

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989



Volume 26, Number 2

www.mendedhearts216.org

February 2016

Doctors Round Table-Heart Month

Dr. Michael I. Miyamoto MD, Cardiologist, Dr. Karen Frankwich MD, Endocrinologist, and Dr. Nader Noorian MD, Internist, will make up our Round Table Panel on Wednesday February 17, 2016 at 7PM. Mission Hospital Conference Center, 26726 Crown Valley Pkwy Mission Viejo, CA.

They will be there to give the latest information on what's happening in their varied fields of Medicine and to answer all your questions. So join us for a very informative and interesting evening and Celebrate Heart Month.

Dr. Karen Frankwich MD

Endocrinologist

Dr. Michael I. Miyamoto MD

Cardiologist

Dr. Nader Noorian MD

Internist



Don't forget the program starts at 7:00 pm, Wednesday February 17th 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*

FOR THE HEART PATIENT AND THEIR FAMILIES

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Regional Contacts

<i>Regional Director</i>	Ron Manriquez		rmanriquez@gmail.com
<i>Assistant Regional Dir.</i>	Angela Manriquez		scemanriquez@gmail.com

National Headquarters

www.mendedhearts.org

Our Mission:

“Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.”

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 Jan. 2016

	<u>MO</u>	<u>YTD</u>
Hospital Visits	7	7
Phone Visits	3	3
Visitors	5	5
Visitors Trainees	0	0

Visitors: Joe Pierantoni, Connie Christensen, Dennis Galloway, Greg Gensichen, Jeff Gottro

Visitors Coordinator for the months as follows:

February	Barb Lane	949-859-3400
March	Jo Cristian	949-581-1824
April	Dee Nangle	949-582-2719

See you at the Doctor's Roundtable!

Barb Lane & Dee Nangle

Presidents Heartfelt Message

From the CardioPulmonary Rehab Center



The Mended Hearts Inc. is holding its National Conference in Mission Viejo, CA

It is my distinct pleasure and honor to inform all our members here at Mended Hearts Chapter 216, that we have been chosen out of over 300 chapters across the country to host one of six National Conferences here at Mission Hospital Conference Center.

This is a once in a lifetime event that you do not want to miss presented by our national office in Dallas, TX. They have decided to bring the annual national conference on the road to six cities across the country to reach as many of our members as possible.

You will want to register early as we'll be having members from Washington, Oregon and California chapters all joining us for this wonderful day and a half event.

As more information is released on the conference agenda of speakers and activities we will get them out to you. I would like for each of you to mark your calendars today for Friday June 3rd and Saturday June 4th to attend this historic event.

February is Heart Month

Don't forget about our Doctor's Roundtable member meeting on February 17, 7 pm, Mission Hospital Conference Center. As always we have three wonderful Mission Heritage Medical Group specialists joining us.

Cherish Each Day

Dennis

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



Dear Mended Hearts



February is Heart Month, so it's time for us to "gear up" for the American Heart Association Heart Walk! This year's walk is Saturday, March 5th at Angel Stadium of Anaheim. The Heart Walk promotes physical activity and healthy living, while also celebrating heart disease and stroke survivors. Funds raised will help advance mission programs, advocacy efforts & research to fight against the #1 and #5 killer of all Americans – heart disease & stroke. The CardioPulmonary Rehab Center's 2016 goal is to raise \$5500 towards this cause and to encourage you to participate in the walk. I hope you'll consider making a donation and/or participating in this fun, inspiring event. Please stop by the Rehab Center for more information and to put your Heart on our Donation Wall!

Here's to Your Good Health

Elaine



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



Thank you to our Community Supporters



Daily Caffeine Doesn't Seem to Jolt the Heart

Coffee lovers don't appear to risk extra heartbeats

WebMD News from HealthDay
By Robert Preidt, HealthDay Reporter

TUESDAY, Jan. 26, 2016 (HealthDay News) -- There may be good news for coffee, tea and chocolate lovers: Regular caffeine consumption may not cause dangerous racing of the heart, a new study finds.

The finding challenges current medical thinking, the study authors said.

However, the health risks of heavy caffeine consumption requires additional research, the researchers added.

