

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989



Volume 27, Number 9

www.mendedhearts216.org

Aug-Sept 2017

deBorah Kay on National Education & Training Conference

FOR THE HEART PATIENT AND THEIR FAMILIES



deBorah Kay Mended Hearts Chapter 216 Event Chair

My heart was mended three and a half years ago when I was rushed to the hospital for an emergency Aortic Dissection to my upper Aorta; I was 57. It was a 13 hour surgery, 8 days in an induced coma and total of 28 day stay in Mission Hospital. I later discovered I had acquired this unfortunate aorta drama from my Mother, who 13 years earlier passed away from complications and ultimately a stroke from the same surgery I survived.

In the past 13 years following her death, the medical advancement in cardiology and surgical techniques have evolved to such levels to where I am alive today to tell about it. Along with the skill and dedication of my doctor,

Dr. Darbinian, who saved my life.

A year later I joined Mended Hearts and have had the pleasure to sit on the Board for over a year now. This year I was honored to represent our chapter #216 at the National Education & Training Conference held in Nashville, TN. It was a great experience I'll always remember. I left having made many friends with Mended Hearts and with information and knowledge that I am looking forward to sharing with my chapter #216 at Mission Hospital.

*Don't forget the program starts at 7:00 pm, Wednesday
September 20th at the Conference Center.*

*Come early for a seat as the program is always very popular
and the public is invited. Refreshments start at 6:30 pm.*

Location:

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

Chapter 216 Board of Directors and Contacts

Officers

<i>President</i>	Joe Pierantoni	949-842-6927	dale7231@gmail.com
<i>Webmaster</i>	Jeff Gotro		www.mendedhearts216.org
<i>Secretary</i>	Jeannine Leaper	949-240-0530	
<i>Treasurer</i>	Alan Kiehn	949-582-1908	alandsylvania@cox.net
<i>Past President</i>	Fred Damiano	949-831-4181	fdamiano@mac.com
<i>Visitors Chair</i>	Dee Nangle	949-582-2719	
<i>Visitor Co-Chair</i>	Jo Cristian	949-581-1824	
<i>Event Chair</i>	deBorah Kay	949-500-0540	
<i>Membership Chair</i>	Grace Belleti	949-939-1989	soar2heaven@hotmail.com
<i>Newsletter Editor</i>	Dave Lindsay		socalcarculture@yahoo.com
<i>Member-at-Large</i>	Ron Tompkins		rktompkins1@cox.net

Mission Hospital

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

Regional Contacts

<i>Regional Director</i>	Ron Manriquez	rmanriquez@gmail.com
<i>Assistant Regional Dir.</i>	Angela Manriquez	scemanriquez@gmail.com

National Headquarters

www.mendedhearts.org

Our Mission: “Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.”

Note to recent heart surgery patients and others considering membership:

We hope all of you who have had a stent emplaced or undergone heart surgery or other heart procedures will seriously consider joining Mended Hearts. You will receive the next three issues of this newsletter to help you get acquainted with who we are and what we do. Of course you already know about our most important activity—visiting heart patients and their families before and immediately after surgery. We hope your Mended Hearts Visitor made a positive difference during your surgical experience. We invite you and your family to attend some of our upcoming monthly meetings (Third Wednesday each month, see page 1). We welcome you and your family as our guests and would enjoy having you join us as members (application, pg 11). We have shared a special experience, either as surgical patients or as caregivers and together we can smooth the path for each other and for those who follow down the same path in the future.

Visitors Report June-August 2017

	<u>MO</u>	<u>YTD</u>
Hospital Visits	13	64
Phone Visits	0	4
Visitors	8	43
Visitors Trainees	0	0

Visitors: Fred Damiano, deBorah Kay, Chip De Son, Dave Butler, Ben Buchanan, Ed Rocco, Greg Gensichen, Jeannine Leaper

Visitors Coordinator for the months as follows:

Sept	Jo Cristian	949-581-1824
Oct	Dee Nangle	949-582-2719
Nov	Jo Cristian	949-581-1824

See you at the next meeting!

Dee Nangle & Jo Cristian

President's Heartfelt Message From the CardioPulmonary Rehab Center



Heartfelt Message

Welcome back to Mended Hearts and our yearly activities after the nice summer vacation.

