

# TICKER TOPICS

MENDED HEARTS OF SOUTHERN OREGON – CHAPTER 137

JANUARY-FEBRUARY, 2019



## FACEBOOK AND WEBSITE

First – we have a new Facebook account: "Mended Hearts of Southern Oregon - New":

<https://www.facebook.com/Mended-Hearts-of-Southern-Oregon-New-311052366190321/>.

Those of you, who get this newsletter electronically, can simply click on the link above and "Like" us. Otherwise we are "Mended Hearts of Southern Oregon - New".

Our new webmaster, Jeff Roberts, is also in the process of renovating our website:

[www.mendedhearts137.org](http://www.mendedhearts137.org) Take a look at that, as well. Jeff has some great ideas and you will see big changes in the future.

## VOLUNTEER NEWS

Being an official part of Asante Rogue Regional Medical Center (ARRMC) has really benefitted our chapter. It has helped ARRMC, as well, because our volunteers are also working in other areas of the hospital. We are also more compliant with Asante and hospital rules which will help ARRMC when their accreditation agency is on site and asks one of us a question. In the past, we probably couldn't have answered correctly which would have reflected poorly on ARRMC.

I'm excited to report that we have a new volunteer who is very close to being official. Mike Gray is a new member and has jumped in with both feet. We definitely need the help.

Some other exciting things are happening because of our affiliation with ARRMC Volunteer Services. You will see them soon.

## REACCREDITATION AND ELECTIONS IN JANUARY.

If you plan to be a Mended Hearts Visitor or Tour Guide or you are one already it is very important that you attend this meeting. If you have to miss this meeting you will need to take the online training on the Mended Hearts website. There will be some important training on local issues such as new TAVR visiting as well as reporting and paperwork.

In addition, our national and chapter officers are elected for 2 year terms. That bi-annual election is this month. Not only are there local elections, but our own Marlyn Taylor is running for Regional Director. We want to support Marlyn. Finally, we need several committee chairs. Please step up and help your chapter.

**You're invited to join us on Tuesday, January 15<sup>th</sup> 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

Dr. Hamed has spoken at a Mended Hearts meeting in the past so most of us are familiar with him and his ability to relay information we can use.

Dr. Hamed has a passion for new types of imaging and their use in cardiology. Find out about these tools which give your cardiologist better ways to keep us all healthy.

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

## NOVEMBER – THIS AND THAT BY MARLYN TAYLOR, ARD

Marlyn talked about a study sponsored by valve manufacturer Edwards-Sapien, that showed that over a one year period a Transcatheter Aortic Valve Replacement (TAVR) cost less than a surgically replaced aortic valve (SAVR). That's because of the of the length of the patients stay in CCU and in the hospital as well as the use of skilled nursing facilities for SAVR patients.

Marlyn then talked about the health of Mended Hearts of Southern Oregon and the need of members to step up and help as officers and chairs.

Marlyn then covered atherosclerosis which is the build up of plaque in ones arteries. Atherosclerosis is a leading cause of death in the US. Marlyn covered what is, the dangers, what the risk factors are and how to avoid being a victim.

## DECEMBER – ANNUAL HOLIDAY LUNCH AND BOARD MEETING



Our holiday lunch on December 1<sup>st</sup> was a success. It was a great time to just talk and learn about each other. I encourage you to take advantage of the June picnic and December lunch. They're fun.

On December 18<sup>th</sup> we had a Board meeting and came up with a budget for 2019 as well as a slate of candidates for 2019-2020.

We'll vote on our budget, local officers and regional and national officers in January. We also need to come up with a Visiting Chair in January.

### Executive Committee

President	Chris Kloek 541-973-9631 ckloek@charter.net
Vice President	Michelle Christensen 541-601-0062 michellechris575@gmail.com
Treasurer	Nancy Kloek 541-772-8533 kloeknc@charter.net
Secretary	Open
Members- At-Large	George Brown Bill Newell John Refsnider

### Committee Chairs

Visiting	
Training	Michelle Christensen
Newsletter	Chris Kloek 541-772-8533 ckloek@charter.net
Website & Facebook	Jeff Roberts 541-601-0062 jeffroberts@pobox.com



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

Visit us at: [www.mendedhearts137.org](http://www.mendedhearts137.org)

## PRESIDENT'S CORNER

The end of the year saw an overwhelming increase in surgeries. Both Asante Rogue Regional Medical Center (ARRMC) and Providence Hospital were very full and turning away some elective procedures. I guess people waited and then decided to get things taken care of before their insurance 'reset' in January. It made for a very busy hospital and started a new process for TAVR patients.

TAVR patients were being admitted on the Wednesday afternoon prior to their Thursday procedure. Because the Heart Center and CCU were full some TAVR patients were sent home and asked to come in on Thursday to be admitted before their procedure.