"Clinical recommendations advising against the regular consumption of caffeinated products to prevent disturbances of the heart's cardiac rhythm should be reconsidered, as we may unnecessarily be discouraging consumption of items like chocolate, coffee and tea that might actually have cardiovascular benefits," said study senior author Dr. Gregory Marcus. He is director of clinical research in the division of cardiology at the University of California, San Francisco (UCSF).

"Given our recent work demonstrating that extra heartbeats can be dangerous, this finding is especially relevant," Marcus added. In rare cases, extra heartbeats can lead to heart problems and stroke, the researchers said in a university news release.

The 12-month study included nearly 1,400 healthy people whose coffee, tea and chocolate consumption was assessed. They also wore a portable device that continuously monitored their heart rhythm for 24 hours.

Sixty-one percent of the participants consumed more than one of the caffeinated products a day. Those who consumed higher amounts of the products didn't have extra heartbeats, the study found.

"This was the first community-based sample to look at the impact of caffeine on extra heartbeats, as previous studies looked at people with known [heart rhythm disorders]," study lead author Shalini Dixit, a fourth-year medical student at UCSF, said in the news release.

"Whether acute consumption of these caffeinated products affects extra heartbeats requires further study," Dixit added.

The study was published in the January issue of the *Journal of the American Heart Association*.

Chapter 216 Members Page - February 2016

Birthdays - February

John Mahar	02/06
James G. Prasad	02/13
Majid Baba	02/15
Ben Buchanan	02/26



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 - February

Gale Brick	02/05/1988
Connie Brown	02/01/1993
Charlie Chapman	02/16/1993
Norman Foster	02/19/1995
Paul Traum	02/02/1997
Val Flynn	02/20/1997
Jim McEwen	02/01/1998
J. Michael Healion	02/02/1998
Lonnie Camilleri	02/01/1999
Ruth Houser	02/25/2000
Dick Gottron	02/03/2001
Eric Tan	02/25/2005
Andrew Harautuneian	02/08/2011
Dr. Frank Lieberman	02/15/2011
Barbara Marks-Matsui	02/01/2012
Dave Butler	02/05/2014

♥ Happy Valentines Day ♥

Chapter 216 Meetings 2016 Meeting Schedule

Feb. 17	Doctor's Roundtable
Mar. 16	Edwards Lifesciences
Apr. 20	To be decided

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

FEBRUARY IS
HEART
MONTH
GIVE WITH HEART!

If we missed your mendiversary or birthday and would like it included in the Ticker Talker please email it to:
socalcarculture@yahoo.com

More on our Roundtable Doctors

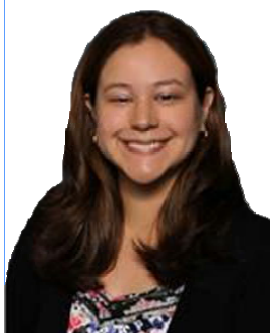


Dr. Miyamoto received his bachelor's and master's degrees from Stanford University where he graduated with Distinction and Departmental Honors. He attended medical school at the University of California, San Diego School of Medicine. He then completed his internal

medicine residency at the Massachusetts General Hospital, Harvard Medical School, Boston. Following this, he was a clinical and research fellow in Cardiology, Heart Failure and Transplantation at the Massachusetts General Hospital, Harvard Medical School, Boston.

Dr. Miyamoto was also involved in teaching and cardiac research. In 1998, he was an instructor for medical students in Cardiovascular Pathophysiology, Division of Health Sciences and Technology, Harvard University/Massachusetts Institute of Technology. He performed basic and clinical research, and published extensively in medical and scientific journals.

He is currently a Clinical Assistant Professor of Medicine at the University of California, San Diego School of Medicine. His major research interests are in the areas of heart failure and cardiac imaging.



Dr. Frankwich graduated Summa Cum Laude with a degree in biology from University of California, Los Angeles in 2004.

Dr. Frankwich continued with her medical education at the University of California, San Diego and completed her internal medicine residency at UCSD Medical Center. Prior to pursuing a fellowship in endocrinology, she became a volunteer assistant professor at UCSD while practicing hospital medicine at the VA San Diego Medical Center. She earned a teaching award for her services as an educator for UCSD medical students.

