

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

Volume 27, Number 10

www.mendedhearts216.org

October 2017

Rod Carew & the Konrad Reuland Family A Story of Heart, Health and Healing



“Rod Carew is one of the most talented players to ever don a major league uniform. During his illustrious nineteen-year career he was selected to eighteen All-Star teams. He is the all-time All-Star vote leader with thirty-three million votes – six million more than the runner-up. His career statistics explain why on January 8, 1991, he became only the 22nd player in history to be voted into Baseball’s Hall of Fame on the first ballot.”

- from <http://rodcarew.com/>

Carew was fit and had recently passed a physical when he went to play golf the morning of Sept. 20, 2015. After hitting his first tee shot, he suffered a heart attack and hours later went into cardiac

(Continued on page 4)

*Don't forget the program starts at 7:00 pm, Wednesday
October 18th at the Conference Center.*

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

Location:
Mission Hospital Conference Center
26726 Crown Valley Parkway
Mission Viejo, CA

FOR THE HEART PATIENT AND THEIR FAMILIES

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National Headquarters

www.mendedhearts.org

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

Note to recent heart surgery patients and others considering membership:

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

Visitors Report 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:

Oct	Jo Cristian	949-581-1824
Nov	Jo Cristian	949-581-1824
Dec	Jo Cristian	949-581-1824

See you at the next meeting!

Jo Cristian

President's Heartfelt Message

From the CardioPulmonary Rehab Center



Heartfelt Message

The month of October brings Mended Hearts Chapter 216 members and associates into the beautiful Autumn season of the year. Temperatures are cooling and the leaves are turning color and falling from the trees as the

children are preparing for the fun of Trick or Treat and bringing home all sorts of candy to consume.

We are blessed this month to have as our Guest Speaker Mr. Rod Carew, Hall of Fame baseball player and 18 time All-Star with a career batting average of .328, and over 3000 hits.

Mr. Carew had a heart and kidney transplant last December from Mr. Konrad Reuland, an NFL player who passed away at age 29. Mr. Carew is presently going through cardio rehab under the guidance of Elaine Gotro and Staff.

Have a wonderful and safe Halloween.

Our monthly meeting will be October 18 th. We look forward to seeing you there.

Sincerely,

Joe



Dear Mended Hearts

The first week of October is the national AACVPR Conference in Charleston, South Carolina. Thanks to Mended Hearts, three members of the CardioPulmonary Rehab Staff will be attending: Terry McKeever, Cindy Smith and myself. This is the major annual educational conference regarding cardiac and pulmonary rehab and also keeps us up to date with AACVPR's efforts regarding national regulatory changes that affect rehab policies and procedures. And, since we will be applying for both cardiac and pulmonary rehab program recertification next year, this is also an important time for us to learn of any changes in the certification process.



As always, we wish to express our sincere gratitude to Mended Hearts for funding this important educational opportunity. Our staff continues to strive for excellence and thanks to the support from Mended Hearts, we're able to keep up-to-date with changes in our field and provide our patients with the exceptional care they deserve.

Here's to Your Good Health!

Elaine



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

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

Thank you to our Community Supporters



Rod Carew & the Konrad Reuland Family continued

arrest. Weeks later, he needed a new heart – but his body was too traumatized. Doctors instead implanted a left ventricular assist device. The LVAD enabled Carew to devote 2016 to spreading the word about awareness and prevention of heart disease. Then complications arose and doctors recommended a transplant.

Konrad Reuland was a local football player that played for Mission Viejo High



School, Stanford and in the NFL. Konrad died of a brain aneurysm Dec. 12 2016 and his organs were donated, as per his wishes. Konrad's parents, Dr. Ralf Reuland, a physician at Mission Hospital, and his wife, Mary, knew only that Konrad's kidney went to a Southern California woman in her 60s, his liver went to a male in his 50s and, most notably, his heart and other kidney went to a 71-year-old man in south Orange County – that man turned out to be Rod Carew.

