

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989



Volume 27, Number 4

www.mendedhearts216.org

April 2017

Restoring the Rhythm of Life



Dr. Desai is a native of Chicago, Illinois and attended Northwestern University's prestigious Honors Program in Medical Education. He completed his internship, residency, honorary chief residency and cardiology and electrophysiology fellowships at Stanford University Medical Center. He has significant expertise with both robotic RF (heating) and cryo (freezing) techniques in the catheter ablation and cure of all heart rhythm disturbances including atrial fibrillation, atrial flutter, supraventricular contractions and ventricular tachycardia.

He specializes in diagnosing and treating palpitations and fainting, and he has extensive experience with heart rhythm monitors including insertable loop recorders. He is involved in clinical research and has numerous academic publications.

He is a sought after speaker and has lectured regionally and nationally to patients and physicians. In his personal time, Dr. Desai enjoys being with his family, singing and playing guitar, yoga and reading.

*Don't forget the program starts at 7:00 pm, Wednesday
April 19th 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

Chapter 216 Board of Directors and Contacts

Officers

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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 March 2017

	<u>MO</u>	<u>YTD</u>
Hospital Visits	10	21
Phone Visits	1	4
Visitors	10	18
Visitors Trainees	0	0

Visitors: Dave Butler, Fred Damiano, Joe Pierantoni, deBorah Kay, Chip De Son, Ed Rocco

Visitors Coordinator for the months as follows:

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

See you at the next meeting!

Pat Phillips & Dee Nangle

President's Heartfelt Message From the CardioPulmonary Rehab Center



Heartfelt Message

"April showers bring May flowers". Greetings, and now that the days are longer and there is more daylight, I hope this gives you and yours the opportunity to be outside for exercise.

Any form of physical activity, such as gardening, going for walks, stretching, etc. are healthy forms, along with proper diet.

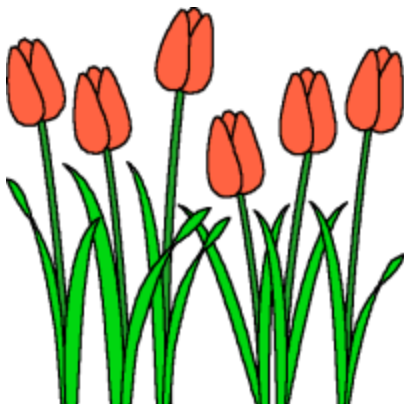
Use your cell phone to monitor your steps per day. Take your blood pressure and weigh yourself to see how you are progressing with your exercise routine.

Set goals and have fun achieving and be sure to share with your family.

See you at the next Mended Hearts Meeting on April 19th with Dr. Desai as a featured speaker.

Sincerely,

Joe



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



Dear Mended Hearts

Here's an update on our fundraising effort for the American Heart Association 2017 Heart Walk! Our goal in the Cardiac Rehab Center was to raise \$5500 for the American Heart Association, and to date, we have raised over \$11,500!!! We especially want to thank one of our very generous patients who "matched" our \$5500 goal! Several of us from the Rehab Center walked the event on March 4th at Angel Stadium and we had a large group of walkers that represented our entire health system: St. Joseph's, St. Jude's, Mission Hospital and Hoag Hospital. It was a very fun, successful event and as always, **THANK YOU SO MUCH** for all your support!



Here's to Your Healthy Heart!

Elaine 



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

Thank you to our Community Supporters



The latest news from Cleveland Clinic

When I Stand Up Suddenly, I Feel Dizzy — Should I Worry?

The Short Answer from a cardiologist

Q: When I stand up suddenly, I feel dizzy. Should I worry?

A: When you stand, if your blood pressure drops temporarily, it takes some time for your vessels to clamp down and get the blood up to your brain, so you may feel temporarily dizzy.

If that is happening consistently, then you want to make sure you get your pressure checked when you're lying down, when you're sitting and when you're standing, and make sure that when you're standing, the blood pressure is not consistently lower than when you're lying down. That's something to do at the doctor's office.

