

TICKER TOPICS

MAY-JUNE, 2017

MENDED HEARTS OF SOUTHERN OREGON – CHAPTER 137



MENDED HEARTS VOLUNTEER NEWS!

Our Volunteer partnership with ARRCM continues to benefit both organizations and gives us a renewed sense of helping heart patients and the hospital.

We have started giving tours for heart surgery patients and their families prior to their pre-surgery class. What a wonderful opportunity to visit with them prior to their surgery. They get a chance to see someone who has had open heart surgery and is thriving. That goes a long way toward relieving anxiety felt by both the patient and family.

We are now visiting TAVR patients. Our Visitors have had patients to visit the last 3 weeks. We will reach out to TAVR patients and encourage them to join and become Visitors to see other TAVR patients.

Finally, 4 more of our members have become official ARRCM Volunteers. We look forward to adding them to one or more of the services in which we are active as a chapter.

Contact Chris Kloek if you are interested in helping heart patients and their families. It's very rewarding.

JOIN US FOR SOME VALUABLE EDUCATIONAL OPPORTUNITIES IN THE COMING MONTHS

You are invited to join us on third Tuesday of each month at 5:30 pm in the Smullin Center at ARRCM for a valuable educational event. The Smullin Center is located between the parking structure and the hospital on the Rogue Regional Medical Center Campus.

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

You are concerned with diet and exercise to ward off more heart problems. What we often don't know is that gum disease and sleep apnea may also contribute. We can do something about both of them.

You are invited to join us on Tuesday, May 16th at 5:30 pm in the Smullin Center to find out more.

On June 20th, Pharmacist, Shane Van Handel, will talk to us about new heart medications, old heart medications and financial assistance programs that may be available to you.

Join us on July 18th. You want maintain the fitness level you achieved during Cardiac Rehab. Carson Meyers from ARRCM Cardiac Rehab will demonstrate exercises we can do at home that will do just that.

TWO WONDERFUL CARDIOLOGISTS COVERED A NUMBER OF TOPICS IN MARCH AND APRIL

Dr. Miruais Hamed gave an enlightening presentation at our March meeting and answered dozens of great questions from those in attendance.

Dr. Hamed has a passion for reducing the chance that a heart patient will have further problems. He gave us detailed information about best practices to keep you in the best shape possible. We learned a lot and enjoyed getting to know Dr. Hamed.

Dr. Junyang Lou told us all about Transcatheter Aortic Valve Replacement (TAVR) as well as

Peripheral Artery Disease (PAD) at our April meeting.

Dr. Lou told us about the advancements in valve design over its 10 year use here in the US. He talked about issues as well as benefits with the procedure.

Dr. Lou showed us pictures of the 2 types of valves currently used at ARRCM. The Medtronic valve is self-expanding while the Edwards Sapien valve is balloon expanded.

The other topic Dr. Lou covered was peripheral artery disease which affects your legs. It can be quite serious and people often overlook the symptoms.

Dr. Hamed and Dr. Lou had similar solutions for avoid heart problems and PAD:

- Exercising
- Controlling your blood pressure and cholesterol
- Not smoking
- Having a healthy diet.

ARRMC RANKS NO. 1 IN THE NATION FOR HEART ATTACK READMISSIONS

Asante Rogue Regional Medical Center ranked number 1 in the nation in limiting readmissions for heart attack patients according to numbers recently released by CMS. Not only that but the numbers put ARRCM cardiac care in the top 5 percent in the nation.

IT takes everyone working towards the end of better care and Mended Hearts is a part of that.

A recent phone survey of past heart surgery patients asked specifically about Mended Hearts. The response was very positive about our program.

ARRMC's success adds to a long list of awards and recognition the hospital has received. ARRCM is recognized as a national Top 100 Hospital for the fourth consecutive year in an independent review by Truven Health Analytics. Asante is on the list of 15 Top Health Systems for the nation.

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Visit us at: www.mendedhearts137.org

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

MENDED HEARTS NATIONAL CONFERENCE IN NASHVILLE. JULY 3-7

Register today for the 65th Mended Hearts Education and Training Conference!