Carew thought he was in great shape when his heart went haywire. The realization that heart problems can hit anyone at any time prompted him to reach out to the American Heart Association to use his story to help others avoid the same fate. Come meet Rod Carew, Ralf and Mary Reuland and hear their story, as well as learn about several of the foundations that have been established because of their unique, heart-warming journey.

Chapter 216 Members Page - October 2017

Birthdays - October

Macy Lindsay	10/01
Fred Damiano	10/07
Paul Buehler	10/10
William Sims	10/12
Wally Dziurznski	10/13
Dee Nangle	10/25
Louise Hornbeck	10/28



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 - October

Marty Lipson	10/04/1989
Carol Munroe	10/21/1992
Fred Damiano	10/18/2000
John Gordon	10/15/2006
Jeannine Leaper	10/15/2009
James Larkin	10/16/2013

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

Oct. 18 Rod Carew & Reuland Family

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

6 Heart Disease Risk Factors You Have the Power to Change

How to keep your cardiovascular system in the best working condition

Heart disease is largely preventable, and we've known about the risk factors for decades. The good news is that every one of us can do something to lower our risk factors. Let's take a look at each of these

One of the most important is cholesterol.

You want to know your cholesterol levels — both the bad cholesterol, which is LDL, and the good cholesterol, which is HDL.

We recommend that people obtain a cholesterol panel beginning in their early to mid 20s.

We don't often treat people at those young ages with drugs, but we may recommend a change in diet. Being aware that you have a cholesterol problem lets you begin to do things in terms of lifestyle that may actually help.

Blood pressure is the next most important risk factor.

Many Americans have high blood pressure.

It goes up with body weight. So being overweight will predispose you to high blood pressure.

A normal blood pressure is less than 120 over 80. We don't usually treat high blood pressure with medications until it gets above 140.

There are many ways to have your blood pressure taken. You can have it done in a pharmacy, for instance. Or you can buy an electronic blood pressure cuff and monitor it closely.

Obesity is driving a great deal of heart disease.

You can go online and calculate this for yourself. Type body mass index into a search engine search box and a whole series of calculators will appear in the results.

They're very simple. You enter your age, gender, height and weight, and the calculator tells you what your body mass index, or BMI, is.

You really want to be under 25. If you're in the 25 to 27 range, you're borderline. If you're above 27, you're overweight.

If you're above 30, you're obese. You really don't want to live out your life in that obese range because many diseases are associated with obesity, and heart disease is certainly at the very top of the list.

Diabetes is on the rise in America along with body weight.

You should, particularly if you're overweight, have your blood sugar tested. If your blood sugar is elevated, then a change in lifestyle is the first thing that we do. And it usually involves weight loss.

Your body shape is important.

It turns out that there are two patterns of obesity.

One, which is important to heart health, is abdominal obesity. It's somebody who's shaped like an apple — where their weight is all in their stomach. In fact, this is where most men put on weight, as opposed to the hips or thighs.

If you have that apple shape, then your waist circumference is important. You want a nice trim waist. Frankly, the lower your waist circumference, the better.

Maintaining that small waistline really is of great value. And of course, you'll look better if you're trim and fit as well.

Exercise is as powerful as any medication in preventing heart disease.

It doesn't have to be excessive, but good, vigorous, physical activity — even walking — dramatically lowers the risk of heart disease.

Everybody in our society — men, women, all of us — could do with more exercise. Sitting on the couch and playing video games or watching television predisposes you to heart disease.

By Steven Nissen, MD

Steven Nissen, MD, is Chairman of the Department of Cardiovascular Medicine at Cleveland Clinic. In 2007, TIME Magazine named him "one of the 100 most influential people in the world."