September brings us the first day of Autumn on the 21st. With the beginning of autumn, we only

have a few more heat waves to endure before the cooling begins in November.

Thank goodness!!!

September also bring us Labor Day on the first Monday of September and many other holidays.

A few noteworthy days are National No Rhyme or Reason Day on September 1st, and National Grandparents Day (Sunday after Labor Day, September 10th.

Hussmann Corporation provided a gratuitous donation to Mended Hearts last May. Alan Kiehn, Bryan Flynn (AED Representative), and myself presented an AED to their Manufacturing Staff in Chino on Friday, September 25th. They were honored and thrilled with the product, and our giving back.

Have a safe Labor Day weekend. We look forward to seeing you at the September 20th Monthly Meeting featuring Ms. deBorah Kay talking about her trip to the National Mended Hearts Conference in July, and the many activities Mended Hearts has available.

Sincerely,

Joe



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

Dear Mended Hearts

The CardioPulmonary Rehab Center is initiating three new programs! We have two new Phase III (self pay) programs: "Exercising with Diabetes" and "Risk Factor Modification." The Exercising with Diabetes program is designed for those with diabetes or pre-

-diabetes and will provide diabetes education along with an individualized, progressive exercise program. The Risk Factor Modification program will also provide an individualized, progressive exercise program for those who have risk factors for heart disease such as hypertension, high cholesterol, obesity, diabetes or pre-diabetes, history of smoking, stress, or family history of heart disease.

A third new program will be the Peripheral Artery Disease (PAD) Exercise Program. This program will be billable to the patient's insurance and is a supervised exercise program for those with intermittent claudication (cramping pain in the legs, typically caused by obstructed arteries). The PAD program will be initiated as soon as the Center for Medicare Services finalizes diagnosis codes.

All three programs will need a physician's referral, but if you know of someone that could benefit from any of these programs, please feel free to have them stop by the rehab center, or call 949-364-7755 for more information.

Here's to Your Good Health!

Elaine 



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

Thank you to our Community Supporters



Chapter 216 donates to Hussman

Giving Back to Hussmann for their generous gift to Mended Hearts



Joe Pierantoni and Alan Kiehn, representing Mended Hearts Chapter 216, visited Hussman on August 25th to donate an AED to the manufacturing group. Bryan Flynn demonstrated the device with their participation. We are happy to provide this AED to Hussman as they have been so generous in their donations over the years to Mended Hearts Chapter 216.



Chapter 216 Members Page - Aug. - Sept. 2017

Birthdays - August

Dennis Galloway	08/01
Linda Haslinger	08/11
George Denney	08/18
Patricia Phillips	08/20
Edward C. Pugh	08/20

Birthdays - September

Marilyn Zeiner	09/01
Kymburlee Essayian	09/07
William Chapman	09/10
John Lore	09/18
Patricia Picuch	09/22
Dr. Christopher Nolan	09/27
Alan Kiehn	09/28
Robert Crittendon	09/30



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 - August

William Chapman	08/09/1993
Dick Spaulding	08/01/1999
Edward C. Pugh	08/16/1999
Connie Van Leeuwen	08/24/1999
Leonard Kane	08/22/2006
Keith Lindemann	08/14/2007
Stephan De Sales	08/01/2011

Mendiversaries - September

Wally Dziurzynski	09/20/1993
Dr. Christopher Nolan	09/11/1995
Edward Rocco	09/07/2000
Chip De Son	09/26/2003
Reuben Casey	09/17/2004
Fred Bonn	09/20/2005

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

Sep. 20 deBorah Kay
Oct. 18 Radiology & Heart Disease
Nov. 15 TBA
Dec. 3 Annual Holiday Gala

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/>



The latest news from Cleveland Clinic

Planning to Travel?

