

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

Volume 27, Number 6

www.mendedhearts216.org

June 2017

Eric Jaeger on Healing Touch



Eric Jaeger BSN, RN, PHN, CCRP

For the first 15 years of my nursing career I worked in emergency medicine, working in multiple emergency rooms throughout OC and Southern California. I have worked in the cardiac cath lab since 2006 and in Jan. 2013 I transferred to the cardiac rehab. I have been fascinated with the mind-body connection since I was very young and continue to study such topics as hypnosis, neuro-linguistic programming, massage, meditation, and neuro-feedback. We all know and see in our daily lives that the mind through "negative thinking" or being in the "stress response" can damage our bodies. If that is true, what can we do on a daily basis to use this same power to heal our bodies? I want to use an experiential example of what we can do to ease our stress and heal our bodies.



*Don't forget the program starts at 7:00 pm, Wednesday
June 21st 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 May 2017

	<u>MO</u>	<u>YTD</u>
Hospital Visits	12	51
Phone Visits	0	4
Visitors	7	35
Visitors Trainees	0	0

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

Visitors Coordinator for the months as follows:

June	Dee Nangle	949-582-2719
July	Dee Nangle	949-582-2719
Aug	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

The month of June brings us to the beginning of summer, with many observances and inspirations for us to use in our daily activities.

More daylight hours allows us to spend more time outside gardening, longer walks, outdoor barbecues, outdoor activities with the grandchildren, such as a baseball game and park or beach activities, and time to sit and enjoy the warmth of the sun.

A multitude of Holidays are observed during the month of June with the primary days being D-day on June 6th, Father's Day on June 18. and the beginning of summer on June 21.

Our Chapter 216 Website has now been updated. Thank you to our webmaster, Jeff Gotro. Check it out at <http://www.mendedhearts216.org>

At the May Board of Director's Meeting we settled on Talega Country Club for the December Gala. Please plan to join us!

Mission Hospital has been awarded a Magnet Recertification for the High Intensity Interval Training at the Cardiac Rehab Center and other important areas.

Congratulations to Elaine Gotro, as we know she runs the best cardio rehab department of any hospital.

Enjoy yourself and your family, and have a safe June.

Sincerely,

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

Joe



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

Dear Mended Hearts

We recently received word that Mission Hospital was re-accredited as a Magnet Hospital! Please read excerpts from the hospital's news release, paying special attention to the mention of the Cardiac Rehab program:



“By a unanimous decision, the ANCC (American Nurses Credentialing Center) has recertified Mission Hospital as a Magnet designated hospital! This recertification is a testament to the on-going, exceptional patient care our nurses provide. Being a Magnet designated hospital means our nurses not only adhere to guidelines and processes but also care for the patients – body, mind and spirit. And to the community, a Magnet designated hospital means they know they are in the best of hands.

The surveyors noted the enthusiasm, collaboration and participation of our caregivers. Our ethics, diversity and the increase in BSN levels were also noted as strong areas. Additionally, two of our service lines were highlighted. One was our Women and Infants Institute for their strong education and breastfeeding support, which will be noted at the national Magnet conference later this year. **And the second was our Cardiac Rehab team for their High-Intensity Interval Training, where they averaged a 62% increase in functional capacity!”**

Mended Hearts Chapter 216 had a substantial part in this effort, as we brought back the concept of High-Intensity Interval Training from our national AACVPR conference. We were able to attend this conference thanks to the educational funding and support from Mended Hearts Chapter 216! If we hadn't gone to that conference, we wouldn't have learned about HIIT, we wouldn't have implemented the program, obtained such huge improvements in patient outcomes, or gotten recognition from the ANCC (And, we were told that it's very unusual for an outpatient department to be recognized by this organization!)

So THANK YOU AGAIN, Mended Hearts - Your generous support has not only significantly enhanced our Cardiac Rehab program, but it's made a tangible difference in the lives of our patients.

Here's to Your Healthy Heart!

