

TICKER TOPICS

MARCH-APRIL, 2019

MENDED HEARTS OF SOUTHERN OREGON – CHAPTER 137



VOLUNTEER NEWS

Here's an article from the February Volunteer Newsletter:

Those who serve as Mended Hearts Volunteers as well as Critical Care Info Desk are touching the hearts of patients and family members. The visitors that are up there are going through such a difficult time, and to have someone there who is not only knowledgeable on what to expect, but has been through it before themselves is priceless. Here's what family, friends, and visitors are saying:

"John Refsnider went over and above to assist me – Very pleasant and helpful." – Jeanne S. "When we were trying to get information about the status of our relative undergoing TAVR procedure, John Refsnider helped us. It was a tremendous relief to be helped and given support. Yes! to exceptional customer service! Yes! to a commitment to service area in a special way. Yes! to a positive caring attitude or gesture towards our patients and their families!" - Sue C. "I highly commend the Mended Hearts volunteers at the desk outside of the ICU/CCU waiting room. They offered such a comforting, helpful and practical service while my husband was in surgery. Their constant updates and explanations and reassurances on the procedure as well as sharing their own success stories made those hours of waiting fly by with no time for worry. This supportive, informative experience was a striking contrast to my lonely nervous hours in the Cath Lab waiting room a month earlier. No one was there to explain or update or reassure me or answer my questions. The award plaque on the wall helped a little, but nothing compared to a live human being. Having one of those Mended Hearts volunteers in the Cath Lab would make a huge difference. Marlyn Taylor created a warm, enjoyable, illuminating educational

experience for us while we were waiting for news." – Dot F.

The Critical Care Desk is another place we need volunteers as you can see from this article. Right now there is a need for the 1st and/or 4th Friday from 12-4. If you're already an accredited ARRCM volunteer, consider this important job. If you want more information speak with John Refsnider, Marlyn Taylor, Jack Hafner, Nancy Kloek or Chris Kloek.

DR. DAUTERMAN WILL BE WITH US IN MARCH TO TALK ABOUT TRANSCATHER MITRAL VALVE REPAIR AND REPLACEMENT

Cardiologist, Kent Dauterman, MD, will be at our March meeting to tell us about minimally invasive mitral valve repair and replacement.

Dr. Dauterman has been implanting transcatheter aortic valves (TAVR) since February, 2015. He will soon be adding mitral valve clips and mitral valve replacement. These procedures don't involve opening the patient's chest.

Our member, Jack Hafner, had a TAVR in June, 2017, on a Thursday. He went home on Saturday and played golf on Monday. That's much different than the open heart aortic valve replacement.

Here's your chance to hear about another advance in heart care.

You're invited to join us on Tuesday, March 19th at 5:30 pm in the Smullin Center on the Rogue Valley Medical Center campus next to the parking structure.

APRIL – THE INNER WORKINGS OF CCU

Lisa Dencel, RN, is the Clinical Manager of Rogue Regional Medical Center’s Coronary Care Unit. Many of you have been patients there or visited there. How does CCU operate? How is the care different than the Heart Center? Taking the mystery away will make another stay easier.

You’re invited to join us on Tuesday, April 16th at 5:30 pm in the Smullin Center on the Rogue Valley Medical Center campus next to the parking structure.

CARDIOLOGIST, DR. MIRUAIS HAMED ON IMAGING IN FEBRUARY

Dr. Miruais S. Hamed, FACC, MD, a Cardiologist with Southern Oregon Cardiology, gave a fascinating presentation titled "Show Me Your Heart" to a standing-room-only audience at our February 2019 meeting.

Dr. Hamed covered a variety of methods for looking at the heart, including X-Ray, Ultrasound, CT, MRI and PET / Radioisotope scanning. Videos of 3D and motion scans made the presentation even more interesting.

Some highlights:

- Chest X-Rays provide a view of bones, with other parts less clearly visible.
- Ultrasound was first done Oct 29, 1953.
- Nowadays ultrasound can be detailed, 3D and in color.
- 3D Electrocardiography can provide a view of the motion of the heart.
- Ultrasound devices are now so small as to be handheld and even connect to cell phones.
- Cardiac CT provides a 3D view of the heart.
- Coronary artery calcium score shows area with hardening due to calcified coronary plaques.
- Cardiac MRI provides a record of motion of the heart.
- SPECT Nuclear Scintigraphy, provides a view of the heart during stress tests.
- PET (Positron Emission Tomography) is very expensive, costing \$1-2M for the device and requiring fuel from a Cyclotron. These devices are not available locally, but are in the Portland area.

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**And check out our Facebook Page:
Facebook.com/Mended Hearts of Southern
Oregon - New**

Visit us at: www.mendedhearts137.org

DIDN'T GET A FLU SHOT? HERE'S ANOTHER REASON YOU MIGHT WANT TO GET ONE

Haven't had a flu shot? Have heart failure or you are at risk? An article in Reader's Digest reports that a study of 78,000 patients with heart failure showed significant benefit for those who had had a flu shot. For instance, they experienced a 50% drop in the risk of death from any cause during the flu season and a 20% drop during the rest of the year. The study also found that there was a 22% lower risk of being hospitalized for heart problems for those who had received the flu vaccine. The study's author reportedly said that heart failure patients have a higher chance of flu-related death. It just seems to make sense for heart patients to get a flu shot each year. So why don't we?

