

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989



Volume 27, Number 3

www.mendedhearts216.org

March 2017

All That Jazz - from New Orleans

Updates from the National Cardiac and Pulmonary Rehabilitation Conference

Mended Hearts Chapter 216 subsidized three Cardiac Rehab staff members' attendance at the annual AACVPR (American Association of Cardiovascular and Pulmonary Rehabilitation) National Conference in New Orleans last September. A highlight of this year's conference was Dr. Murray Low's "A Year in Review" of cardiac research, which showcased various research studies on the following topics:



- A fitness/obesity association with Atrial Fibrillation - what can you do to decrease your chances of developing Atrial Fibrillation?
- What is "Interval Training?" Is it an effective way to exercise and what are the benefits of interval training?
- What does exercise have to do with sleep apnea?
- Can your walking speed be a predictor of future cardiovascular events?
- Is it better to use heavier weights or lighter weights when doing resistance training?
- What are telomeres? Does exercise really increase your chances of living longer?

So what did we learn?

Find out the answers to all these questions and learn tips and techniques to improve your fitness level and quality of life at the March 15th Mended Hearts meeting!

Elaine received her Bachelor of Science degree in Education from Northwestern University in Evanston, Illinois. She started her career as a high school Health/Physical Education teacher in the Chicago suburbs. Throughout the years (and several re-locations) she taught various health-

(Continued on page 4)

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

FOR THE HEART PATIENT AND THEIR FAMILIES

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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 January 2017

	<u>MO</u>	<u>YTD</u>
Hospital Visits	5	11
Phone Visits	3	3
Visitors	4	8
Visitors Trainees	0	0

Visitors: Connie Christensen, Fred Damiano, Joe Pierantoni, Dennis Galloway

Visitors Coordinator for the months as follows:

March	Pat Phillips	949-472-9680
April	Jo Cristian	949-581-1824
May	Dee Nangle	949-582-2719

See you at the next meeting!

Pat Phillips & Dee Nangle

President's Heartfelt Message From the CardioPulmonary Rehab Center



Heartfelt Message

Thank you Board of Directors for giving me the opportunity to serve you and the members of Mended Hearts as the President of the South Orange County Chapter. It goes without saying that the job that Dennis has performed during the past three

years has been superior and cannot be duplicated. We all wish him the very best in his new endeavors.

I look forward to working with all the members and incorporating your ideas and suggestions into the current programs for your benefit.

I am thankful that Dennis will be local for a bit longer, so he can transition all open items. Thanks to Elaine and the Board of Directors for their support.

I look forward to this opportunity and seeing you at the OC Heart Walk on March 4th or at the March Monthly Meeting.

Sincerely,

Joe

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



Happy St.Patrick's Day !

Dear Mended Hearts



Many Thanks to all of you who have “stepped up to the plate” to support the 2017 American Heart Association Heart Walk! Several of us will be walking at this year’s event on Saturday, March 4th at Angel Stadium of Anaheim. And, we have **exceeded** our Cardiac Rehab Center goal of raising \$5500 for the American Heart Association (grand total to be announced in next month’s Ticker Talker)! Please feel free to stop by the rehab center to see all the red and gold hearts on our Donation Wall – it’s pretty impressive, thanks to **YOU!**



Here's to Your Healthy Heart!

Elaine 



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

Thank you to our Community Supporters



All That Jazz — From New Orleans continued from Cover

physical education and aerobics classes for local health clubs, the State University of New York at Binghamton, and the University of Michigan in Ann Arbor. She received her Master's degree in Adult Fitness/Cardiac Rehab from the University of Wisconsin – La Crosse and is a certified Exercise Specialist through the American College of Sports Medicine and a Certified Cardiac Rehab Professional through AACVPR. She started her career as an Exercise Specialist with the Cardiac Rehabilitation Department at Franciscan Skemp Healthcare in La Crosse, and in 2000 joined the CardioPulmonary Rehab Team at Mission Hospital. She has been the Clinical Manager of the department since January 2013. Elaine's passion has always been to provide education regarding exercise and risk factor modification to improve one's quality of life.

