

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

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www.mendedhearts216.org

May 2017

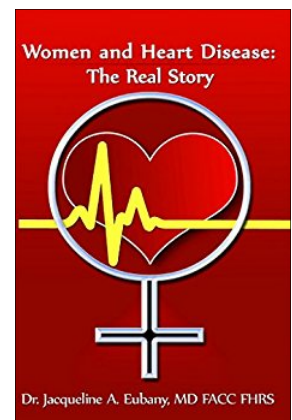
Women and Heart Disease - The Real Story



Dr Jacqueline Eubany is a board certified cardiologist and electrophysiologist, who is currently practicing medicine in Orange County, California. She attended the University of California Riverside for her undergraduate studies, and Boston University for medical school. She joined the United States Navy after medical school and completed her medical training while serving in the military. As a physician in the US Navy, her clinic was responsible for the healthcare of Active Duty Military, including wounded war veterans returning from Iraq and Afghanistan, and members of congress. She served in the United States Navy for twelve years. She was inducted as a fellow in the prestigious American College of Cardiology, and in the Heart Rhythm Society. She is an active member in other distinguished societies, and has served on several advisory boards related to heart disease. She has been invited to be the guest speaker for several heart health events because she has a major interest in women's heart health

Dr. Eubany has visited over 50 countries, and enjoys scuba diving, horse-back riding, biking and reading about world history.

Dr. Eubany's book on this topic is available at Amazon



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

Chapter 216 Board of Directors and Contacts

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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 April 2017

	<u>MO</u>	<u>YTD</u>
Hospital Visits	18	39
Phone Visits	0	4
Visitors	10	28
Visitors Trainees	0	0

Visitors: Fred Damiano, Joe Pierantoni, deBorah Kay, Chip De Son, Jeannine Leaper, Greg Gensichen, Shirley Einbund, Ben Buchanan, Connie VanLeeuwan, Ed Rico

Visitors Coordinator for the months as follows:

May	Pat Phillips	949-472-9680
June	Dee Nangle	949-582-2719
July	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

The month of May brings Mended Hearts Chapter 216 members and associates into warmer days and closer to summer and two important dates.

Memorial Day: Normally observed on May 30, but now observed on the last Monday in May, which is May 29. It is a day where those who have died in active duty are remembered. We also decorate the grave sites and remember our loved ones who have passed.

In a different context and more light in nature: the Hussmann Corporation holds its annual golf tournament on May 22. They have been a Corporate Sponsor to Chapter 216, and we are grateful to their generosity.

Jeff Gotro is very close to completing the Mended Hearts Website update. We are excited to see the finished product, and begin utilizing. Thank you, Jeff!

'We want to acknowledge the Mother's and grandmothers and hope their celebration in May is wonderful.'

Have a safe Memorial Day weekend.

Our monthly meeting will be on May 17th. We look forward to seeing you there.

Sincerely,

Joe

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



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

Dear Mended Hearts



There's been a lot of news recently regarding heart transplants, mostly because of Rod Carew's transplant from a local donor, Konrad Reuland. So have you heard about the "Heart in a box" invention? Until recently, hearts to be used for transplants had to be transported from donor to recipient within about 4 hours before complications started to develop. A solution for this problem is called a "Heart in a box" – an invention that allows transplant hearts to remain outside the body for 12 hours. The sterile box is heated and includes a small device that pumps warm, oxygenated blood through the heart while it's in transit, which means the heart keeps beating and remains in optimal condition for transplant. This allows the patient to receive a healthier heart with less chance of rejection and smaller risk of death. The invention was highlighted on an episode of "Grey's Anatomy," but is being used in Europe and is being tested in eight hospitals in the U.S., including Cleveland Clinic. In the future, TransMedics, Inc., the company that developed the "Heart in a Box," will conduct studies to see if "Heart in a Box" patients live longer than those whose hearts are transported in the conventional way.

Here's to Your Healthy Heart!

Elaine



Thank you to our Community Supporters



The latest news from Cleveland Clinic

Q: Is pain an inevitable part of getting older?