Some people claim allergy to eggs. That's no longer an excuse because there are flu vaccines that are not cultivated in eggs. Another often heard excuse is: "The flu shot gives me the flu." Since the vaccine contains inactivated virus so it's not possible to get the flu from the vaccine. Check out the other myths about the flu vaccine on the Mayo Clinic's website. Protect yourself.

TWO CHILDHOOD HEART SURGERY PATIENTS GREW UP TO BE A PEDIATRIC CARDIOLOGIST AND A NURSE PRACTITIONER

The February, 2019, American Profile magazine has a story about a congenital heart defect patient who went on to become a nurse practitioner working with the pediatric heart surgeon who saved her life. Another pediatric heart surgery patient became a pediatric cardiologist.

Nurse practitioner, Nichole Gralia, was just 24 hours old on November 15, 1986. She was born with a hole in her heart and no pulmonary valve. Dr. John Brown, who is a cardiothoracic surgeon at Riley Hospital for Children at Indiana University Health in Indianapolis,

repaired Nichole's heart. Dr. Brown went on to perform 3 more surgeries on her over the years.

The story says that when Nichole was 12, Dr. Brown asked her what she wanted to be when she grew up. She said she wanted to be a teacher. Dr. Brown said that she could work with him someday. That planted the seed. Nichole now works in Riley's CCU. She can tell the parents about her experience which gives them the same kind of hope and encouragement Mended Hearts visitors give patients and their families.

Dr. Mark Ayres, didn't have CHD, but at age 9, Dr. Brown repaired his aortic valve which had been destroyed by a bacterial infection. Dr. Ayres was also operated on 3 times by Dr. Brown. He became a pediatric cardiologist, in part, to pay it forward.

Dr. Ayers and Nichole found out about their connection by chance when Dr. Ayers mentioned his surgeries in the CathLab. The two of them are more like family now than just coworkers.

The article says that opening up to patients and families about their experience and survival never gets old. They can actually tell patients and families that Dr. Brown also operated on them.

Mended Hearts Visitors, Tour Guides and Critical Care Desk volunteers can have a similar impact on patients and their families.

It's certainly great to be alive and to help others.

PROTECT YOUR ARTERIES WITH SLEEP

Medical News Today. Catharine Paddock PhD. Fact checked by Carolyn Robertson

Fresh evidence suggests that sleep regulates a mechanism that can help to protect arteries from hardening. The finding reinforces the notion that good-quality sleep is important for cardiovascular health.

Scientists from Massachusetts General Hospital (MGH)

in Boston, MA, together with colleagues from other research centers, studied the development of atherosclerosis in mice. Atherosclerosis is the process through which plaques, or fatty deposits, build up inside arteries, causing them to narrow and stiffen. It is a common reason for disease.

The researchers found that sleep-disturbed mice developed larger plaques in their arteries than mice that slept well. The sleep-disturbed mice also had higher amounts of circulating, inflammatory cells and produced lower amounts of hypocretin, which is a brain hormone that controls wakefulness. The researchers also saw a reduction in atherosclerosis and inflammatory cells in these mice after they received hypocretin supplementation.

Subject to confirmation in humans, the findings demonstrate that sleep influences cardiovascular health by regulating hypocretin production in the brain.

The journal Nature has recently published a paper about the study. "We've identified a mechanism," says senior study author Filip K. Swirski, Ph.D., who is an associate professor at MGH and Mended Hearts—1500 Dawson Road, Albany, GA 31707 Harvard Medical School, also in Boston, "by which a brain hormone controls production of inflammatory cells in the bone marrow in a way that helps protect the blood vessels from damage."

The Centers for Disease Control and Prevention (CDC) estimate that 35 percent of adults in the United States were regularly sleeping less than 7 hours per 24-hour period in 2014.

You are invited to join Mended Hearts of Southern Oregon any 3rd Tuesday of the Month (except December) at 5:30 pm in the Smullin Education Center. The Smullin Center is a separate building between the parking structure and the hospital.

The public is always welcome.

Studies have linked lack of sleep to long-term health conditions, such as obesity, type 2 diabetes, depression, and heart disease. However, they have not shed much light on the underlying biological mechanisms. So, Dr. Swirski and his colleagues decided to investigate how sleep might help to protect cardiovascular health by focusing on the development of atherosclerosis.

The plaques that arise in atherosclerosis can take years to form and consist of calcium, fat molecules, cholesterol, and other substances. As they accumulate, they lessen the flow of nutrient-and oxygen-rich blood.

Atherosclerosis can lead to various other conditions, including coronary heart disease, which develops when plaques build up in the arteries that supply blood to the heart.

VISITING REPORT

January: Mended Hearts made 64 visits to 42 patients. Visitors were Nancy & Chris Kloek, Bill Newell, Jack Hafner, Michelle & Duane Christensen, Mike Gary, Marlyn Taylor and Murrit Davis

February: Mended Hearts made 71 visits to 46 patients. Visitors were Kellie Hill, John Refsnider, Nancy Kloek, Jack Hafner, Bill Newell, Michelle and Duane Christensen and Lan Roberts

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