It's always good advice to take your time when you're going from lying to a standing position, especially when you wake up in the morning, when your blood pressure's already been low all night because you've been sleeping. You want to sit up, stay sitting for 30 seconds or a minute and then stand, especially if you've had dizziness like this in the past.

Preventive cardiologist Haitham Ahmed, MD, MPH



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<https://health.clevelandclinic.org/2017/03/stand-suddenly-feel-dizzy-worry/>

Chapter 216 Members Page - April 2017

Birthdays - April

Barbara Marks-Matsui	04/01
Carol Catalano	04/03
Capt. Ralph Wilson Jr.	04/03
Ruth Houser	04/07
Hazel H. Schwab	04/07
Sandy Hoyal	04/07
Bruce Matsui	04/09
Connie Brown	04/10
Dr. Gary Phillips	04/11
Susan Goldberg	04/12
Judy Starr	04/14
John R. West	04/16
Bob Selzer	04/21
Ronald Reeves	04/22
John Knudson	04/23
Joseph Pierantoni	04/25
Juanita Zarilla	04/27
Rae I. Faigin	04/28

New Members

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

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

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

Mendiversaries - April

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

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

socalcarculture@yahoo.com

In Memorium

Bill Dye

Peter Pukszta

Linda Sokoloff

Chapter 216 Meetings 2017 Meeting Schedule

Apr. 19 Dr. Desai

May 17 TBA

Jun. 21 TBA

Jul. Dark, No Meeting

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

one small
positive
thought
in the morning
can change
your whole
day



The latest news from Cleveland Clinic

How Healthy Is Your Favorite Sparkling or Mineral Water?

A look at mineral water, sparkling water, tonic water and club soda

Mineral water, sparkling water, tonic water, club soda, flavored water. How do they stack up against tap water? And which is the most nutritious choice?

Here's a breakdown of the many options available today:



Sparkling water

Sparkling water is tap water infused with carbon dioxide for carbonation. It won't hydrate you any better than tap water, but you may prefer the tingly bubbles.

But not all sparkling waters are created equal, so you'll want to read the ingredients before buying or drinking one. If you see sugar, artificial sweeteners, artificial coloring or citric acid (used as flavoring or preservative) on the label, tap water is the better option.

Mineral water

Mineral water is often naturally carbonated. But store-bought varieties differ from what you get from a home soda stream. Depending on the brand, they contain various amounts of calcium, sodium and magnesium.

Calcium is important for bone health and overall muscle function. Magnesium helps your body regulate blood sugar and blood pressure. The sodium may pose a problem if you're on a low-salt diet. Then tap water is the healthier choice.

Tonic water and club soda

Many of us choose sparkling waters because they're calorie-free. But it's important to watch for hidden sugars and artificial sweeteners.

Tonic water is bitter but contains sugar. One can of tonic water may contain as much sugar as a typical soda. On the other hand, club soda, or seltzer water, has no added sugar.

Flavored waters

Be sure to read the ingredients on fruit-flavored sparkling waters to make sure the flavors aren't masking ingredients like sugar or artificial sweeteners. Calorie-free flavored waters often contain artificial sweeteners.

The problem with artificial sweeteners

Regular consumption of artificially sweetened beverages has been linked to a significantly greater risk of metabolic syndrome and type 2 diabetes. Studies also show that artificially sweetened beverages can make you feel hungry and encourage you to eat more, which can lead to obesity.

Look for another brand if you read words like sugar, high fructose corn syrup, aspartame or sucralose on the label — your body will appreciate it.

At the end of the day, whether you choose regular water or sparkling water, it's best to stay hydrated with beverages that are free of both calories and artificial sweeteners. Try adding lime, lemon or cucumber slices to give plain tap water or sparkling water for a refreshing twist.

Contributor: Beth Bluestone, RD, LD

<https://health.clevelandclinic.org/2017/04/how-healthy-is-your-favorite-sparkling-or-mineral-water/>

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The latest news from Cleveland Clinic

Poor Diet Linked to Half of Heart Disease, Stroke, Diabetes Deaths

Food choices can have a profound impact on your health

Most of us are aware that what we eat affects our health. But the results of a new study illustrates that fact vividly: Almost half of deaths in one year caused by heart disease, stroke and type 2 diabetes in a large group of Americans were linked with a poor diet.