She created and produced "Rockin' Rehab," a seated and standing exercise DVD and has presented "Rockin' Rehab" at state and national cardiac rehab conferences. She is a former President, Secretary and Board Member of the California Society for Cardiac Rehab (CSCR). Elaine has been involved with Mended Hearts since 2000 and has been the liaison between the Cardiac Rehab Center at Mission Hospital and Mended Hearts Chapter 216 since her management role started in 2013. Elaine wishes to thank Mended Hearts Chapter 216 - not only for providing support and education to hundreds of heart patients and their families, but also for generously supporting and funding many educational opportunities for the Mission Hospital Cardiac Rehab Team.



Chapter 216 Members Page - March 2017

Birthdays - March

Eric Tan	03/01
Dr. Jeffrey Gotro	03/03
Shirley Einbund	03/06
Hal Schwartz	03/14
Shirley A. Neal	03/18
Jenny Katzen	03/20
Alvin Breitman	03/22
Arthur Feldman	03/25
Ralph (Ed) Nelson	03/25
Dick Spaulding	03/28
Chandler Rabins	03/29
Antoinette Thompson	03/29

New Members

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

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

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

Mendiversaries - March

Linda Sokoloff	03/01/1992
Patricia Phillips	03/26/1996
James Waples	03/04/1998
Hazel H. Schwab	03/02/2000
Edwin Stotereau	03/08/2000
Pat Picuch	03/12/2001
Peter Puksza	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
Warrand R. Kirsch	03/09/2006
Louise Hornbeck	03/12/2008
Josephine Hicks	03/27/2008
Janet Burgus	03/09/2009
Marilyn Sullens	03/17/2009

Chapter 216 Meetings 2017 Meeting Schedule

Mar. 15 Elaine Gotro
Apr. 19 Dr. Desai
May 17 TBA
Jun. 21 TBA

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

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

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/>



Happy St. Patrick's Day

The latest news from Chapter 216 & Cleveland Clinic

Joe Pierantoni is our new Chapter 216 President



After many months of searching for a new chapter president we finally convinced Joe to step into the position.

We know he will do a great job and are looking forward to supporting him in any way we can.

Congratulations Joe!

Our Visitors do make a difference!

Carol Catalano sent this in to share...

I just got this from one of my neighbors. I thought it would be great to put the part about Mended Hearts in the News Letter to let our visitors know they do make a difference.

“In early January a long time friend had a mitral valve replaced and suffered a small stroke during surgery. After 2 weeks in CICU, she was moved to Telemetry and is making very slow progress. I had Googled Mended Hearts once she was out of CICU and armed with information went to visit the next day. I was delighted to find a MH visitor already in her room talking with her husband and one of her daughters. She had been tracking K since the day she went in for surgery! She left after offering to visit and gave them a lot of material. What a great program. Family attended a meeting Wednesday night and were very impressed with Mended Hearts and will be encouraging her to be an active participant. I’m sure you know what a great program it is - but never hurts to hear it again does it?! “

Last months Doctors Roundtable



Janet Shannon RD, Dietitian
Dr. Sheri Koplik MD, Cardiologist
Dr. Patrick Thompson MD, Family Medicine

Our Doctors Roundtable last month was well received with some new visitors to our meeting asking most of the questions. We always like to see new faces at the meetings and hope those visitors find it very beneficial.

The panel was all firsts for us, a Dietitian, a Female Cardiologist and a Family Medicine Dr. They were all great to listen to and the audience enjoyed their response to questions.

Thank you for the time you spent with us.



How Yoga Can Help You Combat the Effects of Osteoarthritis

Keep your joints more flexible and reduce pain through gentle stretching

If your joints are stiff and achy, there are yoga solutions to get you moving more comfortably. First, know this: Stiff or achy joints can be a sign of osteoarthritis, a chronic, progressive disease that will affect many of us as we age. The good news: Practicing yoga can keep your joints more flexible and can reduce your pain.