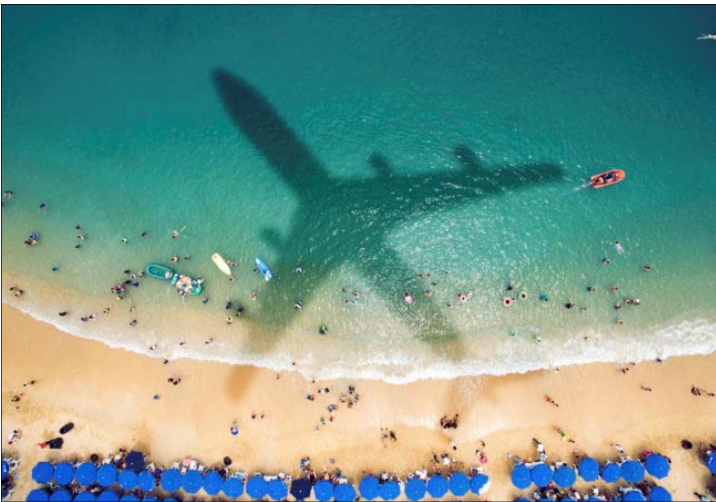
Don't Let Heart Disease Stop You

5 tips to prepare for your trip

Are you planning a trip or vacation? If you have heart disease, it's especially important to do some advance planning.

"By preparing well, you can focus on enjoying yourself," says Benico Barzilai, MD, Head of Clinical Cardiology at Cleveland Clinic.

Also, he says it's important not to ignore symptoms, whether at home or on the road. "Be smart. Be sure to seek emergency room treatment should you have any chest pain, signs of a heart attack, or other symptoms of heart disease."



Here are 5 important tips to get you ready for your trip:

1. Talk with your doctor

Depending on your condition, it may make sense to visit your doctor before your trip. Definitely, do so if you are having any new symptoms or if you've had a recent procedure or hospitalization to be sure that traveling is safe for you.

Some information you may need before leaving includes:

- **Doctor contact.** Ask your cardiologist for a doctor to contact (or research the closest medical center in your travel location) in case of problems.
- **Copy of your electrocardiogram.** If you have an irregular heartbeat, ask your doctor for a copy of your

electrocardiogram (ECG). It helps if you have access to an electronic medical record, such as MyChart.

- **Immunization records.** Be sure to have any immunizations required for the country you're visiting. Also, make sure you're up to date on your immunization and antimalarial recommendations. You may want to visit a travel clinic before you go.

Check your insurance coverage and make sure it will cover you where you are traveling. Consider purchasing medical evacuation insurance if your health insurance doesn't cover medical evacuation.

2. Plan for your medications

Make sure you will have enough medication to get you through the entire trip (if not, refill your prescription). You want to bring enough medication to cover you for a few extra days in case you are delayed for any reason.

Other tips for your medication include:

- **Make it easily accessible.** Put your medication in a pocket or place you can easily reach in your bag while you are en route. If you are flying, bring all medication on your carry-on luggage.
- **Clearly label it.** You want to make sure your medication is clearly labeled so there's no confusion about what you should take, and when.
- **Keep water with you.** Always have a water bottle in case you need to take your medication while on the road.
- **Bring snacks.** This is helpful for anyone traveling, but especially if you need to take any medications with food.

3. What to remember if you fly

When traveling by plane, use a suitcase and carry-on that has wheels, or get help with your luggage from a porter or fellow travel mate. Also, request an aisle seat so you can easily get up and walk around.

If you travel a long distance, there's an increased risk of blood clots (venous thrombosis). Slower blood circulation when you are sitting for many hours and lower oxygen levels in the plane cabin are what drive up the risk.

Here are tips to help with this:

- **Move around.** During the flight, get up from your seat at least once every two hours and walk up and down the aisles.

The latest news from Cleveland Clinic

- **Choose the right footwear.** Wear comfortable shoes and socks, and try to elevate your feet above your chest level whenever you can.
- **Consider compression stockings.** You'll need them when traveling on a plane for more than eight hours or 3,100 miles.
- **Stay hydrated.** Focus on drinking water and avoid alcoholic beverages, which can dehydrate you.

Do you have a pacemaker or implanted cardiac defibrillator (ICD)? If so, try to request special security clearance with a hand search at the airport.

If a handheld device is used to clear a person through security checkpoints, ask the examiner to hold the handheld device over the ICD for no more than a few seconds.

Traveling abroad? Bring all contact numbers and web site addresses for pacemaker and ICD manufacturers.

While the risk of heart attack or other heart problems is small, the Federal Aviation Administration requires passenger-carrying aircraft to keep an automated external defibrillator.

