

TICKER TOPICS

MENDED HEARTS OF SOUTHERN OREGON – CHAPTER 137

MAY-JUNE, 2019



Mended Hearts™
of Southern Oregon

VOLUNTEER NEWS

We welcome Debbie Gary, Darlene Walsh and Ruth Christy to our group of Mended Hearts Volunteers at Rogue Regional Medical Center. It's great to have them with us helping patients and their families.

We now have a new Mended Hearts Service. Mike Gary started doing presentations for Cardiac Rehab on May 1st. He conducted 4 sessions over 2 days. Lan Roberts and Nancy Kloek have volunteered to assist in this new service.

Consider volunteering. It's fun and it really benefits patients and their families.

EXCITING NEWS AT ARRMC

Those of you who attended the March meeting heard all about Mitral Clips and Mitral Valve in Valve replacement. Both procedures are Transcatheter.

Dr. Dauterman performed the first mitral clip procedures at Asante Rogue Regional Medical Center in April. Mitral clips are a treatment for mitral valve prolapse. That's a condition in which the mitral valve doesn't fully close. The clip grabs the middle of the 2 valve leaflets so that there are just 2 openings on either side which can then close more completely.

On May 9th, Dr. Dauterman performed the first 2 Transcatheter mitral valve replacements. They are called Mitral Valve in Valve procedures because the patients had previously received bovine mitral valve replacements. The Transcatheter valve replacement was placed in the old bovine valve.

The advancements in heart treatment is really exciting.

CARDIAC EDUCATOR, BRENDEN JONES, RN WILL BE AT OUR MAY 21ST MEETING

Brenden Jones, RN, is one of the outstanding Cardiac Educators at ARRMC. They fill in patients and families about what is going to take place before their procedure. They also educate them before they go home on what they should be doing going forward.

The more the patient and family know the more positive they will be. They will also be better prepared to take care of themselves. They will be less likely to be readmitted with problems.

Our Cardiac Educators teach all heart patients whether they're having a Transcatheter valve procedure, open heart surgery, pacemaker, internal defibrillator, stent, angiogram or angioplasty.

Brenden will tell us about all they educators do

This is your opportunity to ask questions.

You're invited to join us on Tuesday, May 21st at 5:30 pm in the Smullin Center on the Rogue Valley Medical Center campus next to the parking structure.

OUR ANNUAL PICNIC/POTLUCK WILL BE ON SATURDAY, JUNE 22ND AT HOLMES PARK

You're invited! Saturday, June 22nd from 11:30-1:30 at Holmes Park near the hospital. Bring a dish to share. The Chapter will furnish a main dish, plates, drinks, silverware, and napkins.

IT'S ALWAYS A FUN, RELAXING TIME. It's also a great time to just get to know each other better. DON'T MISS IT.

CARDIOLOGIST, DR. KENT DAUTERMAN, TOLD US ABOUT EXCITING, NEW MITRAL VALVE TREATMENTS



There were rave reviews from those who attended our March Mended Hearts meeting. We learned a lot and were encouraged that heart treatments at ARRMRC are progressing rapidly.

Dr. Kent Dauterman, Southern Oregon Cardiology, is an interventional cardiologist. He performed the first Transcatheter Aortic Valve Replacement (TAVR) at ARRMRC in February, 2015. At the time of his presentation mitral clips and mitral valve in valve replacements were coming up in the new future. As mentioned in the news article on the first page, both procedures have now been performed by Dr. Dauterman.

Dr. Dauterman started by explaining how the heart and the various valves work. He pointed out that your heart beats over 100,000 times per day. The mitral valve is more complex than the aortic valve. It has chordae tendinae that are cords that keep the mitral valve from going too far into the left atrium.

Dr. Dauterman told us about the mitral clip, how it mitigates prolapse and how it is installed. He talked about when it's appropriate and when it's not.

Because the mitral valve is more complex, Dr. Dauterman started with the valve in valve procedure rather than replacing the original valve itself.

It's amazing where heart treatments are going and how rapidly it's happening. We thank Dr. Dauterman for taking time to fill us in on these new procedures.

Executive Committee

President Michelle Christensen
 541-601-0062
 michellechris575@gmail.com

Vice President Mike Gary
 541-582-8070
 preschoolteach345@yahoo.com

Treasurer Nancy Kloek
 541-772-8533
 kloeknc@charter.net

Secretary Debbie Gary

Members-At-Large Bill Newell
 John Refsnider
 Jack Hafner

Committee Chairs

Visiting & Hospital Liaison Chris Kloek

Newsletter Chris Kloek
 541-772-8533
 ckloek@charter.net

Website & Facebook Jeff Roberts
 541-601-0062
 jeffroberts@pobox.com

ARRMC Advisors

Cardiac Education Brenden Jones, RN

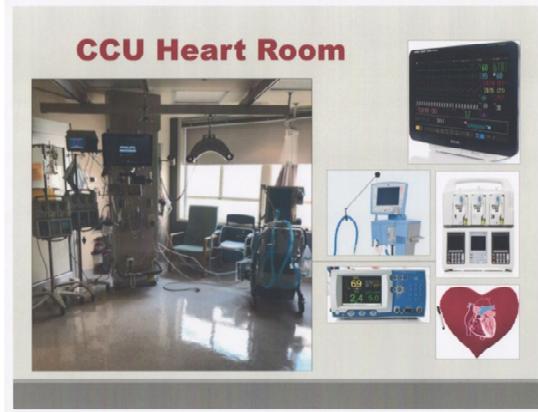
ARRMC Volunteering Laura Nicholson, MBA, CPXP