How does arthritis happen?

It’s important to understand what arthritis is and how it happens. The term “arthritis” is used to describe more than 100 different diseases and conditions of the joints and musculoskeletal system.

The most prevalent form is osteoarthritis. Osteoarthritis causes the breakdown of cartilage, the cushioning material between the bones. When the cartilage deteriorates, the bones rub together, causing pain. This disease has been

The latest news from Cleveland Clinic

around a very long time, and has even been found in pre-historic skeletons.

The pain and stiffness of osteoarthritis can make you feel like the last thing you want to do is move around. And yet movement is critical to keeping the joints flexible and reducing your pain.

Exercise has long been considered key to maintaining and improving joint function. It also helps strengthen the muscles around the joints, so that sore and damaged joints are protected and aren't overtaxed.

However, if you have osteoarthritis, your exercise programs must be gentle and low-impact to keep painful joints from being jarred or injured.



The perfect solution? Yoga!

How yoga can help

The benefits of yoga include improvements in strength, flexibility, stress management (which is important if you're feeling depressed because of your condition) and balance. Plus, you'll achieve a better sense of your body and improve your general well-being.

In recent years, research and anecdotal evidence have shown that people with osteoarthritis who practice yoga feel better. In fact, many doctors are beginning to see that yoga can be a useful complement to conventional arthritis treatments.

Most yoga classes include three parts that provide the most benefit:

1. **Breath awareness and breathing techniques.** Learn-

ing to be aware of and control how you breathe can influence how you feel. Practicing "yogic relaxation breaths" during a painful flare-up of osteoarthritis can be helpful, especially when movement may be difficult. Calm breathing techniques also calm the stress response.

2. **Movements to improve strength, flexibility and balance.** The movements or postures in yoga help keep the muscles around the joints strong and flexible. You also learn proper alignment of the skeleton, which helps alleviate joint pain caused by misalignment. Keep in mind that any movement can be modified to minimize pressure or pain to already achy areas of the body. Yoga meets you where you are and should never cause pain.

3. **Relaxation and meditation.** Using relaxation techniques or meditating on a regular basis helps to reduce stress. This is important because it can create awareness and counteract the natural tendency to tighten muscles and become rigid when feeling pain or stress.

Please remember to always listen to your body, and drink enough clean, fresh water, which helps to hydrate. When living with osteoarthritis, it is important to keep moving and breathing to maintain flexibility, reduce pain and improve overall quality of life.



You'll soon discover that the power you seek is something you already possess. Managing your pain is possible through the practice of yoga.

<https://health.clevelandclinic.org/2017/02/how-yoga-can-help-you-combat-the-effects-of-osteoarthritis/>

healthessentials

The latest news from Cleveland Clinic

3 Unexpected Benefits of Cataract Surgery — Not Just Better Vision

How seeing better can help you in other ways

The most obvious effect of cataract surgery is seeing better, but did you know it also can help you in other unexpected ways?

Why? Because, even if you don't know you have cataracts, you may gradually make life changes over time to compensate for the vision loss.

Maybe it's subtle — you notice that you need more light for reading. Or maybe it's more obvious — you have to give up driving at night. Either way, these changes impact your overall quality of life.

In fact, vision loss has been directly linked to depression and anxiety. You may no longer feel like doing your favorite things when you have cataracts, even if you are still physically able.

Here are three benefits of surgery that go beyond improvements in your vision:



1. Improve your quality of life

Cataracts can prevent you from being able to do everyday tasks such as reading or driving, as well as the things you do for fun. You may feel less independent and more socially withdrawn.

A 2013 study found that quality of life for those who had cataract surgery improved by 36 percent after surgery when comparing those patients to people who didn't have the surgery.

