

TICKER TOPICS

MENDED HEARTS OF SOUTHERN OREGON – CHAPTER 137

JANUARY-FEBRUARY, 2018



THE HEART CENTER AND THE CORONARY CARE UNIT HAVE RECEIVED THE BEACON AWARD

The three year Beacon Awards honor hospital units that employ evidence-based practice to improve patient and family outcomes. It is awarded by the American Association of Critical-Care Nurses (AACN).

Asante Rogue Regional Medical Center's Coronary Care Unit has received the award at the Gold level 3 successive times. Their most recent Beacon Award goes through July 15, 2019.

Recently, ARRCM's Heart Center received the Beacon Award through November 14, 2020 at the Silver Level.

We are extremely proud of our Coronary Care Unit and Heart Center. Their Beacon Awards show that they set the standard for excellence in patient care by collecting and using evidence-based information to improve patient outcomes, patient and staff satisfaction, and credibility with consumers.

Congratulations on a continuing job well done.

OUR HOLIDAY LUNCHEON AT PUNKY'S WAS A LOT OF FUN

On Saturday, December 9th, 25 of us got together in the meeting room at Punky's Diner for fellowship, a gift exchange and a meal.

It's always a relaxing event that ends the year with a chance to get to know each other better.

Thanks to all of you who attended. It made the afternoon a great success and a lot of fun.

VOLUNTEERS AND PROSPECTIVE VOLUNTEERS SHOULD ATTEND OUR JANUARY ACCREDITATION.

ALSO, 2018 BUDGET, ELECT A VP, LEARN ABOUT THE CLUSTER MEETING, TALK ABOUT OUTREACH

Visitor/Tour Guide Accreditation is reported to national so that our volunteers are covered by Mended Hearts insurance. For that reason and so that we make sure we are all doing the right thing for our patients and their families, this process is important.

This year we will be covering the changes we have made as official ARRCM Volunteers, new procedures and new opportunities to benefit patients and their families. If you are a volunteer, plan to be a volunteer or think you might be interested in the future; please do your best to attend.

If evenings just don't work for you, we'll come up with a daytime opportunity.

For everyone, we will approve a 2018 budget, elect a Vice President, see the new Mended Hearts of So. Oregon mug and discuss a way we can economically reach all heart patients in Southern Oregon.

There will also be a presentation on the September Cluster meeting we will host for Mended Hearts members from California, Nevada, Oregon, Washington, Alaska and Hawaii.

You're invited! Tuesday, January 16th, at 5:30 pm in the Smullin Center at ARRCM.

IT'S IMPORTANT TO KNOW HOW YOUR HEART CONDITIONS AFFECTS YOUR KIDNEYS



As a heart patient or caregiver, it's important to learn all you can so that you can maintain the quality of life you deserve.

So is there a connection between heart disease, high blood pressure and medications you take and your kidney function?

Dr. Kumar Dinesh, Renal Care Consultants, P.C., will be at our February 20th meeting to fill us in on the connection and how to protect ourselves.

Dr. Dinesh is a member of the distinguished Royal College of Physicians of the United Kingdom, the Oregon Medical Association and the American Society of Nephrology (study of normal kidney function, kidney problems, the treatment of kidney problems and renal replacement therapy).

Don't miss this valuable opportunity to learn and ask questions.

You're invited! Tuesday, February 20th, at 5:30 pm in the Smullin Center at ARRCM.

VOLUNTEER UPDATE

Our partnership with Asante Rogue Regional Medical Center (ARRMC) continues to be blessing. Laura, Mandy and Samantha are always willing to help. It has been so beneficial to our Mended Hearts Chapter.

Those of us who are volunteering really enjoying it and have a feeling of satisfaction knowing that we are helping patients and their families. It's great to be alive and to help others.

We not only visit heart patients and their families and give tours to patients who are about to have a

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RRMC Liaison

June Squires, RN, Cardiac Education, RRCM.
Pat Wolfe, RN, Cardiac Education, RRCM



Visit us at: www.mendedhearts137.org

And check out our Facebook Page:

[Facebook.com/MendedHeartsOfSouthernOregon](https://www.facebook.com/MendedHeartsOfSouthernOregon)

TAVR or surgery and their families, we also have volunteers on the Critical Care Desk, Front Desk, Pharmacy, NICU and, soon, Cardiac Rehab.

We have more volunteers coming on board and hope that trend continues.

PRESIDENT'S CORNER

Last year was very successful thanks to all of our terrific members. All of our members contribute to the Mended Hearts objective of providing peer-to-peer support to each other and visitors to our meetings.