A: As we age, some “nuisance pain” resulting from physical wear and tear is natural. The cartilage that cushions your joints may deteriorate over time, along with the disks that cushion the vertebrae in your spine. Some loss of suppleness is to be expected. Aging creates a double whammy, however, when we add chronic pain to the mix.



Chronic pain worsens over time, although to what degree is unpredictable and depends upon many unknowns. Most chronic pain results in loss of function in the neck, back or extremities. If pain causes us to protect a painful neck, back, arm or leg by not using it, then we can expect a loss of function in the affected joints, muscles, and surrounding structures, much as an athlete on the disabled list loses muscle conditioning. With disuse, blood supply to the area is reduced and arthritis can set in, further increasing our pain and discomfort. Conversely, activity restores circulation, which is good for the bones and joints.

To preserve optimal function and sustain vitality, activity levels should be increased gradually through a supervised rehabilitation program. The goal of living with chronic pain is not to cure it, but to manage it.

— Pain specialist Michael Stanton-Hicks, MD

<https://health.clevelandclinic.org/2017/04/is-pain-a-natural-side-effect-of-aging/>

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Chapter 216 Members Page - May 2017

Birthdays - May

Roger Bradshaw	05/07
Bernd Leumer	05/10
Fred Bonn	05/13
Keith Lindemann	05/23
Bill Huber	05/31



New Members

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

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

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

Mendiversaries - May

Hal Schwartz **05/08/2013**



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

socalcarculture@yahoo.com

Chapter 216 Meetings 2017 Meeting Schedule

- May. 17** Dr. Jacqueline Eubany
- Jun. 21** Peter Palumbo
- Jul. Dark, No Meeting**
- Aug. Dark, No Meeting**

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



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 Mother's Day

The latest news from Cleveland Clinic

3 Reasons You Crave Sweet or Salty Foods

Why it's important to listen to your body

Does chocolate start calling your name around 2 p.m.? Does that bag of potato chips start talking to you an hour after dinner?

The reasons we crave sugar and salt are partly physiological, partly psychological and partly because of the environment in which we live.

“The human body functions a bit like a car – you put fuel in the tank, and then you drive. If the body doesn’t get the fuel it needs, then strong physical cravings can manifest,” explains Anna Taylor, MS, RD, LD.

What kind of fuel does your body need? A balanced intake throughout the day of high-fiber carbohydrates, lean protein and heart-healthy fats, she says.

Consider three factors that can contribute to cravings:



1. You're starving yourself

Think you're being “good” by having coffee for breakfast and a garden salad for lunch?

“Truly, you're setting yourself up for failure in the afternoon and evening,” says Ms. Taylor. “If you go too long without eating, your body will crave the fastest fuel it can think of — refined grains and simple sugars.”

Cramming them into your body late in the day means the calories will get stored as fat.

Another popular trap: Skipping meals or waiting too long between meals. “This leads to significant hunger, which makes you crave anything sweet or salty you can get your hands on,” says Kate Patton, MEd, RD, CSSD, LD.

An all-or-nothing mentality — forbidding all foods with sugar or salt — can backfire too.

“Some research suggests that eliminating sweet and salty foods makes you crave them less,” says Ms. Patton. “But eventually, most people tend to give in and resume eating the foods they've restricted. That often leads to binging.

2. You don't realize how addictive sugar and salt can be

Why do we crave sugar and salt, in particular? For one thing, they taste good. Manufacturers conduct research to determine which food components will tempt consumers' taste buds the most.

“Our brains are wired to enjoy things which make us happy,” says Jennifer Willoughby, RD, CSP, LD. “Sugar, in particular, releases brain chemicals that make us feel good.” This leaves us wanting to experience that good feeling over and over again, day after day.

“Many of my patients say they are ‘sugar addicts,’ consuming real sugar and artificial sweeteners in various forms,” says Kristin Kirkpatrick, MS, RD, LD.

Brigid Titgemeier, MS, RDN, LD, adds that “sweet and salty foods and beverages are incredibly addictive. That's why many processed foods are loaded with them. They trigger the release of dopamine, a brain chemical that motivates us to engage in rewarding behaviors.”

Having fewer receptors for dopamine can trigger overeating. One study found fewer receptors for dopamine in the brains of obese individuals.