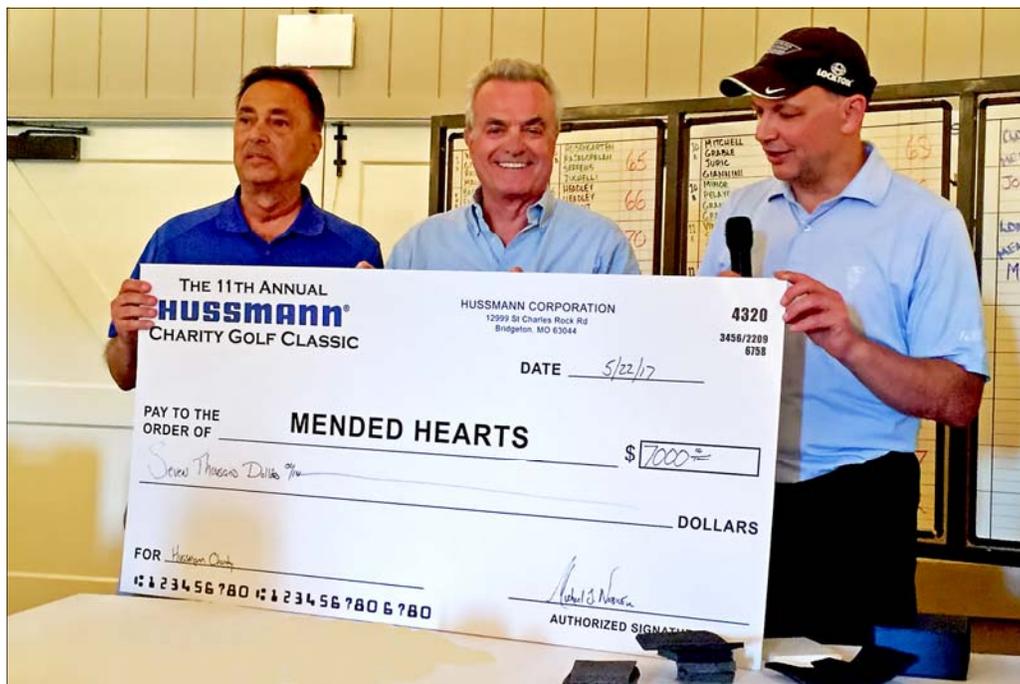
Elaine



Thank you to our Community Supporters



Hussman donates to Chapter 216



On May 22nd Hussmann Corp. held its annual Charity Golf Tournament at Strawberry Farms Golf Club. Joe Pierantoni, our Chapter President was there to represent us.

Joe was privileged to attend the event, representing Mended Hearts Chapter 216. This is such a great event, with many of the Hussmann executives from around the country, their customers and vendors all having a fun day of golf and to give back to their charities, which again in-

cludes Mended Hearts chapter 216. This year we were honored to receive a donation of \$7,000 on behalf of Mended Hearts. After the dinner that evening, Joe was told that the Hussmann Corp. headquarters was going to match the \$7,000 given to us at the event for a total donation of \$14,000.

On behalf of Mended Hearts Chapter 216, members and Board of Directors we would like to thank Michael Nobile, Western Sales Director and Tim Figge, President Hussmann Corp. for their very generous donation which now totals \$94,000 over the past eleven years.

Chapter 216 Members Page - June - July 2017

Birthdays - June

Nolan Lipson	06/09
Paul Traum	06/16
Scott Neiman	06/21
Dr. Roger Francerschi	06/26

Birthdays - July

James Widner	07/19
Joyce Gordon	07/21



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 - June

Kimburlee Essayian	06/01/1992
Faith Hope Bigler	06/01/2000
Capt. Ralph Wilson Jr.	06/03/2004
Roger Bradshaw	06/23/2004
Graciella Belletti	06/13/2005
Carol Catalano	06/13/2005
Mike Bresnan	06/27/2006
Paul Buehler	06/01/2010
Dorothy T. Gobbo	06/08/2011

Mendiversaries - July

Joyce Gordon	07/01/1986
Dee Nangle	07/06/1990
Bob Kensler	07/20/1994
Chuck Seward	07/01/2005
Mary Thompson	07/01/2007
Dennis Galloway	07/09/2008
Alan Kiehn	07/13/2009
Nadine Cardello	07/15/2009
Richard Piccuch	07/09/2010

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

Jun. 21	Eric Jaeger
Jul.	Dark, No Meeting
Aug.	Dark, No Meeting
Sep. 20	To be announced

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
Father's
Day

The latest news from Cleveland Clinic

The Science is Clear: Why Multitasking Doesn't Work

We really can't do two things at once

For nearly all people, in nearly all situations, multitasking is impossible. When we think we're multitasking, most often we aren't really doing two things at once – but instead, individual actions in rapid succession.

