

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

Volume 26, Number 3

www.mendedhearts216.org

March 2016

FOR THE HEART PATIENT AND THEIR FAMILIES

The under-treatment of Aortic Stenosis & what Edwards is doing to inform, educate, & treat



Tim Benner

Vice President, Global Downstream Marketing, Global Strategy, Commercial Operations Surgical Heart Valves
Edwards Lifesciences

Tim is a Vice President for Edwards Lifesciences' industry leading global surgical heart valves business and is a member of the company's Senior Leadership Team. He is responsible for the company's marketing, strategy, and commercial execution for the \$1B global surgical heart valve business, including valve replacement, repair devices

and minimally invasive procedural enablers. Tim joined Edwards Lifesciences in 2008 as Director of Edwards' Corporate Strategy and soon, in 2009, led Global Strategy and Business Development for the Heart Valve division. He later assumed increasing commercial responsibility, managing Sales Operations, Global Marketing, Commercial Innovation, and Market Development for the surgical business.

Tim has operational experience in Japan, China, Europe, and South America and joined the medical device industry to both help advance patient care and honor his father who suffers from heart disease. Tim is a graduate of Cal State, the University of California, and has completed post-MBA course work at the USC. He resides in Laguna Niguel with three school-aged children and a college student graduating from Stanford University this year.

*Don't forget the program starts at 7:00 pm, Wednesday
March 16th 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*

Chapter 216 Board of Directors and Contacts

Officers

<i>President</i>	Dennis Galloway	714-381-1906	
<i>VP/Webmaster</i>	Jeff Gotro		www.mendedhearts216.org
<i>Secretary</i>	Jeannine Leaper	949-240-0530	
<i>Treasurer</i>	Alan Kiehn		alandsylvia@cox.net
<i>Fundraising</i>	Open		
<i>Past President</i>	Fred Damiano	949-831-4181	fdamiano@mac.com
<i>Visitors Chair</i>	Barbara Lane	949-859-3400	bandbofmv@cox.net
<i>Visitor Co-Chair</i>	Dee Nangle	949-582-2719	
<i>Membership Chair</i>	Grace Belleti		soar2heaven@hotmail.com
<i>Newsletter Editor</i>	Dave Lindsay		socalcarculture@yahoo.com
<i>Satellite Coordinator</i>	Lonnie Camilleri	949-362-3944	
<i>Member-at-Large</i>	Shana Kassel		

Mission Hospital

<i>Clinical Manager</i>	Elaine Gotro	949-364-7755	
<i>Secretary</i>	Janie Vasilia	949-364-7755	janie.vasilia@stjoe.org

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 Feb. 2016

	<u>MO</u>	<u>YTD</u>
Hospital Visits	10	17
Phone Visits	2	5
Visitors	5	10
Visitors Trainees	0	0

Visitors: Joe Pierantoni, Connie Christensen, Dennis Galloway, Louise Hornbeck, Lonnie Camilleri

Visitors Coordinator for the months as follows:

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

See you at the next meeting!

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.

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.

The flyer in this month's Ticker Talker includes the links to register for the Conference

March Speaker

Don't forget Wednesday March 16, 7pm Edwards Lifescience Global Marketing Director Tim Benner visits Mission Hospital Conference Center.

Cherish Each Day

Dennis

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



Dear Mended Hearts

A huge "THANK YOU" to all those who donated to the American Heart Association and supported our efforts for the AHA Heart Walk! We reached our goal of raising \$5500 to help advocacy efforts to fight heart disease and stroke and we had close to



a dozen walkers that participated in the event. It was an inspiring, fun-filled day with thousands of walkers at Angel Stadium! Thanks again for supporting an effort "near and dear to our hearts!"

Here's to Your Good Health

Elaine



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

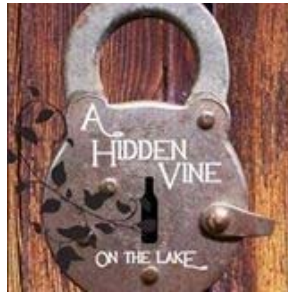


Thank you to our Community Supporters



ANGELS BASEBALL

HUSSMANN®



Dealer Services



Chapter 216 Members Page - March 2016

Birthdays - March

Eric Tan	03/01
Dr. Jeffrey Gotro	03/03
Shirely Einbund	03/06
Hal Schwartz	03/14
Shirely 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
Pat Piecuch	03/12/2001
PeterPukszta	03/14/2001
Dr. Jeffrey Gotro	03/26/2001
Walter Kuhns	03/28/2001
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
Louise Hornbeck	03/12/2008
Josephine Hicks	03/27/2008
Janet Burgus	03/09/2009