Researchers from Tufts University in Boston, the University of Cambridge in England and Montifiore Medical Center in New York analyzed data from the National Health and Nutrition Examination Survey. They looked at the deaths of more than 700,000 people in 2012 from heart disease, stroke and type two diabetes, and examined 10 dietary factors among the population such as consumption of sugar-sweetened drinks, processed meats and sodium intake.

Their analysis showed that about 45 percent of the deaths were linked to unhealthy eating habits heavy on foods and nutrients that have long been associated with influencing cardiovascular and metabolic health.

The foods studied

The researchers looked at these 10 foods:

- Salt
- Nuts and seeds
- Processed meats
- Seafood omega-3 fats
- Vegetables
- Fruits
- Sugar-sweetened beverages
- Whole grains
- Polyunsaturated fats
- Unprocessed red meats

The largest number of heart disease deaths was associated with high intake of processed meats and sugar-sweetened beverages and low intake of nuts.

High stroke risk was associated with a diet low in fruits and vegetables and high in salt.

Increased risk of death from diabetes was associated with consuming more processed meats and sugar-sweetened drinks, and not enough whole grains. The food linked to

the most deaths overall was salt.

Make good choices

The study illustrates the fact that your food choices can have a profound impact on your health, says registered dietitian Kate Patton, MEd, RD, CCSD, LD. Ms. Patton was not involved in the research.



“Based on this study, Americans need to increase their intake of fruits and vegetables, continue to avoid processed meats, as well as avoid sugar-sweetened beverages. Those are some of the big things,” she says. “The other take-home message is to increase your consumption of nuts and fish, especially the omega-3 rich fish like salmon and tuna.”

It’s important to remember the quality of food you consume has a direct impact on the quality of your health, Ms. Patton says.

“A way of looking at it is thinking about food as medicine and food can really improve your health and decrease your risk of developing these chronic diseases,” she says.

Complete results were published online today in *JAMA*, the Journal of the American Medical Association.

<https://health.clevelandclinic.org/2017/03/poor-diet-linked-to-half-of-heart-disease-stroke-diabetes-deaths/>

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The latest news from Cleveland Clinic

Living With a Chronic Disease? 4 Best Tips for Exercising

How seeing better can help you in other ways



Take it slow and work around your limitations

Regular physical activity is the most important thing you can do for your health. The American Heart Association (AHA) suggests getting at least 150 minutes of moderate exercise per week.

But what if you have a chronic condition such as heart disease, asthma or back pain, and you're limited in what you can do?

By following the AHA's guidelines on exercise, you can:

- Control your weight
- Reduce your risk for cardiovascular disease and type 2 diabetes
- Minimize your risk for some cancers
- Strengthen your bones and muscles
- Improve your ability to keep up with daily activities
- Increase your chances of living longer

If you're living with a chronic condition, even a small amount of physical activity — 60 minutes per week — can have significant health benefits.

Exercise can help you manage your symptoms while improving your health. Not only is it good for your body, but it can also improve your mental health and mood, decrease depression and anxiety, and improve and preserve cognitive functioning.

Here are four tips to help you get started with exercise when you have a chronic disease:

1. Walk, don't run

Even when you have a serious health condition it's best to get up off the couch and start moving if you can. Don't stay sedentary.

One of the easiest exercises anyone can do is walking. You don't have to break a sweat. You just have to move and get your blood flowing.

2. Choose low-impact aerobic exercises

Choose low-impact aerobic activities such as riding a stationary bike or swimming to get your heart rate up without hurting your body.

3. Start slow

If your health problems have kept you from exercising for a long time, start slowly. Walking for an hour at a time may cause you to become so fatigued that you might not want to try it again. Keep it simple.

Start out with 10 minutes or 20 minutes for the first couple weeks and then work your way up to a longer duration and even a faster pace. If you find it difficult to move very easily, try something as easy as chair yoga.

Any small increase in your daily activity can help you make major improvements in your overall health and well-being.