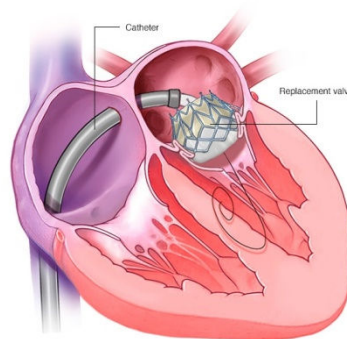
My understanding is that, going forward, the TAVR patient who is first on Thursday will be admitted on Wednesday and the others will be admitted on Thursday. That changes how our TAVR visitor will connect with patients prior to their procedure and will mean that our regular visitors will need to talk to the patients on Friday after their procedure to give them a HeartGuide and Cardiac Rehab contact list.

It's been a very successful year and we continue to do great support work at ARRMC as well as support for our members and others who come to our meetings. We look forward to continuing to provide support to heart patients and their caregivers. We also hope to expand the kind of heart patients we are able to support.

We have 3 volunteers who have expressed an interest in having a presence in ARRMC Cardiac Rehab. We already have a presence in Three Rivers Community Medical Center's Cardiac Rehab. (See the Visiting report on page 4.

It's great to be alive and to help others.  
Chris Kloek

## TRANSCATHETER MITRAL VALVE REPLACEMENT IN FEBRUARY



We're told that the first Transcatheter Mitral Valve Replacement (TMVR) procedure will be performed at Rogue Regional in February. That's 4 years after ARRMC's first TAVR in February, 2015.

We hope to have a cardiologist come and talk to us about this new procedures in March.

## LOW-RISK TAVR IS ANTICIPATED IN 2019

Two trials may result in the FDA approval of Transcatheter Aortic Valve Replacement (TAVR) for low-risk patients. Currently, one must be a high or intermediate risk patient to be a candidate for a TAVR. The process currently involves having the patient jump through a lot of hoops to be approved for a TAVR.

PARTNER 3 and CoreValve Low Risk are the two trials that will provide short-term results for low-risk patients soon. The trials are for low-risk patients who got either the Edwards Lifesciences Sapien 3 valve or the Evolut R valve from Medtronic for severe aortic stenosis. PARTNER 3 involved the Edwards valve and Corevalve Low Risk the Medtronics valve.

The expectation is that the results of these trials will be presented in March to the American College of Cardiology. If the results prove positive, the FDA is likely to grant commercial approval for low-risk patients. Then TAVRs will then be the primary procedure for replacing stenotic aortic valves. That

will be terrific for recover and lifestyle...a new valve without opening the patient's chest.

If TAVRs are approved for low-risk patients, they will be the predominate way aortic valves are replaced. Although most will, no doubt, opt for the TAVR where it is appropriate, younger patients may opt for a mechanical valve that will last longer. Time will tell.

### **IS A TAVR OR SAVR BETTER IF YOU HAVE AORTIC VALVE DISEASE?**

How do you make the best decision for treatment if you are diagnosed with aortic valve disease. Will it be a Transcatheter aortic valve replacement (TAVR) or a surgically replaced aortic valve replacement? A shared decision that you feel confident in is vital. How do you make that decision?

Recently Mended Hearts hosted an important webinar titled, "Shared Decision Making in the Era of Evolving Treatment Options for Aortic Valve Disease". In the era of advancing treatment options for valve disease, it is vital that patients understand how true shared decision making can be achieved. Shared decision making is more than just patient education. It's about feeling confident in the decisions you make about your care. Ask yourself if you feel confident in your understanding of valve disease? Do you feel sure that your doctor understands your concerns and desires?

If you missed this outstanding webinar and still would like to view it, you can watch the recording here:

<https://register.gotowebinar.com/recording/8576660582772285699>

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.

### **CAN CINNAMON HELP CONTROL BLOOD SUGAR?**

Researchers are studying the spice cinnamon to see if it helps control blood sugar, as folk treatments suggest. Researchers stress findings are not conclusive since other factors, such as exercise, cinnamon quality, and adherence to medications were often not accounted for. The researchers concluded that the spice deserved more research, but stressed that there is no evidence that cinnamon alone can control type 2 diabetes. Diabetes medications are essential.

The review was published in the Journal of the Academy of Nutrition and Dietetics

#### **VISITING REPORT**

**October:** Mended Hearts Visitors made 40 visits to 30 patients. Visitors were: John Refsnider, Jack Hafner, Bill Newell, Chris Kloek, Lan Roberts and Kellie Hill.

**November:** Mended Hearts made 50 visits to 32 patients. Visitors were Bill Newell, Nancy & Chris Kloek, John Refsnider, Marlyn Taylor, Michelle & Duane Christensen and Jack Hafner

**December:** Mended Hearts made 54 visits to 40 patients. Visitors were Nancy & Chris Kloek, Bill Newell, Kellie Hill, Jack Hafner, Lan Roberts, John Refsnider, Marlyn Taylor and Murrit Davis

**Follow-up calls in November:** 8 patients called by Marlyn Taylor.

**ATRCM Visits in November:** 19 patients visited by Marlyn Taylor.

**Facebook.com/Mended Hearts of Southern Oregon - New**