The neuroscience is clear: We are wired to be mono-taskers. One study found that just 2.5 percent of people are able to multitask effectively. And when the rest of us attempt to do two complex activities simultaneously, it is simply an illusion.



Multitasking impairs your best thinking

We know what you're thinking: Who cares? Multitasking. Mono-tasking. It's all just semantics, right?

Wrong.

Trying more than one thing at a time — especially anything potentially dangerous, like texting while driving — seriously compromises our ability to complete the tasks safely and well. Equally important, repeatedly switching back and forth from project to project, like a hummingbird darting from flower to flower and then back to the original flower, can impair our ability to function at our finest.

Remember this the next time you're tackling two tough tasks simultaneously.

While we should strive to center on singular tasks, we have technological devices and resources that foster the

multitasking myth. Smartphone in hand, earbuds in place, we feel empowered to tackle the day's assignments all at once or to stay connected constantly.

Divided attention

The concern among neuroscientists studying the workings of the brain is that our tendency to divide our attention, rather than focus, is hampering our ability to perform even simple tasks. This can have an extremely negative impact on:

Attentiveness. Those regulations against using your cell phone while driving are based on scientific data. Dual tasking (doing a linguistic or auditory task during a driving simulation) is associated with reduced activity in regions of the brain important for attention, as well as poorer driving performance. Several studies have proposed that individuals who are heavy media multitaskers adopt a style of attention control that favors parallel processing of multiple information sources over focus on one primary task. Another study compared the performances of heavy vs. light media multitaskers. Surprisingly, heavy media multitaskers performed worse on tests of task-switching ability, possibly due to greater difficulties filtering out irrelevant information.

Learning. An adage states, "There is time enough for everything in the course of the day, if you do but one thing at once. But there is not enough in the year, if you will do two things at a time." In essence, the more we multitask, the less we are able to accomplish, because we slowly lose our ability to focus enough to learn. Attention is essential to learning. If we attempt from an early age to multitask constantly, we do not practice how to tune out the rest of the world, to engage in deeper processing and learning. Empirical research has demonstrated that multitasking with technology (such as texting, listening to music, checking emails) negatively impacts studying, doing homework, learning and grades.

Mindfulness. Those who are mindful are able to do more than just pay attention; they do so on purpose, in the present moment and non-judgmentally. This is perhaps the most advanced form of attentiveness, and it can result in decision-making made in a stress-free and less reactive environment. Indeed, many therapies based on mindfulness assist patients suffering from depression, anxiety, chronic pain, substance abuse, ADHD and other conditions.

Choose to do one thing at a time

To isolate out of the multitasking world brings many bene-

The latest news from Cleveland Clinic

fits, in all walks of life and in any setting, including the workplace. It certainly has been an essential aspect of our careers.

People assume that the skill of a surgeon is primarily in the steadiness and precision of his or her hands, and there is some truth to that. But the proficiency of surgery is the ability to single-mindedly focus on a single patient and complete a series of tasks, all in the pursuit of a given outcome that may take many hours to finish.

Surgeons are not necessarily born with this ability to mono-task. We learn it — through hours and hours of surgery, over years and years of perfecting. And it can be quite pleasant. Many surgeons say that their most loved environment in the hospital is the operating room, despite the stress and risk inherent with the job. It is a place of isolation, a safe home from the multitasking world.

You need not be a surgeon to benefit from freeing yourself of the multitasking myth and choosing to mono-task. Whether driving on a long trip, organizing an event, tending a garden or filling an order, we unequivocally perform best one thing at a time. Try it.

This post originally appeared online on TIME Ideas.