Chapter 216 Meetings 2016 Meeting Schedule

Mar. 16	Edwards Lifesciences
Apr. 20	To be decided
May 18	To be decided

Mission Hospital Conference Center
26726 Crown Valley Parkway
Mission Viejo, CA



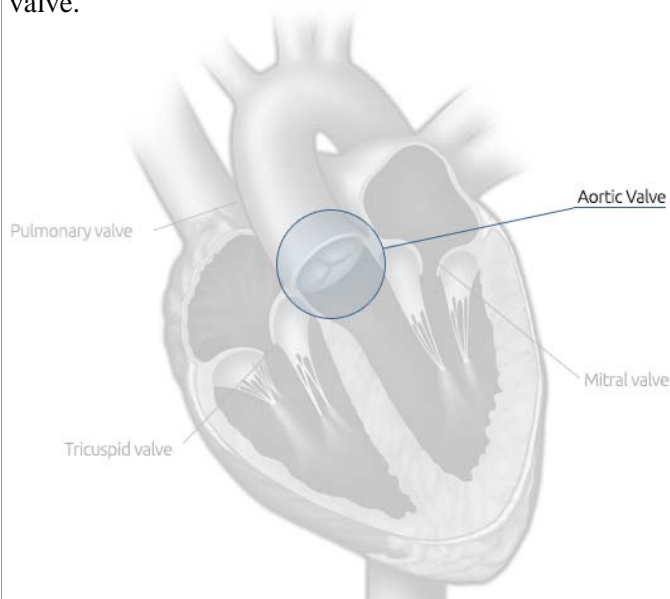
If we missed your mendiversary or birthday and would like it included in the Ticker Talker please email it to:
socalcarculture@yahoo.com

What is Aortic Stenosis

Aortic Stenosis

Human heart valves are remarkable structures. These tissue-paper thin membranes attached to the heart wall constantly open and close to regulate blood flow (causing the sound of a heartbeat). When there is a narrowing of your heart's aortic valve opening, this is known as aortic stenosis. This narrowing does not allow normal blood flow. It is most often caused by age-related calcification, but can be caused by a birth defect, rheumatic fever, or radiation therapy.

There are four valves that control the flow of blood through your heart. One of which is called the aortic valve.



Age and Aortic Stenosis

Calcification is the process that refers to the build-up of calcium on the heart's valves. In elderly patients, aortic stenosis is sometimes caused by the build-up of calcium (mineral deposits) on the aortic valve's leaflets. Over time the leaflets become stiff, reducing their ability to fully open and close. When the leaflets don't fully open, your heart must work harder to push blood through the aortic valve to your body. Eventually, your heart gets weaker - increasing the risk of heart failure (your heart cannot supply enough blood to your body).

Severe, symptomatic aortic stenosis (symptomatic means when you are showing symptoms) is a life threatening condition that progresses rapidly. People who have developed symptoms from severe aortic stenosis have about a 50% chance of living 2 years, without aortic valve replacement. ***This information is not a substitute for talking with your doctor.***

Treatment for severe aortic stenosis

Today, there are multiple treatment options for aortic valve stenosis. For people who have been diagnosed with severe aortic stenosis and who are high-risk or too sick for open heart surgery, treatment is now available. Transcatheter aortic valve replacement (TAVR) is a less invasive procedure that does not require open heart surgery.

Aortic Stenosis Symptoms

Aortic stenosis is the narrowing of the aortic valve, which limits the aortic valve leaflet's ability to fully open and close. Valve leaflets are flaps of tissue that open and close to regulate the one-way flow of blood through the aortic valve. As a result, less oxygen-rich blood flows from the lungs to the brain and rest of the body, which may cause symptoms like severe shortness of breath and extreme fatigue. It's important to know that heart valve disease may occur with no outward symptoms.

The symptoms of aortic disease are commonly misunderstood by patients as 'normal' signs of aging. Many patients initially appear asymptomatic, but on closer examination up to 37% exhibit symptoms.

What are the signs of aortic stenosis?

You may notice symptoms like:

- Chest pain
- Fatigue
- Shortness of breath
- Lightheadedness, feeling dizzy, and/or fainting
- Difficulty when exercising

Major risk factors

Factors associated with aortic valve disease include the following:

- Increasing age
- High blood pressure
- High cholesterol
- Smoking

If you are experiencing symptoms, consult a cardiologist right away.