While completing her endocrinology fellowship at UCSD, Dr. Frankwich was involved in clinical research in the area of weight management and metabolism.

Dr. Frankwich practices general endocrinology and is dedicated to maintaining the health and well-being of her patients. She has interest in thyroid disease, bone disease, diabetes management, and pituitary disease.



Dr. Noorian received his Bachelor of Science degree in chemistry from University of Colorado in 1986 and graduated cum laude. He received his medical degree from the University of Colorado School of Medicine in May 1991. He completed his Internal Medicine intern-

ship and residency training at the University of California, Irvine in 1994.

Dr. Noorian joined the Mission Internal Medical Group as of January 1996. He is Board Certified, American Board of Internal Medicine.

Dr. Noorian also speaks at seminars for healthcare providers in the community on management of hypertension and lipid disorders. His philosophy is "Give the world the best that you have!"

St. Joseph Health 
Mission Heritage Medical Group
A member of the St. Joseph Hoag Health alliance

At Mission Heritage Medical Group

We're proud to partner with Mission Hospital to provide compassionate, quality care to South Orange County. And what's more, we're part of the trusted St. Joseph Hoag Health network, which means access to 9 regional hospitals, 26 urgent care centers across the county, an after-hours nurse advice line, online patient portal and over 1,250 of the top specialists in Orange County.

The latest news from Cleveland Clinic

Don't Let the Wrong Carbohydrates Hijack Your Health

Discover how sugar and insulin are like valet parking

Would you like to enjoy increased energy, better physical health and improved clarity of thought? Look no further than your kitchen, because your health is on your plate!

Carbohydrates, and the way we metabolize them, have everything to do with good health and contentment.

Let's start at the very beginning with a field trip into a field of wheat. We're going to pick out a single grain and study it. What can you expect to see?

- A bran fiber coat
- An endosperm, composed primarily of starch
- A germ, which holds the nutritious oils

Strip away the bran coat and wheat germ (as humans learned to do only in the past few hundred years), and all that remains is a pellet of starch — also known as white flour.

Close-up on white flour

If you could look at that pellet of starch (flour) under a microscope, you would see a long, simple chain of sugar molecules in a row.

It turns out that our bodies are so good at breaking the links between those sugar molecules that, when you eat white flour, your blood sugar rises as fast as — if not faster than — when you eat table sugar, straight from the sugar bowl.



Beets vs. beet sugar

White flour and sugar are two examples of a category of carbs that are called “refined.” “Refined” means to remove the coarse impurities. It's a word that was picked by marketing folks to make customers think that whole grain flour was coarse, or un-

refined. A much better term for these kinds of carbs is “stripped.”

In nature, carbs are virtually always associated with fi-

ber. For the most part, stripped carbs are not found in nature — we make them that way by stripping away the fiber matrix.

Take dates and beets, for example. Both of these are used by industry as raw materials for manufacturing sugar. In their original state, however, they are intact carbs, and so rich in fiber that they are considered superfoods.

The breakdown

When you eat, your gut breaks down food into sugar molecules that are then absorbed into your bloodstream. Here's what happens next:

- Food that's broken down easily (like white flour and sugar) gets absorbed quickly, and blood sugars rise rapidly.
- Food that's broken down slowly (like produce, nuts, whole grains, beans, eggs and meats) gets absorbed slowly, and blood sugars remain more or less stable.

Once food crosses the walls of your gut and enters your bloodstream, your pancreas releases insulin to catch the incoming sugar and escort it to cells throughout your body.

You need insulin to live, but it's not exactly your friend. Just like you don't want your blood sugars to rise too high, you don't want your insulin to rise too high either. Some is good, a lot is not.

This brings us to the key part of our discussion:

- The faster you absorb sugar into your bloodstream, the more insulin you need to release in order to catch all the sugar and get it where it needs to go.
- The more slowly you absorb the sugar, the less insulin must be released to deal with incoming sugar.

Like valet parking

Let's think about this in terms of valet parking. Imagine that you've been invited to a huge party. The party starts at 7 p.m., and 1,000 cars show up, exactly at 7. The hosts are going to have to hire a lot of valet staff to park all those cars at once.