June 1, 2017 / By Brain and Spine Team

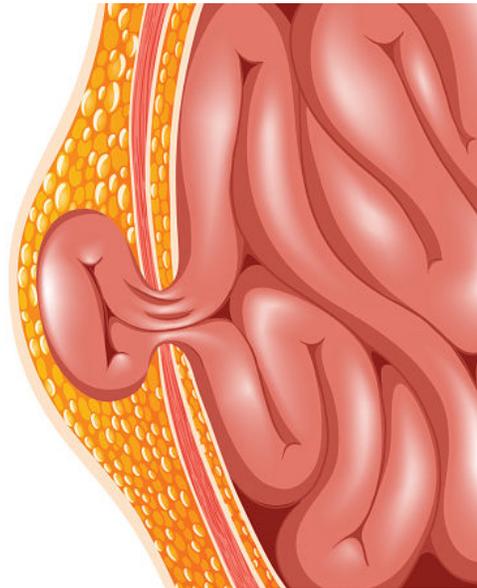


<https://health.clevelandclinic.org/2017/06/science-clear-multitasking-doesnt-work/>

healthessentials

Can Heavy Lifting Give You a Hernia?

The short answer from a general surgeon



Q: Can heavy lifting give you a hernia?

A: We often hear that a hernia first developed during a period of heavy lifting. But it is more likely to be a combination of factors at play.

Because of the way our anatomy develops during the embryonic stage, a certain amount of weakness is often present at birth, typically in the abdominal wall near the belly button and/or groin.

Many patients go on to develop hernias in these areas, even without the undue stress of heavy lifting. That said, anything that raises pressure within the abdomen – coughing, lifting, sneezing or bearing down – can strain the weak area and cause a hernia.

We really cannot predict which patients will develop a hernia. So I'm not sure it's worth avoiding physical activity out of fear that a hernia may develop. I usually advise patients to live their lives as they normally would. Physical activity has many proven health benefits. (Of course, it's important to stop any activity that causes pain.)

If you end up needing surgery, there are great options for repairing most umbilical and inguinal hernias, particularly when it's a first-time operation.

—General surgeon Ajita Prabhu, MD

<https://health.clevelandclinic.org/2017/06/does-heavy-lifting-really-give-you-hernia/>

The latest news from Cleveland Clinic

Low Back Pain Killing You? Try 8 Remedies (Before Taking Pills)

Our spine expert reviews new treatment guidelines

You may have heard that doctors are getting away from prescribing opioids for chronic low back pain. New guidelines from the American College of Physicians (ACP) advise doctors to start with options that don't involve any type of medication.

This breaks from the World Health Organization tiered medication scale favored in the past. The scale previously focused on drugs that included opioids.

“We interpret the new guidelines as saying, ‘Try a number of non-pharmacological options before starting the use of long-term medication for low back pain.’ That’s a positive step,” says spine specialist E. Kano Mayer, MD.



While the ACP reviewed lots of studies to formulate its guidelines, he notes that it failed to look at how long each intervention was effective or at outcomes other than pain reduction.

“Cleveland Clinic spine specialists favor the active, rather than the passive, therapies recommended,” says Dr. Mayer. “We prefer that you do things actively to control pain and improve function, rather than waiting for things to be done to you.”

What to try first for your back pain

Cleveland Clinic spine experts support the following ACP

recommendations, he says:

- **Physical therapy** “Cleveland Clinic very much advocates active physical therapy,” says Dr. Mayer. An exercise prescription can help to ease back stiffness and strengthen muscles that support the spine.
- **Acupuncture** This ancient Chinese technique involves inserting hair-thin needles at key points to ease pain. “Acupuncture is better at relieving the radiating leg pain that can accompany low back pain. We often recommend acupuncture because relieving pain allows you to exercise and be active,” says Dr. Mayer.
- **Exercise** Individual, group or supervised exercise can make you sore at first. “But it can help improve your core strength, spine flexibility, endurance and balance,” he notes.
- **Yoga and tai chi** Practicing these meditative forms of exercise from ancient India and China “has shown good benefit for those with low back pain, improving their function, endurance and symptoms,” says Dr. Mayer.
- **Cognitive behavioral therapy (CBT)** “Research shows this popular form of talk therapy improves coping, lessens social isolation and decreases the social impact of pain on your life,” he says. Combining psychological therapy with physical therapy and social work support is also beneficial.
- **Biofeedback** Placing electrodes at certain points allows you to control and release tension in your back muscles. “This improves function, positional tolerance and muscle pain,” says Dr. Mayer.
- **Stress management and mindfulness** Relieving stress and focusing on the present help to take your mind off pain.
- **Progressive relaxation** Gradually releasing tension in each part of the body can be helpful in easing pain, especially before bed.

