

TICKER TOPICS

SEPTEMBER-OCTOBER, 2019

MENDED HEARTS OF SOUTHERN OREGON – CHAPTER 137



EXCITING REGIONAL CONFERENCE ON SEPTEMBER 28TH

Empower, Educate and Inspire! The regional conference program for the Western region offers the latest in cardiovascular treatment and care for heart patients of all ages, patient advocacy information, as well as opportunities for heart patients and caregivers to network and share their experiences.

There will also be a presentation by Mended Little Hearts. Find out what Mended Little Hearts is all about and how you can support this important part of our organization.

The conference will be held in beautiful Medford, Oregon, in the Smullin Education Center on the Rogue Regional Medical Center campus.

While in Medford you can also enjoy the Rogue River, Oregon Shakespeare Festival, the Rogue Valley Symphony that opens that weekend, "Sweeney Todd" at the Oregon Cabaret Theater, the Camelot Theatre or go to Prescott Park at the top of Roxy Ann for a stellar view of the whole Rogue Valley. Also, you can make a day trip to Crater Lake.

For those who wish to get in some early morning exercise, there will be a 7 a.m. heart walk before registration opens at 8 a.m. Lunch, which is included in the registration price of \$15, will be hosted by Texas Roadhouse Catering. After a day packed with learning and networking, all participants are invited to kick-back and relax at the No Host Social being held at the Roxy Ann Winery from 4:30 to 6:30 p.m.

If you need a place to stay while you are in town, we have reserved a block of rooms at a nearby Hilton Garden Inn with a special rate of \$139/night for

attendees. If you are new to the area and looking for other things to do, check out Medford's visitor website at www.travelmedford.org.

To register and find a link to the Hilton Garden Inn go to www.mendedhearts137.org. There is a green button to click that will take you to the registration page as well as a link to click to get to the hotel website.

We look forward to seeing you there.

LEARN ABOUT "STOP THE BLEED" AT OUR SEPTEMBER 17TH MEETING

When someone is critically injured and bleeding out, with just seconds to respond, knowing what to do and having the right supplies nearby could mean the difference between life and death.

Jackie DaSilva, Manager of the Trauma Program at Asante Rogue Regional Medical Center (ARRMC), will tell us more about the "Stop the Bleed" program.

With funding from the Asante Foundation, Asante's trauma team is training school nurses in the administration of aid and is providing every Medford school with a Stop the Bleed kit.

Be there on September 17th to learn the ABCs of stopping bleeding. You might save your own life, the life of a friend or relative or even a stranger.

SAVE A LIFE! – You're invited to join us on Tuesday, September 17th at 5:30 pm in the Smullin Education Center on the ARRCM campus next to the 4 story parking structure for education, support, networking and refreshments.

ASANTE THREE RIVERS MEDICAL CENTER - GRANTS PASS NEWS

We meet every third Wednesday of the month at 520 SW Ramsey Avenue in the education room at Cardiac Rehab from 3:30 to 4:30 pm.

July 17th speaker was Duncan McColpin, Supervisor of Cardio-Pulmonary Programs at Asante Three Rivers Medical Center. Duncan presented a PowerPoint Presentation sharing that COPD is the fourth leading cause of death in the United States. Duncan provided causes for COPD, signs and symptoms, how COPD is diagnosed, and treatments. Duncan also discussed COPD comorbidities that include heart failure, pneumonia, coronary artery disease, osteoporosis and muscle weakening, diabetes mellitus and hypertension and anxiety.

The speaker for August 21st was Peter Richard, Supervisor of Diagnostic Imaging at Asante Three Rivers Medical Center. Richard presented a PowerPoint Presentation on the overview of an echocardiogram explaining how an echocardiogram uses sound waves to produce images of your heart. This common non-invasive test allows your doctor to see:

- The size and shape of your heart, and the size, thickness and movement of your heart's walls.
- How your heart moves.
- The heart's pumping strength.
- If the heart valves are working correctly.
- If blood is leaking backwards through your heart valves (regurgitation).
- If the heart valves are too narrow (stenosis).
- If there is a tumor or infectious growth around your heart valves.

There will not be a third Wednesday meeting in Grants Pass for September. There will however be a Regional Conference in Medford on September 28 so please make sure you go on line at www.mendedhearts137.org to get registered. You might also consider joining Chapter 137 on Tuesday September 17 from 5:30 to 7:00 in the Smullin Center and hear what Jackie DaSilva, RN, has to say about Stop the Bleed.

We will resume monthly meetings for Grants Pass in October.

Darleen Legault-Walsh

Executive Committee

President	Michelle Christensen 541-601-0062 michellechris575@gmail.com
Vice President	Mike Gary 541-582-8070 preschoolteach345@yahoo.com
Treasurer	Nancy Kloek 541-973-9639 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](https://www.facebook.com/MendedHeartsOfSouthernOregon) – New**



Visit us at: www.mendedhearts137.org

PRESIDENT'S CORNER

Hello everyone:

Summer will be ending soon and it will be time for sweaters, hot cider, and beautiful Fall colors! It has been such a blessing for all of us to have a smoke free summer!