Thanks to the great work of our Program Chair, Michelle Christensen, we had some wonderful educational opportunities:

- Beth Coker, Managers of Cardiac and Pulmonary Rehab at ARMMC, talked to us about what's coming up in Cardiac Rehab.
- Dr. Junyang Lou, cardiologist, told us about TAVRs and Peripheral Artery Disease
- Dr. Miruais Hamed, cardiologist, gave us some wonderful information on how to keep from having new heart problems.
- Dr. Jim Bales, DDS, taught us about sleep apnea, mouth disease and their effect on your heart.
- Carson Meyers, Cardiac Rehab Supervisor, gave us some exercises (several of which we did during the meeting) to keep our hearts healthy. He also showed us how to calculate our target heart rate.
- At our 35th anniversary celebration, Judi Yates Johnston, one of the first 2 heart surgery RNs at ARMMC, told us how heart surgery started here and how Mended Hearts started at ARMMC. Our own Bill Newell, president during our 10th and 25th anniversaries, told us how things progressed with Mended Hearts.
- Dan Neville, PA with the Cardio Thoracic Surgeons, rounded out the year by telling us about the open heart surgery process in the OR. He

answered a myriad of questions. He promised to come back in 2018 with one of the heart surgery nurses and an instrument tray to show us more about open heart surgery.

We gained about 13 new members, most of who have or will soon become Volunteers.

In September we began preparing to host a cluster meeting for all the Mended Hearts members in our sub region. It's progressing well thanks to the work of Samantha Chanquet in the Volunteer Services office.

2018 looks like another good year with programs like the February program on Heart Disease and Kidney function, more on the open heart surgery process and a program on diabetes and its connection to heart and artery disease to name a few.

Education is so valuable to all of us because we all want to maintain our quality of life.

Don't miss these great, free opportunities.

ARE YOU MAKING THESE MISTAKES?

There's an article in the January, 2018, *Spry Living* magazine titled "Heart Health Mistakes Even Smart People Make".

It points out that we know about blood pressure, cholesterol, saturated fats, salt, etc. but there are things we may be doing that can negatively affect our heart.

Hopefully you have a blood pressure monitor or other device so that you can keep track of your blood pressure and pulse at least a few times per week.

One is relying on the statin we take to keep our cholesterol under control. If we don't watch our diet and exercise, we still may have high LDL.

I remember my son, a professional athlete, saying, "It's OK for me to eat a lot of cheeseburgers because I'm exercising most of the time." I told him to talk to

the Trainer about that because I didn't think that was true.

Let's don't have a similar attitude about our cholesterol control – "I can eat anything I want because the statin I take will keep my cholesterol in check."

The article points out that not getting enough sleep may raise your risk of heart disease by 23%. That means you need 7 to 9 hours of sound sleep. It says that according to the journal **SLEEP** that not getting enough sleep will "set off a cascade of hormones, which are pro-inflammatory and increase the risk of high blood pressure and obesity." We all know that lack of sleep hurts your motivation to get out and walk, work in the garden and to exercise.

You've heard that sitting is the new smoking. Even if you're getting the right amount of exercise, you can't go back and sit for hours. That can lead to early death according to the American Heart Association. Even if you're an exerciser, keep yourself up and going most of the time...don't sit.

The **Spry Living** article next talks about the ill effects of yo-yo dieting. AHA research suggests that losing and regaining weight can increase the risk of sudden cardiac death and coronary artery disease. If you can't maintain a good weight it probably means you aren't eating and exercising right. Yo-yo dieting also puts stress on your heart.

Do you drink diet sodas because they are healthier? The article says that diet soda consumption is tied to higher risk of a stroke. It says, "Added sugar seems to be as bad for the heart as saturated fat... Diet soda is filled with chemicals that trick the body into producing the same insulin that's associated with eating sweets."

Finally, the article talks about stress. We have known for years that too much stress is hard on your heart. It raises your blood pressure and heart rate which, over time, will damage the walls of your arteries.

If you're stressed, take 30 minutes to meditate, do yoga, pray or read. Whatever works for you at casting off stress. (The Fitbit Charge 2, Blaze and Iconic have a Relax mode with guided breathing that will help one relax, lower blood pressure and relieve stress.)

So even if you are watching your diet and exercising as you should, drink water, keep your weight under control, monitor your blood pressure and pulse, get plenty of sleep, don't sit for long periods and do things to relieve excessive stress. Then just enjoy your healthy life.

You'll find you have more motivation to get out and do enjoyable things, enjoy your family and all of the things that make for a great quality of life.

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.

We have coffee, tea and hot chocolate along with some sort of snack that is heart healthy.

We look forward to seeing you there.

VISITING REPORT

November: Mended Hearts visitors made 46 visits to 38 patients. Visitors were Murrin Davis, Duane & Michelle Christensen, Marlyn Taylor, John Refsnider, and George Brown.

Facebook.com/Mended Hearts of Southern Oregon