2. Decrease your risk of falls and fractures

As we age, falls become more dangerous (and even

deadly).

Vision loss is a major contributing factor. A study published in 2012 evaluated Medicare beneficiaries (age 65 and over) diagnosed with cataracts. Overall, the findings associated cataract surgery with a 16 percent decrease in the odds of hip fracture one year after the procedure. For those with severe cataracts, surgery decreased the odds of a hip fracture by 23 percent.

3. Improve your chances of living longer

Results of a long-term study published in 2013 associated cataract surgery with significantly better long-term survival of older people.

The study showed a 40 percent reduction in mortality risk for people who had cataract surgery, when comparing them with those who didn't have it — which simply means you improve your odds of living longer if you have the surgery.

What causes cataracts in the first place?

Cataracts occur when there is a change in the nature of the proteins in the lens of the eye. The proteins make the lens cloudy and prevents light from passing through, which causes vision loss. Younger people get them, but they generally affect most people as they age.

You may not notice that you have them, but symptoms sometimes include:

- Blurry vision
- Sensitivity to light
- Decreased night vision
- Glare
- Halos around lights

How can you protect your vision?

You can't avoid getting cataracts completely, but there are some steps you can take to protect your eyes:

- **Get regular eye exams.** Cataracts typically develop slowly with few symptoms. With a regular comprehensive eye exam, your ophthalmologist can detect cataracts earlier and check how much vision you've lost.
- **Wear the right prescription eyeglasses.** You may still need glasses before and after cataract surgery. If your prescription changes, it's important to get new glasses.

The latest news from Cleveland Clinic

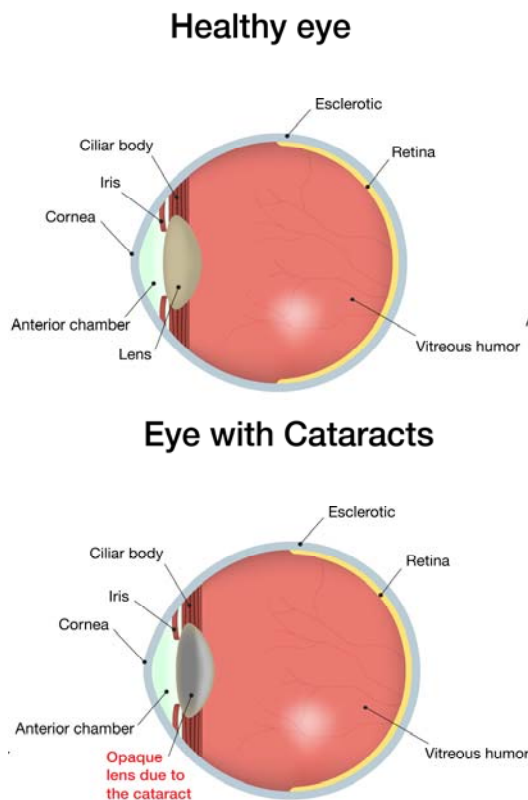
- **Stop smoking.** If you smoke, it increases your risk of developing cataracts and puts you at risk for many other health conditions. If you need some help, talk to your doctor. He or she can offer support and help you put a plan together.

What do you need to know about cataract surgery?

Cataract surgery is one of the most frequently performed surgeries in the United States, and it's one of the safest. It's only done on one eye at a time and is usually done when you're awake. (Your doctor will numb the eye area with anesthesia. An anesthesia doctor or nurse may also give you medication for relaxation.)

During the procedure, the eye surgeon removes the cloudy lens and replaces it with an artificial one. Typically, this lens lasts for a lifetime. About 95 percent of people report improved vision after the surgery.

Your eye doctor can help you decide if cataract surgery is right for you. If it is, you may find you see *and* feel better afterwards.



<https://health.clevelandclinic.org/2016/07/ataract-surgery-benefits-beyond-improved-vision/>

Why Do Songs Get Stuck in My Head?