<https://health.clevelandclinic.org/2017/09/6-heart-disease-risk-factors-you-have-the-power-to-change/>

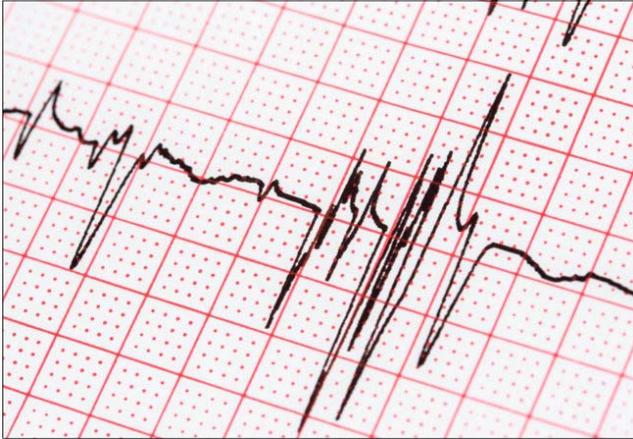
healthessentials

The latest news from Cleveland Clinic

65 or Older? AFib Screening Can Help You Avoid a Stroke

Many don't know they have AFib until it's too late

Is that pounding or flutter in your chest a harmless phenomenon — or a sign that your heart's natural rhythm is out of whack?



Exercise, emotion, caffeine, nicotine and alcohol can all trigger palpitations. But so can atrial fibrillation (AFib), a heart rhythm disorder that causes one in three strokes.

Because its incidence rises with age, everyone 65 and older should be screened for AFib regularly — even if they have no symptoms, says Khaldoun Tarakji, MD, MPH, an expert on heart rhythm disorders, or arrhythmias.

For about 25 percent of patients, a stroke is the first clue that they even have AFib, the most common arrhythmia.

“Some patients with AFib notice symptoms but dismiss them as part of the aging process,” he explains. “Others with AFib feel fine and their lifestyle hasn’t been affected, but we are extremely anxious about them because they are at risk of stroke.”

AFib increases the risk of stroke four- to five-fold. And strokes associated with AFib are more severe, more deadly and cause more disability.

Faulty signaling, varied symptoms

In AFib, due to faulty signals, the top chambers of the heart (atria) don’t contract the way they normally do in regular rhythm. The blood therefore becomes stagnant, and clots can form. If a clot breaks off, it could potentially travel to the brain and cause a stroke.

The symptoms for AFib vary, but typically include:

- Irregular heartbeat
- Chest palpitations, fluttering or pounding
- Extreme fatigue
- Shortness of breath
- Chest discomfort

How to detect AFib

The gold standard for diagnosing AFib is a 12-lead electrocardiogram (ECG), performed at the doctor’s office.

“However, AFib can also be detected by taking your pulse or by wearing blood pressure cuffs, which can often alert you to heart rhythm irregularities,” says Dr. Tarakji. “Most recently, wearable devices using smartphone technologies have become available on the market and can also help detect AFib.”

Any incidents detected can be confirmed through cardiac monitoring, he adds.

Tips on treating AFib

If you are diagnosed with AFib, your doctor will tailor a treatment plan to minimize your personal risks and help you manage your condition.

First-line treatment typically involves:

- Anticoagulants (blood-thinning medication)
- Medications to slow down the heart rate
- Other medications to help maintain normal rhythm

Sometimes, catheter ablation is done to halt the faulty electrical signaling.

“The goals of the management plan are focused on stroke prevention and reducing the impact of AFib on the patient’s well-being and quality of life,” says Dr. Tarakji.

When the risk of AFib rises

The risks of AFib increase when you have hypertension; diabetes; congestive heart failure or other forms of heart disease; obesity; or chronic kidney disease.

While atrial fibrillation can happen at younger ages, it’s uncommon. And after age 65, the stakes are far greater: the risk of stroke with AFib increases with age. If you are older and have additional risk factors, such as hypertension, diabetes or congestive heart failure, your risk increases even more.

“Fortunately, we live in an era where we are equipped with many tools to help us pick up on atrial fibrillation,” Dr. Tarakji says.