And check out our Facebook Page:
[Facebook.com/Mended Hearts of Southern Oregon - New](https://www.facebook.com/Mended-Hearts-of-Southern-Oregon-New)

Visit us at: www.mendedhearts137.org

LISA DANCEL, RN, IS CLINICAL MANAGER OF THE CORONARY CARE UNIT (CCU) AT ARRM



Lisa Dancel, RN and Clinical Manager of CCU, gave a very interesting presentation to a full house at the Smullin Center at our April meeting. Some highlights:

- The CCU has about 600 open heart surgeries and 100 valve surgeries per year.
- The stay in the CCU is usually 2-3 days.
- The CCU has 55 staff, 30 of which are nurses.
- CCU RNs get more training than any other group of nurses at ARRM. According to Lisa, they are all Type A perfectionists, which is just right.

The ARRM CCU has been awarded a Beacon Gold rating, the top rating across the U.S. for the 2nd time. The Heart Center has been awarded the Silver level Beacon Award.

Lisa shared a handout pictured above showing a CCU Heart Room on the left, and the various monitors, pumps and a pillow on the right.

30 MINUTES OF EXERCISE CAN COUNTERACT A DAY OF SITTING

New research finds even small amounts of exercise can dramatically improve your health.

The vast majority of Americans spend a good portion of their days tethered to a desk. This type of sedentary lifestyle can take a serious toll on your health and even

lead to an early death, research shows.

However, just because you spend most days glued to a chair doesn't necessarily mean you're doomed.

Just 30 minutes of physical activity a day can counteract a day of sitting, according to a new study published this month in the American Journal of Epidemiology.

Researchers from Columbia University Irving Medical Center evaluated 7,999 healthy adults, ages 45 and older, who previously participated in a separate study that required them to wear activity monitors for at least four days between 2009 and 2013. The research team used the data from the monitors—which recorded the amount and intensity of physical activity they did—and, over the course of five years, tracked the mortalities and health risks the participants experienced.

The study found that substituting 30 minutes of sitting with light physical activity could lower your risks of an early death by about 17 percent. Replace that sedentary time with more moderate to vigorous exercise, like running and biking, and you'll cut the risk of early mortality by 35 percent. Even short 1 to 2-minute bursts of movement were linked to long-term valuable health benefits.

This article was taken from Healthline.com

A LATE DINNER AND NO BREAKFAST CAN BE A KILLER AFTER A HEART ATTACK.

A research finding that was published in the *European Journal of Preventive Cardiology* indicates that eating dinner too close to bedtime and eating no breakfast makes a heart attack patient 4 to 5 times more likely to die, have another heart attack or have more angina within a month after discharge.

Skipping breakfast is defined as nothing before lunch except coffee, tea, water, etc. at least 3 times per week. Having dinner within 2 hours of going to bed at least 3 times per week constitutes late dinners. Having a late dinner may result in not being hungry at breakfast time.

A good breakfast should have 15 to 35% of your total daily calorie intake and should consist of dairy products that are fat-free or low fat, a carbohydrate like a bagel or cereal and fruit.

Statins aren't an alternative to healthy eating habits. They should be taken in addition to healthy eating.

We often hear that a good breakfast is the best way to live a healthy life. This study helps to reinforce that notion.

A NAP A DAY KEEPS HIGH BLOOD PRESSURE AT BAY

Like a little nap in the afternoon? Here's a reason you might want to continue.

Catching some midday shuteye is linked to similar drops in blood pressure seen with other lifestyle changes and some medications.

It seems that napping may do more than just reboot our energy level and improve our mood. New research presented at the American College of Cardiology's 68th Annual Scientific Session found that people who took advantage of a midday snooze were more likely to have a noticeable drop in blood pressure compared with those who didn't nap.

"Midday sleep appears to lower blood pressure levels at the same magnitude as other lifestyle changes. For example, salt and alcohol reduction can bring blood pressure levels down by 3 to 5 mm Hg," said Manolis Kallistratos, MD, cardiologist at the Asklepieion General Hospital in Voula, Greece, and one of the

study's co-authors, adding that a low-dose antihypertensive medication usually lowers blood pressure levels by 5 to 7 mm Hg, on average. Napping may bring blood pressure down as much as 5 mm.

"These findings are important because a drop in blood pressure as small as 2 mm Hg can reduce the risk of cardiovascular events such as heart attack by up to 10 percent," Kallistratos said. "Based on our findings, if someone has the luxury to take a nap during the day, it may also have benefits for high blood pressure. Napping can be easily adopted and typically doesn't cost anything."

*Article taken from Science Daily
<https://www.sciencedaily.com/releases/2019/03/190307081029.htm>

VISITING REPORT

March: Mended Hearts made 68 visits to 52 patients. Visitors were Nancy Kloek, Chris Kloek, Bill Newell, Mike Gary, Murrit Davis, Kellie Hill and Jack Hafner

April: Mended Hearts made 80 visits to 58 patients. The Visitors were Mike & Debbie Gary, Marlyn Taylor, Kellie Hill, Nancy & Chris Kloek, Jack Hafner, Bill Newell, John Refsnider, Michelle & Duane Christensen and Darleen Walsh

In addition, Marlyn Taylor did 9 follow-up phone visits in April.

[Facebook.com/Mended Hearts of Southern Oregon - New](#)



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.