Myself and the Regional Conference committee have been busy planning the upcoming Regional Conference that our chapter will be hosting right here at the Smullin Center. If you haven't registered to attend yet, please do so by going to mendedhearts137.org, click on the green tab under the red tree.

There will be great education, National Mended Hearts information, and lots of support and interaction with fellow heart patients. The morning session is open to the public, so be sure to spread the word and invite everyone! I'm looking forward to seeing you all there. Always remember to smile.

Michelle Christensen

CARDIOLOGIST, DR. TIMO DYGERT, AND FNP LINDA PIERSON TOLD US ABOUT HEART FAILURE AND THE NEW HEART CARE CLINIC

Cardiologist, Timo Dygert, MD, and Linda Pierson, FNP, from the new Heart Care Clinic told us about Heart Failure, how to avoid heart failure and the clinic which opened last March. It was a wonderful presentation at our August meeting! This is the kind of education that is so valuable to people with heart disease and their caregivers.

Heart failure is defined as "the pump function of the heart is inadequate to meet the needs of the body." There isn't just one kind of heart failure, but they all result in inadequate pumping.

The symptoms of heart failure are shortness of breath, leg swelling, fatigue, trouble breathing when one is in bed and dizziness.

Knowing one's ejection fraction has gained new importance. It indicates the percentage of blood in the left ventricle that is ejected out of the heart.

There are treatments that mostly involve relieving the symptoms of heart failure, but don't cure it. Self-care involves weighing daily. Gaining 3 lbs in 24 hours or 5 lbs. in 7 days is a warning sign. Watching sodium intake, exercise and maintaining a blood pressure below 130/80 is important for keeping heart failure at bay.

The Heart Care Clinic helps manage heart failure patients who have been discharged after being hospitalized for heart failure. The Clinic is on the first floor of the CVI building and consists of cardiologists, Cardiology Nurse Practitioners, Heart Failure Nurse Navigators, clinical social workers and pharmacists. The clinic coordinates with the patient's primary care provider to make sure everyone is on the same page as far as medications and other treatments are concerned.

The clinic's social workers help the patient navigate financial issues with medications, transportation issues, etc.

The Heart Care Clinic (not named the Heart Failure Clinic because that sounds too negative) is a valuable addition to heart care in Southern Oregon and Northern California.

AFIB AWARENESS MONTH – PREVENTING AFIB STROKES

Atrial Fibrillation, or AFib, is a leading risk factor for stroke. According to the National Stroke Association, the irregular or rapid heartbeat is often caused when the two upper chambers of the heart beat unpredictably and sometimes rapidly. These irregular heartbeats cause blood to collect in the heart and potentially form a clot which can travel to the brain and cause a stroke.

The bad news: about 15 percent of people who have strokes also have AFib. Folks with AFib have a

five times greater chance of stroke.

The really good news: up to 80 percent of strokes in people can be prevented. The National Stroke Association offers tips for people to manage their anxiety and tips for stroke prevention. These include:

- The use of proper medication used to restore the regular rhythms of the heart.
- Treatment aimed at preventing blood clots may also include blood thinners or anticoagulants.
- Schedule relaxation time. Stress and fatigue increase the risk for AFib, and downtime is a good idea for anybody.

HOW TO STAY HYDRATED BESIDES DRINKING WATER

Hydration helps with everything from keeping your core body temperature consistent to moving nutrients throughout the body. "It really is a cornerstone for good health," Armul says.

Here are some great ways to stay hydrated in addition to drinking water:

- **Eat your vegetables:** Twenty percent of your daily water intake is derived from food, according to the National Institutes of Health. "Fruit and vegetables are especially high in water content," Mangieri says. You can keep your body hydrated by consuming fruits and veggies that contain 85 percent or more water.

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.

- **Take advantage of summer fruit:** Summer farmers markets are overflowing with fruits high in water. But don't go overboard – while fruits are great sources of water, they're also high in sugar and can contain unwanted calories if you eat too many.
- **Avoid drinking alcohol in excess:** The more alcohol you ingest, the more your body will become dehydrated. "Alcohol can decrease the production of the anti-diuretic hormone, the hormone that helps the body reabsorb water."
- **Make a cold soup:** Look for broth-based soups for the most hydrating bang for your buck and bonus points if you add fruit or veggies with high water content, such as tomatoes, celery or radishes.

VISITING REPORT

July: Mended Hearts made 74 visits to 48 patients. Visitors were Nancy and Chris Kloek, Marlyn Taylor, Jack Hafner, Mike and Debra Gary, Lan Roberts, Darleen Walsh, John Refsnider and Bill Newell

August: Mended Hearts made 88 visits to 66 patients. Visitors were Bill Newell, Chris & Nancy Kloek, Marlyn Taylor, Mike & Debra Gary, Jack Hafner, Kellie Hill, Lan Roberts, Murrit Davis, Michelle Christensen and Ruth Christy

Marlyn Taylor made 5 phone visits in July.

In addition, Mike Gary, Lan Roberts and Nancy Kloek spoke to 42 Cardiac Rehab patients during 2 classes each on August 7th and 8th.



Facebook.com/Mended Hearts of Southern Oregon – New

www.mendedhearts137.org