4. Use resistance bands

While you're likely not up to heavy lifting, resistance bands are a good alternative. They come in a variety of resistances (light, medium and heavy), and you can adjust how intense your workouts are by using more or less slack in the band.

To get the best results with resistance bands, maintain correct posture, move slowly and keep constant tension on the stretch band.

Talk to your doctor before you start

Whether you're healthy or living with a chronic disease, it's always a good idea to talk to your doctor before beginning any exercise program. He or she may have some suggestions on an exercise regimen that suits your needs and works around any possible limitations.

By Christopher Travers, MS

<https://health.clevelandclinic.org/2017/03/living-with-a-chronic-disease-4-best-tips-for-exercising/>

The latest news from Cleveland Clinic

Why Are Foods Recalled? What You Need to Know

The Short Answer from a wellness dietitian

Q: Why does a food get recalled, and what should I do if I've eaten it?

A: The U.S. Food and Drug Administration (FDA) recalls foods that have been contaminated by bacteria, foreign objects or undisclosed allergens.

A recall may follow an outbreak caused by salmonella or listeria. Or it may follow detection of a contaminant in a plant where food is processed, before it reaches humans, or mislabeling.

Recall notices are usually specific, detailing the months in which the product was sold, the locations, the expiration dates and even parts of serial numbers.

You usually know you've eaten a contaminated product by the symptoms that emerge. Some are mild, but allergic reactions to undisclosed dairy, nuts, eggs, gluten or soy can be quite serious. So can reactions to sulfite in those with sensitivity.

Symptoms that have been reported with food recalls include:

- Gastric distress/diarrhea
- Fever
- Itchy mouth or throat, skin rash, hives
- Muscle aches
- Vomiting
- Confusion

If you are pregnant, have a compromised immune system, or are very young or very old, contact your doctor's office if you think you've eaten contaminated food. If you believe you're having an allergic reaction to a food, follow your doctor's instructions for promptly managing your reaction.

Knowledge is power. To limit future exposure to contaminated foods, sign up for FDA food safety recall alerts at www.fda.gov/Safety/Recalls/ or www.foodsafety.gov/recalls/.

Wellness dietitian Kristin Kirkpatrick, MS, RD, LD,

<https://health.clevelandclinic.org/2017/03/why-foods-recalled-what-you-need-to-know/>

Should I Drive a Stroke Patient to the Hospital or Not?

The Short Answer from a cerebrovascular expert

Q: Is driving a stroke patient to the hospital better than waiting for an ambulance?

A: On the contrary, calling 911 for an ambulance is the fastest way to get life-saving treatment to a stroke patient. Stroke is a medical emer-



gency, and time is of the essence. The more time that passes, the greater the risk of brain damage, and the harder it becomes to reverse symptoms. Early treatment with clot-busting medications and other interventions can preserve brain tissue and prevent long-term disability and/or death. The 911 operators know which hospitals are Stroke Centers and can best provide care. Interventions can begin en route, in the ambulance or the mobile stroke treatment unit.

Mobile stroke treatment units are essentially intensive care units on wheels. The unit's team, guided by a stroke specialist back at the hospital, can examine and perform blood tests as well as CT scans on the patient. If indicated, they can start clot-busting drugs.

This process saves precious time compared with driving to the hospital.

If you notice the signs of stroke in someone nearby, reach for your phone and call 911 to give them the best chance for long-term recovery.

In the meantime, if the person seems weak, encourage them to sit or lie down so that they don't fall, and avoid giving them aspirin or water. Aspirin increases the risk of bleeding if the stroke was caused by a hemorrhage, and water poses a choking hazard.

Cerebrovascular specialist Zeshawn Khawaja, MD, MBA

<https://health.clevelandclinic.org/2017/03/stroke-is-it-faster-drive-e-r-wait-ambulance/>

Mended Hearts

Chapter 216




Fundraiser Game

ANGELS.

Vs.



Monday, August 7th @ 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 31, 2017

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

www.mendedhearts216.org

Questions:

Alan Kiehn
949-582-1908

# 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: 7-31-17
TO: ALAN KIEHN 25861 Cedarbluff Ter. Laguna Hills, CA 92653

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"