Over time, our tolerance for sweet and salty foods builds up, and we need more to reward ourselves. “We're basically feeding our taste buds,” explains Ms. Titgemeier. “This creates a vicious cycle, because our taste buds typically crave what we feed them.”

It doesn't help that sugary and salty foods — especially processed foods — are highly accessible. “It's extremely challenging for kids, in particular, to ignore the natural temptation of these addicting foods and to fight cravings in the school environment and at home,” notes Ms. Willoughby.

Ever drink a diet soda or try sugar-free candy to satisfy your sweet tooth without adding calories? “Many people do, but that only compounds the problem,” says Ms. Kirkpatrick. Study after study shows that switching to diet beverages does not affect weight loss.

The latest news from Cleveland Clinic



3. You're not listening to your body

Jonesing for a sweet or salty treat? Before you indulge, check your fatigue level. "Research shows that when you're tired, you're more likely to turn to whatever you crave to get more energy or to wake up," says Ms. Patton. Perhaps you find yourself bingeing on salty snacks. The next time it happens, pay attention to your stress level. "Stress may impair your adrenal glands' ability to regulate sodium, which may lead to salt cravings," she says. Take thirst into account, too. Some research suggests that mistaking dehydration for hunger may trigger cravings as well, she adds.

Finally, if you have diabetes, you probably know you get hungrier than other people. But excessive hunger can mean your blood sugar is too high or too low.

"If you find yourself craving sweets, check your blood sugar first," says Dawn Noe, RD, LD, CDE. "If it's over 200, try exercising, drinking lots of water or, if your doctor prescribes it, take insulin.

"If your blood sugar is less than 70, eat 15 grams of carbohydrate to bring it up."

Understanding that starving yourself can boomerang, that sugar and salt can be addictive, and that your body may be trying to tell you something can help you reduce cravings and embrace a more balanced diet.

<https://health.clevelandclinic.org/2017/04/3-reasons-you-crave-sweet-or-salty-foods/>

Q: Can an ulcer be completely cured?

A: If you have peptic ulcer disease, which can involve stomach ulcers and/or duodenal ulcers of the small intestine, the answer is yes! These ulcers can be completely healed.

The development of H2 blockers (Zantac®, Pepcid®, Tagamet®, Axid®) and then Proton Pump Inhibitors (Prilosec®, Prevacid®, Nexium®, Aciphex®, Dexilant®, Zegerid®, and Protonix®) allow for most ulcers to be completely healed with medication. With these treatment developments, surgery for peptic ulcer disease is seldom needed.

These types of ulcers are caused primarily by two things: *H. pylori* infections and medications, such as aspirin and other non-steroidal anti-inflammatory drugs or NSAIDs, such as ibuprofen (Advil® and Motrin®) and naproxen (Aleve®).



Contrary to popular belief, the normal stress of day-to-day life does not cause or contribute to ulcers. Also, there's no genetic link involved with the risk for developing ulcers, and diet has no effect on the healing of an ulcer either.

— Gastroenterologist Brian Kirsh, MD

<https://health.clevelandclinic.org/2017/04/can-ulcer-completely-cured/>

The latest news from Cleveland Clinic

Can't Stop Picking Your Skin? How to Break the Cycle



Hiding it is common, but you can stop it

Do you pick at your skin compulsively? Do you feel the need to hide the signs from others? If you have this problem and can't seem to stop, you could have a skin-picking disorder, also called compulsive skin picking, dermatillomania, or excoriation disorder.

"Skin picking disorder (SPD) is more common than most people realize," says preventive medicine physician and wellness expert Sandra Darling, DO. In fact, the International OCD Foundation estimates that one in 20 people have this condition.

That means that in an average-sized crowd at any major league baseball game in Chicago, San Francisco or St. Louis, nearly 2,000 people in the stadium are likely affected by SPD.

It's common, but it takes a toll

If you have this problem, you're not alone, but it's likely that you spend more time alone if you have SPD. If you're like many sufferers, you may have visible sores and even scars from skin-picking behavior.

So you have a secret. And keeping that secret can lead you to isolate yourself from others. This can increase depression and anxiety, which creates a vicious cycle by triggering the urge to pick, Dr. Darling says.