But they could have held an open house instead. Guests would come and go any time between 3 p.m. and 9 p.m. At the end of the day, the same 1,000 cars would have been parked. But the hosts wouldn't have had to hire

The latest news from Cleveland Clinic

nearly as many valet staff to do the job.

Now imagine that the cars are the sugar, and the valet staff are the insulin. If all the sugar shows up at once, you'll need a lot of insulin to deal with it. But if the sugar drips in bit by bit, you won't need to release nearly as much insulin. If you want to have enough insulin to last a lifetime, you'll want to use it wisely.

Foods to live by

So which nutrients do we absorb slowly? Intact carbs (with lots of fiber), protein and oil. These are found in foods like:

Whole grains

(like whole oats, brown rice, quinoa, millet, bulgur wheat)

- Dates
- Beets
- Peanuts
- Eggs
- Beans (including hummus, edamame, tofu, lentils, peanuts)
- Veggies
- Fruits

Which nutrients do we absorb quickly? Really just stripped carbs, which are found in foods like:

- Cake
- Sugar
- Breakfast cereal
- Doughnuts
- Bagels
- Cookies

Understanding the differences between carbs that have an intact fiber matrix and carbs whose fiber matrix has been stripped away is key to learning how to fill your plate with the kinds of nourishing food that bring health, vitality and well-being.

<http://health.clevelandclinic.org/2016/01/dont-let-the-wrong-carbohydrates-hijack-your-health/>

healthessentials

Recipe: Broccoli, Red Pepper and Szechwan Noodles

Low in calories, full of flavor

This flavorful Asian-inspired dish is healthy and easy to make. It offers colorful vegetables and whole-grain noodles in a rich-tasting sauce. It is very low in fat and calories with spices and flavor that will keep you satisfied.



Ingredients

- 1 lb. 100 percent whole wheat spaghetti
- 3 1/2 tablespoon dark toasted sesame oil
- 3 1/2 tablespoon soy sauce (low sodium)
- 1 1/2 tablespoon balsamic vinegar
- 2 tablespoon agave nectar
- 1 teaspoon hot chili sesame oil (to your taste — see chef's note)
- 1/2 teaspoon garlic (fresh, fine chopped)
- 1/3 cup scallions (fresh, sliced)
- 3 cups broccoli florets
- 1 1/2 cup red pepper (small, diced)

Directions

1. **Noodles:** Cook noodles as directed on package, drain and rinse to cool.
2. **Broccoli florets:** Boil water in a large pot. Add broccoli florets and salt. Blanch broccoli for three minutes or until just tender, then remove to cool.
3. **Sauce:** In a separate bowl, combine all sauce ingredients (exclude noodles, broccoli and red pepper) and mix well.
4. **Garnish prep:** Dice a red pepper and set aside.
5. Toss noodles and broccoli in sauce, and sprinkle with red pepper.

Chef's note: For chili oil, start with a half teaspoon, and then increase by 1/4 teaspoon increments until you reach a comfortable level of heat.

Nutrition

Makes 6 servings.

Nutrition information (per 1-cup serving)

Calories: 220, Sodium: 550mg, Sugars: 5g, Cholesterol: 0mg
Saturated Fat: 1.5g, Fiber: 4g, Protein: 7g, Carbohydrate: 29g

<http://health.clevelandclinic.org/2016/01/recipe-broccoli-red-pepper-szechwan-noodles/>

The latest news from Cleveland Clinic

How to Treat Your Peripheral Artery Disease

Learn the newest option: drug-coated balloons

Your options for treating peripheral artery disease (PAD) are expanding. That's good news – if we only knew which ones were best.

First, some background on PAD



PAD is when plaque builds up in arteries that carry blood to your legs. Plaque buildup can restrict your circulation. If it becomes severe, you may develop wounds in your lower legs or feet, which can be very painful and make walking difficult. If left untreated, PAD puts you at risk for amputation.

Diet and exercise can help improve your blood flow. So can medication. In addition, there are several treatment options for severe PAD:

- **Balloon angioplasty.** A catheter (thin tube) is inserted into the artery. A tiny balloon on the end of the catheter is inflated to flatten the plaque against the artery wall, widening the vessel and improving blood flow. The balloon is then deflated and removed.
- **Balloon angioplasty with stenting.** A balloon catheter widens the artery and leaves behind a stent (mesh tube) to prevent the artery from closing or narrowing again.
- **Atherectomy.** Physicians use a catheter with a device to remove plaque from the artery.
- **Bypass surgery.** Surgeons reroute blood flow by implanting a new blood vessel to go around the blocked artery.

