



MORE AWARDS FOR ROGUE REGIONAL MEDICAL CENTER'S HEART CARE

#1 in the Nation for Heart Care

The ongoing, integrated and collaborative system of patient heart care has led to the recognition of excellence for the heart and vascular program at Asante Rogue Regional Medical Center.

CareChex, a national medical care rating system, ranked Asante Rogue Regional:

- #1 in the U.S. for medical excellence** in interventional coronary care out of more than 3,000 hospitals in the country. Procedures include coronary artery stent placement and diagnostics.
- #1 in Oregon for patient safety** and medical excellence in heart attack treatment, out of 62 hospitals statewide.

MEDICAL EXCELLENCE
#1 Hospital in Nation
INTERVENTIONAL CORONARY CARE
2018 CARECHEX.COM

PATIENT SAFETY
#1 Hospital in State
HEART ATTACK TREATMENT
2018 CARECHEX.COM

asante.org/betterheart

ASANTE
Rogue Regional Medical Center
2625 S. Barnett Road
Medford, OR 97504

MEMBER OF
15 HOSPITALS
PAID
Asante

CareChex uses clinical data from general acute care hospitals and CHS. Data is available for groups of care delivery of any and patient satisfaction. CareChex is an information service of Quintiles, Inc.

In addition to the Beacon Awards we discussed in our last issue, CareChex has named Asante Rogue Regional Medical Center #1 out of 3,000 hospitals in interventional coronary care. They also named ARRCM #1 in Oregon for patient safety and medical excellence in heart attack treatment.

Congratulations to our outstanding cardiologists, nurses and other personnel.

See asante.org/betterheart

VOLUNTEER UPDATE

Jack Hafner is our first TAVR visitor. He'll visit his first patients this month. Meeting someone who has undergone the procedure will give the families a lot of comfort and hope. We really want to thank Jack for stepping up to support others.

Because of our new relationship with ARRCM as partners of Volunteer Services and thanks to Laura Nicholson and Lauren Van Sickle, there was a great article about Mended Hearts at ARRCM in the winter edition of Southern Oregon Magazine. Look for another story in the Mail Tribune in the near future.

HEART SURGERY ROOM STAFF AND INSTRUMENTS IN MARCH

Remember the terrific job Dan Neville did when he stood in for Dr. Folsom? He'll be back in March along with a Heart Surgery Nurse and an instrument tray.

Here's another chance to ask questions about heart surgery and recovery and to see the actual instruments used during the procedure.

If you thought of a question after the November meeting or if you missed the meeting and have a question, be sure to attend.

Daylight savings time will be in effect so darkness shouldn't be an issue.

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

WHY DIABETES MATTERS. FIND OUT IN APRIL

The following statistics speak loud and clear that there is a strong correlation between cardiovascular disease (CVD) and diabetes.

- At least 68 percent of people age 65 or older with diabetes die from some form of heart disease; and 16% die of stroke.
- Adults with diabetes are two to four times more likely to die from heart disease than adults without diabetes.
- The American Heart Association considers diabetes to be one of the seven major controllable risk factors for cardiovascular disease.

Join us on Tuesday, April 17th when Sue Amidon, RN,

CDE, will present a program on diabetes and cardiovascular disease.

If you have diabetes, what can you do? What are the new medications we see advertised that claim they can help with heart disease?

Be there to ask questions, learn and share.

You're invited! Tuesday, April 17th, at 5:30 pm in the Smullin Center at ARMMC.

DR. DINESH PRESENTED A WONDERFUL PROGRAM ON KIDNEYS AND THE HEART IN FEBRUARY



Dr. Kumar Dinesh, Renal Care Consultants, P.C., presented a wonderful program at our February meeting. The information he provided will help those in attendance with both their heart and kidneys which, Dr. Dinesh told us, are connected in very complicated ways.

An interesting item for heart patients is that Lasix, which is prescribed to avoid congestive heart failure, can contribute to kidney problems. There is a tightrope one must walk with that medication.

Another dilemma is the need to avoid a diastolic pressure of less than 65 if you have cardiovascular disease. Since there's no way to attack that number alone, you and your doctor have another line to walk.

Dr. Dinesh told us about the near future with 24/7 blood pressure monitoring which is much more indicative of health than the one time reading especially in the doctor's office. Until the 24 hour option is available, taking ones BP several times during the day is good.

Dr. Dinesh talked about **Cardiorenal syndrome (CRS)** is an umbrella term used in the medical field that defines

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Visit us at: www.mendedhearts137.org

And check out our Facebook Page:
[Facebook.com/MendedHeartsOfSouthernOregon](https://www.facebook.com/MendedHeartsOfSouthernOregon)

disorders of the heart and kidneys whereby “acute or chronic dysfunction in one organ may induce acute or chronic dysfunction of the other”.

Exercise along with cutting down on salt and alcohol is better than a pill.

