beverages (and then into human bodies). That’s bad because the chemical has been linked to heart problems, as well as cancer, infertility and other health issues.

Many manufacturers have begun removing BPA from their products. The U.S. Food and Drug Administration even outlawed it from baby bottles.

But a common substitute, bisphenol-S (BPS), infiltrates the human body just like BPA. And now a study published in *Environmental Health Perspectives* has found a link between BPS and irregular heartbeat.

Rats! BPS linked to arrhythmia

According to a lead investigator, lab rats were exposed to low doses of BPS — amounts similar to those that humans encounter in water bottles and other consumer goods.

After exposure, heart rates increased in female rats. With added stress, so did their frequency of cardiac arrhythmia.

Interestingly, male rats did not have the same reactions.

While gender differences require a closer look, the overall message is clear, says David Van Wagoner, PhD, a Cleveland Clinic translational scientist and researcher.

“The logical conclusion is that, at least in rodents, the effects of exposure to BPS are similar to those of BPA,” he says. “Exposure might contribute to the onset of arrhythmias — although the impact of bisphenol exposure relative to other lifestyle and environmental factors is difficult to assess.”

“It doesn’t hurt to be cautious”

More study is needed to determine the biological effects of BPS (and other BPA alternatives) in humans. But “the science is pretty sound” and the journal and investigative team are quite reputable, notes Dr. Van Wagoner.

“It doesn’t hurt to be cautious,” he says. “As exposure can be reduced or eliminated by decreasing your use of plastic storage containers for food or drink, this is one way you might reduce your risk of arrhythmia.”

<http://health.clevelandclinic.org/2015/04/lower-your-risk-of-arrhythmia-dont-put-food-in-plastic/>



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



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