The short answer from a clinical psychologist



Q: Why do I get songs stuck in my head? Does this happen to everyone?

A: You're not alone. According to experts, 98 percent of us get stuck on a song — known as an earworm.

Certain people are more prone to earworms. Those with obsessive-compulsive disorder or who have obsessive thinking styles experience this phenomenon more often. Musicians also frequently get earworms. Men and women have earworms equally, although women tend to stay with the song longer and find it more irritating.

Recent research suggests that songs with intervals that jump up and down are more likely to get stuck in your head. For example, the whistling part of Maroon 5's *Moves like Jagger*.

More study is needed to determine exactly what's happening in the brain when earworms take hold, but repetition often is related to stress. Anything repeated probably has some tension-reduction characteristic, capturing our attention so we're not attending to other things we find unpleasant.

If you can't get unstuck? Do a brain teaser puzzle or read a novel. Chewing gum or listening to the entire song (not just the catchy part) may also break the loop.

Clinical psychologist Scott Bea, PsyD

<https://health.clevelandclinic.org/2017/02/songs-get-stuck-head/>

healthessentials

The latest news from Cleveland Clinic

Have You Heard of These 5 Heart Attack Risk Factors?

Watch out for these lesser-known culprits

Most people know about common risk factors for heart attack, including smoking, diabetes, high blood pressure, obesity and lack of exercise. These tend to be universal, meaning they can increase the risk in nearly anyone.

But there are other risk factors that put certain people at risk, or put people at risk under certain conditions. Let's talk about these lesser-known risk factors and who is likely to be affected.

1. Intense emotions

Studies have shown that both intense anger and grief can cause a heart attack. It probably occurs from a sudden increase in heart rate and blood pressure triggered by the surprise.

Because many of us experience these emotions in our lifetime and live through them, they are probably more likely to negatively impact people who are already at increased risk for heart attack.

There is a condition called Takotsubo cardiomyopathy, which may imitate a heart attack, but is somewhat different. It tends to occur more often in women at times of intense grief and produces heart attack-like symptoms that cause sudden heart failure.

It is thought to be the result of an arterial spasm. With treatment, the heart failure often resolves after the grief subsides. Later testing generally shows no evidence of heart attack.

2. Sudden exertion

A bout of sudden, strenuous physical activity can lead to heart attack in people who are not physically fit.

It can happen from something as seemingly harmless as a pick-up game of basketball, or from lifting and carrying something heavy, such as a shovel full of snow. People who are not used to exercising, or have traditional risk factors for heart disease, are at increased risk.

3. Extreme cold

Cold temperatures cause the arteries to constrict, which can cause a sudden increase in blood pressure. Combine

this with physical exertion, such as shoveling snow, and the strain may be too much for some hearts to take. Every year, shoveling snow sends more than 11,000 people to the hospital — at least 7 percent with heart trouble.

4. Eating a heavy meal

A heavy meal can occasionally trigger a heart attack. Researchers think it happens because eating raises levels of the hormone epinephrine, which can increase blood pressure and heart rate.

5. Other diseases

When you are diagnosed with a serious medical condition that seems unrelated to your heart, the risk of heart attack may not cross your mind. For this reason, the role of certain diseases in raising the risk of heart attack is often unappreciated.

Diseases known to increase the risk of heart attack include:

- **Inflammatory diseases**, such as rheumatoid arthritis, lupus and any other diseases that can cause inflammation in the blood vessels
- **Preeclampsia**, which raises blood pressure
- **Gestational diabetes**, which greatly increases the risk of heart attack
- **Sleep apnea**, which causes aggressive heart disease that increases the risk of heart attack by 30 percent over five years
- **Cancer of the left breast** involving prior radiation to the chest, which can damage the heart

Any person with one of these conditions should see a cardiologist, in addition to their regular doctor.

<https://health.clevelandclinic.org/2017/02/heard-5-heart-attack-risk-factors/>

healthessentials



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 _____

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.



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