"Most people who suffer from the disorder do not talk about it, and they rarely seek medical care because health care providers and loved ones often tell them to just stop,"

she says. "They are very good at hiding the disorder because of shame and embarrassment."

What's most important is the understanding that, with time and effort, it is possible to overcome the behavior. For anyone who thinks they have SPD, Dr. Darling offers these tips:

1. Let go of the guilt

"The first step," according to Dr. Darling, "is acknowledging that skin picking is a problem and to stop hiding it. In order to heal, you need to release the shame associated with chronic picking. This can only happen once the behavior is out in the open."

Your behavior may have started innocently enough — maybe you had a rash or a sore that you absentmindedly started picking at. Or maybe you worried at a hangnail or other loose skin around you nails because you were feeling stressed out. But then the picking made things worse and the cycle began.

2. Consider therapy

In Dr. Darling's experience, most people won't benefit from treatment with typical antidepressants or medications for obsessive-compulsive disorder. Instead, she recommends seeking help from a therapist, but she also cautions that finding the right match for patient and therapist is very important.

"Ideally the therapist would be knowledgeable about body-focused repetitive behaviors (BFRBs), including skin picking," Dr. Darling says. "A therapist trained in hypnotherapy can be helpful, as this technique is a powerful way to change ingrained behaviors and patterned thinking." She also notes that there are many resources available — locally and online — including therapists, skin-picking support groups and the TLC Foundation.

3. Manage stress and practice mindfulness

Reducing stress is a crucial component of healing. Toward that end, Dr. Darling suggests practicing stress management on a daily basis using techniques such as:

- Meditation
- Deep breathing
- Visualization
- Guided imagery
- Yoga

The latest news from Cleveland Clinic

These relaxation techniques, along with a healthy diet, regular exercise and adequate sleep, provide an integrative approach to the treatment of skin picking disorder.

Those with SPD “typically go into a trance or ‘zone out’ while picking,” she says. “In order to overcome the behavior, it’s important to learn how to stay grounded in the present moment.”

Developing awareness through a regular mindfulness-based meditation practice can help you recognize skin-picking urges when they come up. Instead, you can choose to do something different in those moments such as going for a walk.



Others can help by understanding

Dr. Darling’s final words of advice are for those who think they know someone who has SPD.

“Be compassionate and gentle with the person. Do not simply tell them to stop even if you have the best of intentions,” she says. “Understand that they want to stop, but are not able to.”

<https://health.clevelandclinic.org/2016/12/cant-stop-picking-skin-break-cycle/>

healthessentials



Recipe: Guilt-Free Deviled Eggs

Simple and delicious: 5 minutes to prep, 15 to cook



This classic recipe makes a tasty appetizer — or it can be the highlight of a delicious, light lunch. Seasoned with dill pickle and paprika, it’s so flavorful that you won’t even miss the mayonnaise. Instead, extra virgin olive oil is a much healthier stand-in.

Ingredients

- 6 eggs
- 1 Tbsp extra virgin olive oil
- 1 Tbsp dill pickle minced
- 1/2 tsp paprika
- 1 pinch sea salt

Directions

1. Place the eggs in a pot of cold water and bring to a rolling boil, then turn the heat to medium.
2. Hard-boil the eggs for 12-15 minutes, depending on their size; an extra-large egg will take up to 17 minutes. Turn off the heat, allowing the eggs to sit in hot water for 2 minutes, then gently remove them from the water and set aside to cool.
3. When the eggs are cool, peel and cut in half lengthwise. Gently scoop out the center yolk.
4. In a small bowl, mash the cooked egg yolks with a fork, and mix in the olive oil, pickle, paprika and salt.
5. Scoop the yolk mixture back into the egg white halves and sprinkle with a little more paprika.

Store covered in the refrigerator. The eggs will remain fresh for at least 5 days. Enjoy as a snack or an addition to a salad.

Nutrition information

Makes 6 servings.

Each serving contains: Calories 84, Carbohydrates 0.5g, Fiber 0g Protein 5.6g, Fat 6.6g, Cholesterol 186mg, Sodium 120mg, Calcium 22mg *From the book, Eat Fat, Get Thin, by Mark Hyman, MD*

healthessentials

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"