

TICKER TOPICS

JULY-AUGUST, 2017

MENDED HEARTS OF SOUTHERN OREGON – CHAPTER 137



MENDED HEARTS VOLUNTEER NEWS!

A lot is happening on the Volunteer front. I'd like to tell you about some very exciting progress.

First, we have several new Volunteers. Gary Roberts is Visiting and conducting tours for "same day admit" patients. Judith Zoll is going to be available to patients in Cardiac Rehab and is conducting tours, as well. Mike and Rudell Harder are serving at the Critical Care Desk and Front Desk, respectively. I hope they are considering helping with tours or visiting.

As you are probably aware, the Transcatheter Aortic Valve Replacement (TAVR) program at ARMMC is very active. The Volunteer office will be sending out a joint Mended Hearts/ARRMC letter to 73 local patients inviting them to a meeting in early August to find out about visiting other TAVR patients.

Until we get some TAVR patients onboard, our heart surgery visitors will continue meeting with TAVR patients on the Wednesday before their procedure.

Thanks to all of our Volunteers! You are making a big impact for Mended Hearts at ARMMC.

AUGUST PICNIC IS SCHEDULED FOR THE 19TH

Let's get together at Holmes Park (a couple of blocks from the hospital) on Saturday, August 19th at noon for a BBQ/Potluck.

Bring a dish to share. The chapter will provide drinks, cups, plates and utensils along with bbq chicken.

From Barnett turn north on Black Oak and then turn west on Siskiyou (signal). The next right is on Modoc one block from Black Oak. Holmes Park is just past the open field and house on the right side of the street.



DR. JIM HALES, DDS, TALKED ABOUT THE CORONARY CONNECTION BETWEEN GUM DISEASE AND SLEEP APNEA

On May 16th, Dr. Jim Hales, DDS, presented a program titled "Gum Disease and Sleep Apnea, the Coronary Connection."

Dr. Hales cited studies that show that Gum Disease is connected to heart disease. If one has chronically bad breath and wobbly teeth, a dentist should be consulted. Several species of bacteria that cause periodontal disease are also found in artery plaque.

Dr. Hales spend most of his time on sleep apnea.

Apnea increases blood pressure which, as you know, doesn't help your heart.

Can't imagine using a CPAP? There are alternatives.

Dr. Hales practice has books on these subjects that he is happy to loan out.

PHARMACISTS, SHANE VANHANDLE TALKED ABOUT HEART MEDS IN JUNE

Shane VanHandel is a pharmacist at Asante Rogue Regional Medical Center (ARRMC). He visited us at our June meeting and filled us in on existing heart meds, new heart meds, places where you can find out about assistance paying for prescriptions, drug resources and more.

Shane told us about the different types of blood pressure, cholesterol, antiplatelet, blood thinners and heart failure medications and how they work.

New cholesterol meds include PCSK9 inhibitors. **Ezetimibe** is a drug that lowers plasma cholesterol levels. It acts by decreasing cholesterol absorption in the small intestine. It may be used alone (marketed as **Zetia** or **Ezetrol**), when other cholesterol-lowering medications are not tolerated.

He advised us to keep an updated medication list, use a pill box and to keep our prescription refills organized.

Resources for medications coupons and assistance include:

- www.rxassist.org
- www.needymeds.com
- <https://www.or-medicaid.gov>

The best online drug information resource that is available free of charge is www.epocrates.com:

- Free phone app – no annual subscription
- However, some wording and abbreviations are designed for healthcare professionals.

We want to thank Shane for being with us and answering questions.

Executive Committee

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

Committee Chairs

Visiting	George Brown (541) 608-0133 yorgob909@cs.com
Training	Open
Website & Newsletter	Chris Kloek 541-772-8533 ckloek@charter.net
Facebook	Michelle Christensen 541-601-0062 Michellechris575@gmail.com

Advisory Council

Sarah Hillyer, RN, Clinical Manager RRMC.
Patricia Wolfe, Cardiac Education, RRMC.
June Squires, Cardiac Education, RRMC
Beth Coker, MA, ES, Cardiac Rehab, RRMC

RRMC Liaison

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



Visit us at: www.mendedhearts137.org

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

TAKE NOTE IF YOU TAKE ASPIRIN FOR BLOOD THINNING.

If you take aspirin for heart health, don't take enteric aspirin.

A new study by Duke University found that aspirin coated with a material designed to avoid irritation in the stomach lining (enteric aspirin) did not reduce clotting at all.

Modified-release type aspirin did the best job of protecting patients from clotting. Normal aspirin also did well.

The effects of enteric aspirin were undetectable.