4. Consider diet and exercise

If you'll be walking a lot on your getaway, start a walking routine in the weeks before your trip. The day of your trip, make sure you get plenty of sleep. Also, wear the most comfortable travel shoes you can find.

If you are on a special diet at home, follow your diet (as much as possible) on your trip. If you have heart failure, eating too much salt can bring on symptoms. To avoid salty snacks on the plane and during the trip, bring low-salt snacks with you.

5. Get help if you need it

Finally, if you are on vacation and have any heart symptoms, don't be a hero. "Don't be afraid to get checked for fear of spoiling your family vacation," says Dr. Barzilai.

<https://health.clevelandclinic.org/2017/07/planning-to-travel-dont-let-heart-disease-stop-you/>

healthessentials

How To Avoid Getting Frail As You Get Older

Staying active plays a critical role

The word "frail" often is used to describe the appearance of an older adult. The term itself suggests vulnerability, slowness and disability. The medical definition of frailty requires that three of these characteristics be present:

- Shrinking/weight loss (10 pounds or more in one year)
- Physical exhaustion (self-reported)
- Muscle weakness (measured by weak grip strength)
- Decline in walking speed
- Low physical activity

Unfortunately, low physical activity is a common way of life for many Americans. I can honestly say that physical activity and/or exercise is probably the most difficult prescription for my patients to fill.



Inactivity is common

Much of their time is spent in sedentary pursuits — if not watching TV, then in front of a screen (such as a computer or handheld device), reading, doing puzzles — anything but moving around. As a result of inactivity, their muscles lose their functional capacity and tone, and may eventually become infiltrated with fat.

Aside from the obvious change in the composition of the muscles, their ability to function is also affected. As a result, this also leads to physical exhaustion, muscle weakness, and potentially a decline in walking speed. Lack of physical activity alone also could lead to decline in walk-

The latest news from Cleveland Clinic

ing speed due to a loss of muscle tone, muscle function, and cardiovascular endurance.

Low physical activity is not only a consequence of weight loss and muscle mass loss — it can become a cause. Higher physical activities compel a person to actually eat more, to replenish the body with the calories that it expends. When you are not physically active, appetite declines and leads to inadequate protein and calorie intake (which is used maintain muscle mass and support/sustain physical activity). One can see how all of these frailty characteristics are interrelated. Developing frailty does not happen overnight — it takes years for frailty syndrome to develop as a consequence of low physical activity and weight loss. When it does develop, reversal is extremely difficult.

The secret to maintaining independence

Generally speaking, people want to maintain independence and a good quality of life through aging, and they want to avoid disability as much as possible. Many people mistakenly assume frailty is part of normal aging. It's true that many aging persons do become frail, but there are a number of interventions that can prevent or even reverse frailty. Though it may seem simple, all individuals should do the following to help reduce the risk of developing disability and frailty:

Reduce the amount of sedentary time spent on a daily basis. Cut back on sitting around during the day. I recommend no more than three hours daily of this.

Introduce a routine exercise regimen. A cardiovascular exercise regimen can help with endurance and walking speed — it may also help increase your appetite. Resistance and weight training can help preserve muscle mass. Exercises should be done for at least 30 minutes daily four or more days of the week. This is really the minimum; people should shoot for more of this

Avoid losing weight, particularly if you are inactive, as weight loss leads to more muscle mass loss than fat loss. Making physical activity routine sounds easy and straightforward, but from my clinical perspective, regular exercise can be difficult for older patients to sustain. Despite the challenge, this simple intervention can be the foundation for avoiding frailty and disability and maintaining independence and a high quality of life.

<https://health.clevelandclinic.org/2017/08/how-to-avoid-getting-frail-as-you-get-older/>

Can Any Treatments Firm Up My Crepey Skin?

The Short Answer from a dermatologist



Q: Can any treatments firm up the crepey skin on my arms?

A: Applying lotion on a daily basis will help minimize a crepey, or papery, look to the skin. I usually tell my patients to lather themselves up with lotion within three to five minutes of getting out of the shower. Doing this will not only prevent dryness; it will also hydrate the skin and minimize the crepey appearance.