Dr. Dinesh answered questions for a good deal of the time he had. His talk brought up a lot to consider especially as a heart patient.

It was certainly an hour well spent.

PRESIDENT’S CORNER

We have a Regional Cluster Meeting scheduled for September 15th that will be special. Samantha from the Volunteer Office has the hotel nailed down with a lot of amenities for the people who attend from out of the area. The speakers we are lining up will cover subjects that we don’t often hear much about such as peripheral artery disease, cardiorenal syndrome, the Procyron Aortix blood pump that may make the LVAD obsolete and cardiovascular risks of diabetes.

Add to the great conference the opportunity to attend a play at the Oregon Shakespeare Festival or one of the other theaters in the valley, a concert at the Craterian or the Britt Festival or one of the many other attractions in the Rogue Valley. It all makes for a weekend that we hope will interest Mended Hearts Members from around the region.

We are also going to do some promotion around the Valley and invite the public.

We expect it to be a wonderful weekend of education, roundtable discussions and fun.

Heart disease is the leading cause of death in the U.S. and it is very preventable. Here are some tips. You’ve probably already heard most.

First let’s consider something we know about, but few of us actually do – walk.

Doctor after doctor who speaks at our meetings and conferences talks about the value of exercise. Walking is a great place to start. It costs nothing to get out and walk and it is very beneficial.

First, talk to your doctor and then, with your doctor’s approval, start slowly and build up to at least 20 continuous minutes 4 times per week. Carson Meyer from the Cardiac Rehab Department at ARRCM told us that a full 20 minutes is the minimum for good benefit.

Be sure to wear good shoes and if you have balance problems pick a reasonably level surface. A normal pace is fine. You don’t have to set speed records.

There’s no upper limit to how far you can walk and get added benefit so as you get in better shape get out there and enjoy the scenery for longer walks.

In most towns, the mall is available in bad weather.

Exercise your other muscles, as well. Look at resistance bands. They come in a variety of resistances and most come with exercises.

Note: Doing housework and gardening isn’t exercise. At least it’s not the sustained exercise you need.

Of course, quit smoking. Quit sitting for long periods which is called the new smoking. Finally, watch your diet. That included lower salt intake. Cardiologists may say the jury is out on salt, but your renal specialist says it will affect your kidneys which, in turn, affect your heart.

MENDED HEARTS CONFERENCE IN SAN ANTONIO

Registration is now open for our National Education & Training Conference and CHD Symposium being held this summer in San Antonio. Join us in Texas July 14 - 18 at the Hyatt Regency San Antonio Riverwalk.

Our conference hotel is steps away from the legendary San Antonio River Walk and overlooks the

historic Alamo mission. For more information about hotel pricing, our first-time buddy program and registration info go to www.Mendedhearts.org.

The 5th annual MH CHD Symposium will kick-off our program on Saturday, July 14 with MLH Leadership Training continuing July 14 – 15 - 16.

Mended Hearts and Mended Little Hearts will join together on Sunday evening, July 15, for a festive "meet & greet" reception with Mended Hearts regional meetings, educational sessions, concurrent workshops and luncheons continuing Monday through Wednesday.

We are excited to announce that Dr. Steven Bailey, University of Texas Medical Branch San Antonio, will be our keynote speaker at the conference.

Remember that the Asante Foundation has allocated money to help you attend the conference. Now is the time to ask about it if you are interested in going.

MEDICATION NEWS

Important news regarding certain heart disease medications:

Earlier this month letters were sent to some heart disease patients and providers from Aetna indicating that XARELTO® would not be a Preferred Brand in 2018. (A preferred brand-name drug is one that is listed on an insurance plan's formulary or preferred

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.

list of prescription drugs. Such drugs may cost plan participants less than non-preferred brands.)

This decision has been reversed, thus both XARELTO® and Eliquis® will be in a Preferred Brand position across all of Aetna's Part D formularies. Mended Hearts has confirmed that Aetna will list both XARELTO® and Eliquis® as Preferred Brands on the Aetna & Coventry First Health Medicare 2018 Formularies. We are aware that there has been some confusion about this, thus we are clarifying this issue via today's communication. The Aetna Medicare online formulary will be updated shortly to reflect the 2018 formulary changes. (Note that Mended Hearts does not endorse any specific product, but rather provides this information to dispel any confusion that patients or providers may have.)

Please talk with your health care provider if you have any additional questions or need clarification for your prescription.

Check the formulary for your drug prescription plan if you take either of these medications.

VISITING REPORT

December: Mended Hearts visitors made 61 visits to 50 patients. Visitors were George Brown, Gary Roberts, Kellie Hill, Chris and Nancy Kloek, and Marlyn Taylor.

January: Mended Hearts visitors made 63 visits to 44 patients. Visitors were Michelle & Duane Christensen, John Refsnider, George Brown, Murrit Davis, Chris and Nancy Kloek and Bill Newell.

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