The latest news from Cleveland Clinic

Remedies less likely to help

Cleveland Clinic spine specialists generally do not support the use of passive treatments for low back pain.

“Chronic use of low-level laser therapy, ultrasound, transcutaneous electrical nerve stimulation (TENS) and spinal manipulation may only help in the short term,” Dr. Mayer points out. “We don’t want you to waste your money on treatments unlikely to provide more than a day of benefit.”

When you may need medicine

If non-drug interventions don’t help, the ACP recommends first trying non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, naproxen, indomethacin or meloxicam. While NSAIDs provide some pain relief, they may put you at risk for GI bleeding or kidney damage.

As second-line drugs, the ACP recommends duloxetine (an antidepressant) or tramadol (a novel opioid, but still subject to abuse).

Due to their serious side effects and addictive nature, opioid medications (morphine, oxycodone, hydromorphone, tapentadol) should be used only as a last resort when patients fail all other therapies, the ACP advises. The rule of thumb: Use the lowest possible dose of opioid for the least amount of time.

If you’ve been suffering with long-term low back pain, it’s worth exploring these non-drug treatment options before resorting to pills. You’re likely to find your quality of life improving.

May 12, 2017 / By Brain and Spine Team

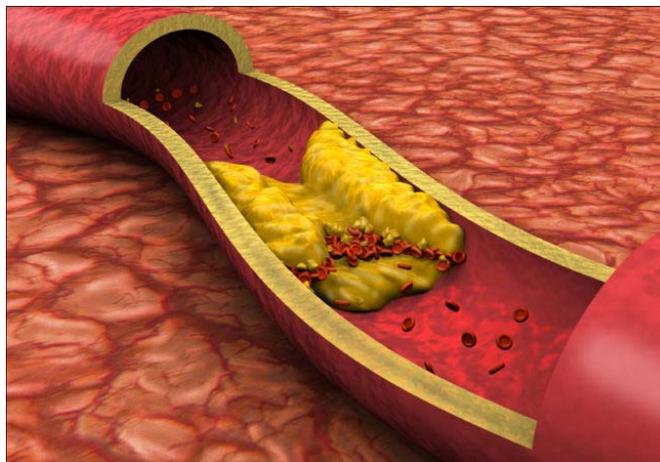
<https://health.clevelandclinic.org/2017/05/low-back-pain-killing-try-8-remedies-taking-pills/>

healthessentials



What Are the Newest, Most Promising Medicines for Treating Heart Disease?

The Short Answer from a cardiologist



Q: What are the newest, most promising medicines for treating heart disease?

A: There are a lot of new, novel therapies, including PCSK9 inhibitors, which we use in our clinic quite a bit. They are the most powerful cholesterol medications we have to date. They have relatively few side effects and work well.

There are some new antisense oligonucleotide inhibitors that we are starting trials for with other institutions to see if we can reduce different components of cholesterol over the next few years.

With heart failure, there’s the introduction of Entresto®, which is a medication that has been on the market now for a year and a half. We’ve had very exciting results with the ability to reduce the effects of heart failure.

Rivaroxaban, which is sold under the brand name Xarelto®, is one of the novel blood thinners that we now use for atrial fibrillation, or AFib, that has been shown to lead to less bleeding for patients who need to get a stent.

Preventive cardiologist Haitham Ahmed, MD, MPH

<https://health.clevelandclinic.org/2017/05/newest-promising-medicines-treating-heart-disease/>

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"