In addition to over-the-counter moisturizer, you may want to search for products that add extra moisture into the skin, exfoliate it and enhance collagen production. These can also minimize a crepey appearance.

We recommend products containing alpha hydroxy acids, including glycolic acid, lactic acid and citric or other acids derived from foods. A number of these products are available, either over the counter or dispensed as cosmeceuticals by the physician's office.

—Dermatologist Christine Poblete-Lopez, MD

<https://health.clevelandclinic.org/2017/08/can-any-treatments-firm-up-my-crepey-skin/>

healthessentials

The latest news from Cleveland Clinic

Taking a Statin After a Heart Attack? Why You Shouldn't Stop

Study highlights problem of stopping statins

After you're treated in the hospital for a heart attack, your doctor likely will prescribe a cholesterol-lowering drug known as a statin. This medication is a key part of continuing treatment that will help you avoid another heart attack after you go home.

If you've thought about reducing your dose or stopping the medication, you're not alone. But it's a dangerous decision to make on your own, with possibly profound consequences.

Cardiologist Leslie Cho, MD, Section Head of Preventive Cardiology and Rehabilitation and the Director of Cleveland Clinic's Women's Cardiovascular Center, sees this in her practice.

"That happens frequently," she says. "Patients take themselves off the medicine and don't tell anyone."

However, she stresses to her patients that their risk of having another heart attack increases significantly if they stop taking statins.

"No doubt about it," she says.

Stopping statins

A recent study of nearly 60,000 people age 66 and older suggests how often people stop taking statins after a heart attack.

The study, published in *JAMA Cardiology*, found that within two years of having a heart attack, nearly one in five people had stopped taking statins. And nearly two in five were not taking the medicine as prescribed. They were either taking a lower dose or taking it less frequently. These results were similar for the two age groups in the study — people who were ages 66 to 75 and those who were 75 and older.

The study's findings highlight the importance of patient education, Dr. Cho says.

"That's the cornerstone of cardiac rehab," she says.

The researchers found that people are more likely to take their statins as prescribed if:

- They stay in contact with their cardiologist
- They participate in a cardiac rehabilitation program

Why people stop

Why did the study participants stop taking statins or took less than the prescribed dose? The study lists three possible reasons:

- **Cost** — The study cited cost as a possible concern. But less costly generic drugs are now widely available, so cost is less a factor these days, Dr. Cho says.
- **Wish to take fewer medications** — A common concern among people, both young and old, is that they want to take less medicine on a regular basis. "I totally sympathize with that," Dr. Cho says. "It's your body." However, the doctor/patient relationship works as a partnership. And it works best when both sides share the same goal, she says. "My goal is to prevent you from having another stent, bypass or heart attack, and to have a good quality of life. If we can do it with less medication, great. But the goal is not less medication, it is to have no new heart attacks and to have a high quality of life," she says.
- **Concern about side effects** — Though you may worry about side effects, some concerns are unfounded, Dr. Cho says. For instance, if you have diabetes you will benefit from statins even though the medicine may increase your blood sugar. To offset any increase, you should manage your health as you would normally manage your diabetes, by monitoring your sugar regularly, following a healthy diet and exercising regularly.

Dr. Cho says that in her experience, many people worry that statins will cause heart damage. But research overwhelmingly shows otherwise.

Some patients report mild to severe muscle pain as a result of taking statins. If this is you, Dr. Cho says, talk with your doctor about your symptoms. Your doctor can prescribe a different statin or tweak the dosage amount.

Take any concerns to your doctor before you drop your statin

The life-saving benefits of statins greatly outweigh any downside, Dr. Cho says. So it's vital that you consult your doctor before you stop or alter your medicine. Your doctor can help you manage any side effects and address your specific concerns.

"It's really crucial to talk to your doctor before stopping a prescription," she says.

After you complete cardiac rehabilitation, stay in touch with your cardiologist. Dr. Cho suggests annual visits. Know that you can contact your doctor at any time with questions about your medication or other concerns. And remember, your doctor is your partner in keeping you healthy.

"It's a partnership — we have to have the same objective," she says.

<https://health.clevelandclinic.org/2017/07/taking-a-statin-after-a-heart-attack-why-you-shouldnt-stop/>

healthessentials

The latest news from Cleveland Clinic

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"