His best advice? Be preemptive. Take action now by adopting a healthy lifestyle, losing weight and controlling your blood pressure.

“Simple measures — like checking your pulse or monitoring your blood pressure through home monitoring units or wearable devices — can detect heart rate irregularity, which could be AFib,” he adds. “And talk to your doctor about additional screening and monitoring, when needed.”

<https://health.clevelandclinic.org/2017/10/65-or-older-afib-screening-can-help-you-avoid-a-stroke/>

healthessentials

The latest news from Cleveland Clinic

Sudden Cardiac Arrest: 5 Things Raise Your Risk

Preventive steps to take plus what to do in an emergency

You may think the most common single cause of death in the United States is heart attack. Or cancer. Or stroke.

But it's actually sudden cardiac arrest (SCA). SCA is a run-away problem with the heart's electrical system (usually called ventricular tachycardia or ventricular fibrillation).

Most SCA victims survive if they get help very quickly. But SCA is fatal 95 percent of the time.

"Only about 5 percent of those who have a sudden cardiac arrest survive long enough to get to — and then be discharged from — the hospital alive," notes cardiologist Bruce Wilkoff, MD, an expert in heart rhythm disorders.

"They might have been alone or with someone who didn't know CPR, or no one called 911. Or the ER squad couldn't get there within the 10 minutes required to prevent brain death."



What happens inside the heart

In sudden cardiac arrest, the heart typically races away in a confused, disorganized manner.

Circulation halts. Blood doesn't reach the lungs or brain. People abruptly pass out, don't respond, stop breathing, have no pulse.

"No one can endure this for more than about 4 to 5 seconds

without passing out," says Dr. Wilkoff.

A deadly public health crisis

About 365,000 people per year experience SCA at home or out in public. That's roughly equivalent to the *combined* annual deaths from:

- Firearms
- Car accidents
- Breast, cervical, colorectal and prostate cancers
- House fires
- Diabetes
- Alzheimer's disease
- HIV
- Suicides

SCA is one of the most frequent causes of sudden death. Others include myocardial infarction (heart attack), heart muscle rupture and stroke.

5 things that increase your risk

The heart rhythm disturbances leading to SCA can result from:

- 1 **Scarring.** Rhythm problems can often be traced to scarred heart muscle. "Scarring causes the heart's electrical signals to become confused and fragmented," explains Dr. Wilkoff. The most common causes are coronary artery disease and cardiomyopathy. Heart attacks starve the heart muscle, causing tissue death and scarring. Viral infections, hereditary or autoimmune conditions and chemical toxicity can also damage and scar the heart muscle.
- 2 **A low ejection fraction.** If you have heart failure with an ejection fraction of 35 percent or less, your heart can't pump out enough blood with each beat. This disrupts your heart rhythm and increases the risk of sudden cardiac death. "Putting in an implantable cardiac defibrillator (ICD) will rescue you from these rapid and irregular heart rhythm episodes, extend your life and allow you to return to normal living," says Dr. Wilkoff. "ICDs increase survival from sudden cardiac arrest to 98 percent because they respond within seconds, not minutes."
- 3 **A family history.** If a first-degree relative — one of your parents or siblings — died young for unknown reasons, then your risk of early, sudden death is higher too. (SCA is often the cause in these cases.)
- 4 **Smoking.** Smoking dramatically increases your risks of both heart attack and sudden cardiac death. "When we put ICDs in smokers, we find they need more shocks from their devices, which means they're having more cardiac events," says Dr. Wilkoff.

The latest news from Cleveland Clinic

5 Poorly managed heart failure. “If you have heart failure symptoms (shortness of breath and exercise intolerance) with or without a low ejection fraction, you need medicine,” he says. Drugs such as ACE inhibitors and beta blockers will keep your heart from working too hard, improve its function and lower your risk of SCA.