Aortic Stenosis Disease Progression

Aortic stenosis is life threatening and progresses rapidly

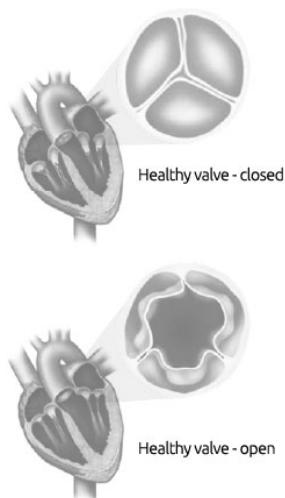
Over time the leaflets (flaps of tissue that open and close

What is Aortic Stenosis

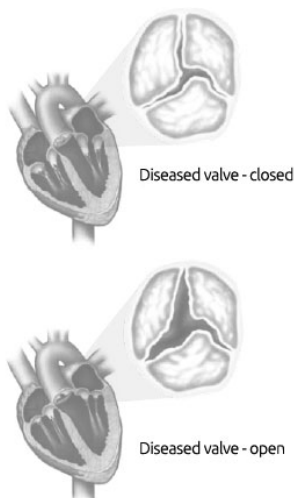
to regulate the one-way flow of blood through the aortic valve) become stiff due to calcium (mineral) deposits, reducing your leaflets' ability to fully open and close. When your leaflets don't fully open, your heart must work harder to push blood through the aortic valve to your body.

Eventually, your heart muscle gets weaker - increasing the risk of heart failure (your heart cannot supply enough blood to your body). If you have severe aortic valve stenosis, you'll most likely need surgery to replace the aortic valve.

Healthy Aortic Valve

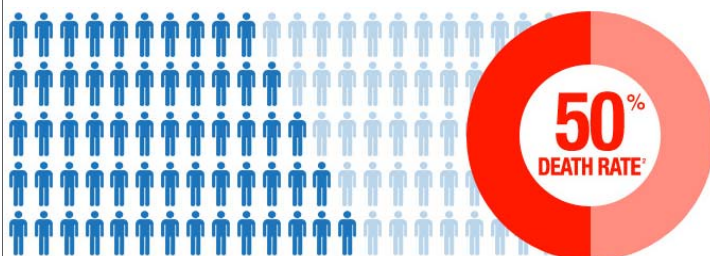


Diseased Aortic Valve



Aortic Stenosis: If Untreated

Some patients with aortic stenosis may not show any symptoms. However, once you begin experiencing symptoms, prompt treatment becomes necessary. Severe aortic stenosis is a very serious problem. People who have developed symptoms from severe aortic stenosis have about a 50% chance of living 2 years, without aortic valve replacement.



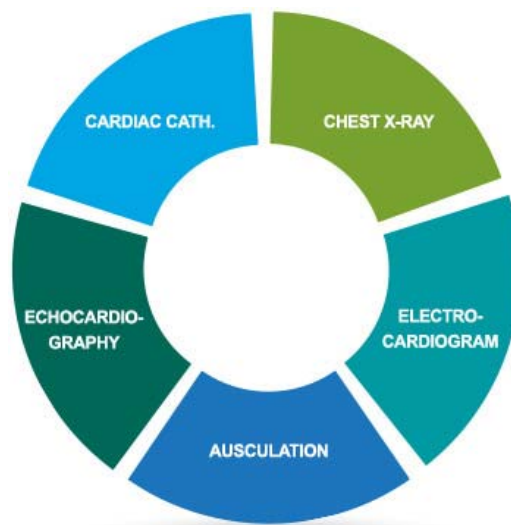
Treatment for severe aortic stenosis

Today, there are multiple treatment options for aortic valve stenosis. For people who have been diagnosed with severe aortic stenosis and who are high-risk or too sick for open heart surgery, another option is available. Tran-

scatheter aortic valve replacement (TAVR) is a less invasive procedure that does not require open heart surgery.

Aortic Stenosis: Getting Diagnosed

In addition to a physical exam, your cardiologist may use some of the tests below to diagnose heart valve disease:



Auscultation - Your cardiologist will use a stethoscope to listen to the sounds of your heart.

Echocardiography - This test uses ultrasound waves to obtain images of the heart chambers and valves.

Cardiac catheterization (angiography) - Under X-ray guidance, small hollow tubes (catheters) are advanced to the aortic valve and into the left ventricle. The rate of blood flow across the aortic valve and pressures can be measured.

Chest X-ray - A chest X-ray displays images of the organs and structures inside your chest, such as your heart, lungs, and blood vessels. A chest X-ray can reveal signs of aortic stenosis, and other causes of symptoms not related to coronary heart disease.