Saturday, October 14, 2017 8:00 am to 4:00 pm
Scripps Memorial Hospital
La Jolla, California

We will rent a Van to drive down. We hope you will come with us. Just \$15 registration includes breakfast and lunch.

A time to learn and meet Mended Hearts members from our Region.

NEW TECHNOLOGY AND REHAB HELPS STROKE SURVIVORS

Life after stroke probably won't be the same, but rehabilitation programs and new technology can help survivors to regain skills.

Nearly 130,000 people die from strokes each year; the Centers for Disease Control report that there is one death related to stroke an average of every four minutes. Annually, nearly 800,000 U.S. residents have a stroke, and for the majority (about 610,000) it is the first stroke.

The goal of any stroke rehabilitation program is to give the survivor as much independence as possible, by helping them to re-learn what the stroke took away.

Stroke rehabilitation programs are personalized and created with an individual's stroke-related limitations and goals in mind. Some programs focus on basic motor skills: Holding a fork or drinking from a cup. These programs include a variety of therapies; physical therapies focus on range of motion, motor skills, mobility, and forced-use activities meant to strengthen the muscles.

Technology is playing a big part in rehabilitation. To encourage upper extremity rehabilitation, patients often use a robotic device coupled with a video game that engages the mind, while encouraging hand and arm repetitions.

Another tech advance are devices such as Music Glove. This device improves brain-hand function. Patients wear a glove that plugs into a computer or tablet. Then they play a musical game that requires certain finger movements. In clinical trials, the device improved hand movement in two weeks.

The Mayo Clinic encourages survivors to begin rehabilitation activities as soon as they are medically stable, typically within 24-48 hours of the stroke event. The sooner these therapies start, the better chance the survivor has to recover skills and abilities, doctors say.

Depending on the severity of a stroke, rehabilitation treatment can be done in inpatient therapy.

REDUCING YOUR TOP BLOOD PRESSURE NUMBER MATTERS ... A LOT

Individuals with systolic blood pressure at the 140 mm Hg level are usually satisfied by that number. They may be more concerned about the risks of carrying around too much body fat.

Now, however, there's new evidence that systolic pressure of 120 brings lower risks for heart disease, stroke, kidney failure and erectile dysfunction. The evidence shows that high blood pressure is the heart's worst enemy.

The higher risks were reinforced by the SPRINT trial, which was presented at the annual meeting of the American Heart Association. The trial was a large study of the effects 140 mm Hg blood pressure compared with 120 or below. Systolic pressure measures pressure as the heart contracts and pumps blood to the rest of the body.

The researchers randomly assigned 9,300 hypertensive patients over age 50 to either the 140 or the 120 group.

Results were published in the Journal of the American Medical Association.

Those who were close to 120 had significantly lower rates of premature heart-related death and death from any cause. They reduced their risk of heart failure by 38 percent and death from heart problems by 43 percent when compared to the 140s. Dr. Paul Whelton of Tulane University, chairman of the SPRINT trial said, "Overall we deem that the benefits of lower blood pressure far outweigh any potential for risk."

Major organizations are considering the recommendation for reducing systolic pressure to 120. It could be the beginning of the new normal.

Nearly one in three Americans has hypertension, one reason heart disease is the top killer of both men and women in the United States.

PRESIDENT'S CORNER

With the help of Judith Zoll and ARRCM's Cardiac Rehab, we are about to start a new service that will connect us with more heart patients. It will be our opportunity to connect with stent patients, Afib patients, etc. we aren't visiting at this time.

I believe I've mentioned it before, but being able to visit 'same day admit' patients goes a long way toward giving the patient and family a little peace of mind. We give the patient and family a tour of the areas that will be important to them on the day of their surgery, tell them about our experience and answer questions.

Working at the Critical Care Desk is also very fulfilling. We are able to keep families up to date on the progress of their loved one's surgery and tell them about our experience as patients, caregivers and visitors.

It's great to be alive and to help others!

VISITING REPORT

April: Mended Hearts visitors made 49 visits to 53 patients. Visitors were George Brown, Kellie Hill, Marlyn Taylor, Murrit Davis and Duane Noon.

May: Mended Hearts visitors made 70 visits to 36 patients. Visitors were George Brown, Duane Noon, Chris & Nancy Kloek, Michelle Christensen, John Refsnider and Gary Roberts.

June: Mended Hearts visitors made 50 visits to 40 patients. Visitors were Marlyn Taylor, Gary Roberts, Kellie Hill and Chris & Nancy Kloek.

Facebook.com/Mended Hearts of Southern Oregon