What to do in an emergency

If someone nearby falls over and is unresponsive, with no signs of breathing or a pulse, call 911. If you know how to use an automatic external defibrillator (AED), find one and use it, says Dr. Wilkoff. If not, do CPR until the ambulance arrives.

“Defibrillation is the No. 1 thing that improves survival in sudden cardiac arrest. CPR keeps people alive long enough to be defibrillated,” he explains.

Learning both skills can save a life. The American Heart Association offers training, as do many fire departments, schools and libraries.

A word to the wise

“Most people who die suddenly either didn’t know they were going to die suddenly or didn’t pay attention to the warning signs,” says Dr. Wilkoff.

Briefly passing out is usually nothing more than a fainting spell. But it’s also possible to experience a more serious but temporary irregular heart rhythm that indicates more serious heart disease.

If you or someone you love passes out, consider whether they might be at risk of SCA and see a physician, he advises.

“If you have heart scarring or symptoms of heart failure, or a history of heart attack, or a low injection fraction and continue to smoke, you likely need an ICD,” notes Dr. Wilkoff.

<https://health.clevelandclinic.org/2017/09/sudden-cardiac-arrest-5-things-raise-your-risk/>



healthessentials

Recipe: Sweet Potato Custard

A tasty, easy-to-whip-up dessert you'll love

Here’s a custard dessert recipe that’s as heart-healthy as it is tasty. It’s a perfect way to cap off a family meal or to serve at a dinner party.



Ingredients

1 cup sweet potato, cooked, mashed
½ cup bananas, mashed
1 cup evaporated skim milk
1 tablespoon brown sugar, packed
2 egg yolks (or 1/3 cup egg substitute), beaten
½ teaspoon salt
¼ cup raisins
½ tablespoon sugar
1 teaspoon ground cinnamon
As needed: non-stick cooking spray

Directions

1. In a bowl, stir together sweet potato and banana.
2. Add milk, blending well.
3. Add brown sugar, egg yolks and salt, mixing thoroughly.
4. Spray 1-quart casserole with nonstick cooking spray. Transfer sweet potato mixture to casserole dish.
5. Combine raisins, sugar and cinnamon. Sprinkle over top of sweet potato mixture.

Bake in preheated 325° oven for 40-45 minutes or until knife inserted near center comes out clean.

Nutrition information

Makes 6 half-cup servings

Per serving:

Calories: 140	Total fat: 2g	Saturated fat: 1g
Cholesterol: 72mg*	Sodium: 255mg	Protein: 5g
Carbohydrate: 26g	Sugars: 4g	

<https://health.clevelandclinic.org/2017/07/recipe-sweet-potato-custard/>



Join Us for the Annual
Mission Hospital
Mended Hearts Gala



♥ **Talega Golf Club**

990 Avenida Talega, San Clemente

♥ **Sunday, December 3, 2017**

12:00 PM – 4:00 PM

♥ **Kai Kalama**

Fabulous music of local musician to entertain us

♥ Your choice of:

Baked Chicken Ala Michelle- Brie Cheese and Apple Fricassee

Roasted Salmon with Honey Chardonnay Sauce

or Butternut Squash & Sage Ravioli

With Mixed Greens, Roasted Red Potatoes, Seasonal Veggies,

Awesome Dessert Table, & Coffee or Tea

~ ~ ~No Host Bar ~ ~ ~

♥ **\$30.00 per person** ♥

♥ **Send check and form to:**

Mended Hearts Chapter 216 – 26732 Crown Valley Parkway, Suite 281 Mission Viejo, CA 92691

Questions: 949-582-1908

Checks and forms must be received by November 18th

PLEASE DETACH AND RETURN BOTTOM PORTION WITH YOUR CHECK



Please Indicate Food Preferences for Each Member of Your Party:

♥ Baked Chicken _____ ♥ Roasted Salmon _____ ♥ Butternut Squash Ravioli _____

Limited Seating ~ Reserve your seats NOW!

Member's Name: _____

Please indicate the _____

names of your guests: _____

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"