Electrocardiography (also EKG) - An EKG is a recording of the heart's electrical activity using electrodes attached to your skin. An EKG can show the heart's rhythm, the heart's rate, and the strength and timing of the electrical currents.

Call or see your doctor whenever you have questions or concerns about your health, especially if you experience any symptoms or unusual changes in your overall health.

<http://newheartvalve.com/what-is-aortic-stenosis>

The latest news from Cleveland Clinic

TAVR Heart Procedure Called “Transformative” for Your Aortic Valve

Learn when it will be ready for prime time

A minimally invasive technique for aortic valve replacement has emerged as one of the most exciting innovations in heart care in decades.

Transcatheter aortic valve replacement (TAVR) allows doctors to insert a prosthetic valve inside a damaged valve in the cath lab. It’s a lifesaving option for patients with severe aortic stenosis (AS), for whom surgery is considered too risky. But it’s not yet ready for everyone.

“The technique and technology are evolving very rapidly. We are in the process of studying how to apply this technology for younger and healthier patients with AS,” says Samir Kapadia, MD, a Cleveland Clinic interventional cardiologist and catheterization laboratory director.

Surgery is the gold standard

In AS, calcium deposits on the leaflets of the aortic valve prevent the valve from opening fully. This forces the heart to pump harder, causing shortness of breath, fatigue and chest pain.

In lower-risk patients—even those well into their late 80’s—surgical replacement of the aortic valve is safe and effective. But many patients with AS have medical issues that make a surgery risky. TAVR can give these patients a second chance at life.

An emerging option

Just as TAVR has been highly successful in reducing the mortality rate from AS in high-risk patients, cardiologists expect it to do the same in lower-risk patients. But there’s still a lot to learn.

TAVR is technically challenging. Because the new valve must fit perfectly, the doctor must choose the right prosthesis for every individual. The wrong choice could increase the risk of a dangerous complication called paravalvular aortic regurgitation (PAR)—backflow, if you will, caused by a poorly fitting valve.

The best route to take—the one most likely to deliver the valve safely with the lowest risk of PAR and stroke—must



also be determined. At this time, the rate of PAR and stroke are higher with TAVR than with valve replacement surgery.

In addition, no one knows how TAVR valves will fare over time.

“We have long-term studies showing how long valve replacements last, but we don’t know how TAVR valves will last,” says Dr. Kapadia.

Developments continue

While new valve designs are solving some of TAVR’s potential complications, doctors must gain experience with each new device and a variety of individuals to know how to perform the procedure safely and effectively.

“Operator and institutional experience are very important to ultimate success,” says Dr. Kapadia.

There is little doubt TAVR will become an option for lower-risk patients, as well as in those with other types of aortic valve diseases. It’s just a matter of time. Already, clinical trials of TAVR in medium-risk patients are underway.

“In the upcoming years, we are bound to see rapid spread of this transformative technology with the excellent results that have been seen in clinical trials,” says Dr. Kapadia. “In fact, as the technology matures and our experience evolves, we could expect even better outcomes in the years ahead.”

healthessentials

<http://health.clevelandclinic.org/2015/08/tavr-heart-procedure-called-transformative-for-your-aortic-valve/>

Mended Hearts

Chapter 216




Fundraiser Game

ANGELS.

Vs.



Tuesday, July 19th @ 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:**

July 12, 2016

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

Questions:

Alan Kiehn
949-582-1908

www.mendedhearts216.org

# 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: 7-12-16
TO: ALAN KIEHN 25861 Cedarbluff Ter. Laguna Hills, CA 92653



**Mended Hearts and Mended *Little* Hearts
Education and Training Conference
“On the Road” 2016**

***June 3-4, 2016
Mission Viejo, California***

In 2016, the Mended Hearts and Mended *Little* Hearts National Education and Training Conference will be “on the road” in six locations across the United States. With multiple locations, the conference will reach more heart patients, caregivers and families than ever before. Please join us in this exciting journey as we train and educate our network of members to provide peer-to-peer support to heart patients in every community.

The conference program offers the latest in cardiovascular treatment and care, hands-on training for accredited visitors and chapter leadership, and peer-to-peer networking.

Western Region

June 3-4, 2016

Mission Viejo, California

Register Today!
www.mendedhearts.org

Conference Hotel

Hilton Irvine/Orange County
1880 MacArthur Boulevard
Irvine, California 92612

Note: The conference sessions will be held at the Hilton and the Mission Hospital Conference Center.

Conference Registration Rate: \$50

For more information about the conference including the program agenda, hotel accommodations and registration information, please go to the Mended Hearts website at www.mendedhearts.org.

We hope we'll see you “on the road” in 2016!

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



hoag