The newest treatment option for PAD

Adding to this list, in 2014, the U.S. Food and Drug Administration approved a new treatment option: a drug-coated balloon. This device is used to treat PAD instead of or in conjunction with balloon angioplasty.

After a balloon angioplasty widens a blood vessel, the first balloon is removed and a second, drug-coated balloon is

inserted into the same location. The drug-coated balloon is inflated, allowing the medication to transfer to the wall of the artery. The medication can help stop an artery from re-narrowing in the future. After a short time, the balloon is deflated and removed.

This procedure is usually done in the catheterization lab, under local anesthesia. Most people go home the same day.

How effective are drug-coated balloons?

One study recently published in the *Journal of the American College of Cardiology* reported that one brand of drug-coated balloons performed better than regular balloon angioplasty. Artery blockages in patients' legs were less likely to recur when they were treated with drug-coated balloons.

“At least in some cases, drug-coated balloons seem to be as effective as stents,” says Mehdi H. Shishehbor, DO, MPH, PhD, Director of Endovascular Services at Cleveland Clinic. That's a strong statement, since many physicians have considered stents to be the gold standard for treating blocked arteries in the leg.

But don't assume drug-coated balloons are best for everyone, he notes.

“There are few research studies comparing PAD treatment options head to head,” says Dr. Shishehbor. “As such, there is little consensus in the medical community about which one is best. It does appear, however, that balloon angioplasty alone is not as good an option and should rarely be used to treat PAD by itself.”

Choosing the right treatment

The addition of drug-coated balloons – and even newer treatment options still on the horizon – may eventually mean better outcomes for people with PAD. But it's still a challenge to determine the right treatment for each patient.

“For now, the decision is based on each physician's preference and each patient's condition, including size of the artery and severity of the blockage,” says Dr. Shishehbor. “More research should be done to compare all treatment options before we can conclude which ones are safest and most effective.”

<http://health.clevelandclinic.org/2016/01/treat-peripheral-artery-disease/>

The latest news from Cleveland Clinic

How to Avoid Bacteria on Your Reusable Grocery Bags

Meats often a contamination culprit

Do you use reusable bags for your groceries? It's a great way to cut down on waste and protect the environment. But you may be packing more than food in your reusable grocery bags – as these convenient carrying cases can become contaminated with germs.

Luckily, a few simple steps can help prevent this.



What causes contamination?

Infectious disease specialist Susan Rehm, MD, says meats are a common contamination culprit.

She says grocery bags often come into contact with poultry, meats and produce that have bacteria on them.

Cross-contamination can occur when meat, produce, and pre-cooked foods are placed in the same bag.

“Let's say we've had a 'leaker', one of our chicken containers, or something like that. Well, that all contains bacteria, which contaminates the bag, so the next thing that goes into the bag can also become contaminated,” Dr. Rehm says.

University of Arizona researchers have found reusable shopping bags can harbor multiple bacteria, including E.coli.

How can you avoid bacteria?

Here are some tips from Dr. Rehm to keep your bags from harboring harmful bacteria:

- **Wash your bags regularly.** Your best defense is to wash your bags after each trip to the store, but 97 percent of shoppers admit they have never washed their reusable bags.
- **Only use grocery bags for groceries.** “It's really important not to use grocery bags for other purposes. They should be designated grocery bags,” Dr. Rehm says.
- **Consider labeling bags.** “You can use one for meats, one for produce, that type of thing, so you don't get into cross-contamination between your own bags,” Dr. Rehm says.
- **Don't store bags in the car.** Dr. Rehm also suggests storing your bags some place other than the trunk of your car. She says it especially an issue in the summer when the heat creates an optimal environment for bacteria to multiply.

If you do these simple things, especially wash your bags regularly, you greatly reduce the chance of contaminating your food.

<http://health.clevelandclinic.org/2016/01/reusable-grocery-bags-and-bacteria-video/>

healthessentials

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/>

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 : "Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support"

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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