'Let Freedom Ring...Let Your Heart Sing' is this year's conference theme as chapter leaders, members, caregivers and professionals gather in Nashville for the Mended Hearts Education and Training Conference. The July 3 - 7, 2017 event will be held at the Gaylord Opryland Resort & Convention Center, 2800 Opryland Dr., Nashville, TN.

This year's conference will offer invaluable sessions and breakout seminars, with keynote speakers focusing on heart-related topics for patients and caregivers. Exhibitors will include sponsors and vendors offering attendees an opportunity to ask questions and gather educational materials.

When planning your trip to Nashville, consider coming in early or extending your stay. The Nashville fireworks show is known to be one of the best in the country. Invite your family to join you to enjoy all that Nashville offers!

Conference details and online registration is now available at www.mendedhearts.org, or call 1-888-432-7899 for additional information.

CONNECTIONS IN A HEARTBEAT

Mended Hearts new and exciting online support community for heart patients and CHD families is now open to both members and the public.

To join the community, go to connect.mendedhearts.org and click on "I can't log in". An email asking you to create a password and login will be sent to the email we have listed for you in our data base.

Once you are logged in you can join our communities, build a profile, connect with others, and ask questions.

This powerful outreach tool will improve our ability to support others, and will help spread the message of Mended Hearts and Mended Little Hearts. We hope you will join the Connect Community and get involved!

GIVE A FULLER LIFE

Mended Little Hearts has launched a new campaign called 'Give A Fuller Life' which shows how donating more money can improve the life of kids with Congenital Heart Disease.

The animated short follows a day in the life of Max Page, a real 11-year-old born with a Congenital Heart Disease (CHD). As you pledge to donate more money, Max's day gets more joyful, the animation grows more sophisticated and the music more beautiful. In addition to raising money that will help support CHD families and patients across the country, the campaign will help raise awareness of how this terrible disease affects patients and families.

The idea was worked on by Saatchi & Saatchi New York, and the five different animation levels were created by Oscar-nominated company Studio AKA, with music by Stabbiolo Music.

You may not know it, but you've probably seen Max. The 2011 Volkswagon Superbowl commercial featuring a little Darth Vader was popular. Max was the little Darth Vader.

Those of us who went to the Mended Hearts Conference in San Diego in 2013 got to meet Max in person. At that time he'd had 8 open heart surgeries. It hasn't slowed him down much. He's quite an energetic young man.

Find out more about the real Max in this behind-the-scenes video found at www.Mendedlittlehearts.org and watch Max's day out at giveafullerlife.com and share with #GiveAFullerLif

TAKE CARE OF YOURSELF AFTER HEART SURGERY

Although this applies to all heart problems, it's still great advice.

Take any prescribed medication. Follow the instructions of your doctor and take all medication as directed. Depending on the procedure, you may be prescribed a range of medication. It is important to know what you are taking, what it does, how and when to take it, and any possible side effects. Continue to see your doctor. Attend any follow-up appointments scheduled with your doctor so that they can monitor your progress. Complete cardiac rehabilitation. Outcome and outlook will be much better. Get support. Getting support from loved ones, health professionals and support groups like Mended Hearts can help reduce the emotional burden.

Heart surgeries don't just take a physical toll; they also leave emotional wounds in both the patient and the family. Family will notice physical changes in the patient after release from the hospital. Your loved one may be tired and weak during the days directly following discharge. They will generally be restricted from strenuous exertion such as lifting heavy objects or sports. Nonetheless, at some point, the doctor will advise the patient to return to physical activity. The patient must be encouraged in this, but families should avoid being overprotective.

You can help your loved one by encouraging them to share their feelings and speak to a medical professional, if required. Your loved one will be encouraged to make lifestyle changes to help prevent future heart disease. High blood pressure, high cholesterol, smoking and diabetes are all major risk factors for heart disease.

PRESIDENT'S CORNER

I continue to be thrilled by the participation and enthusiasm of our members. I thank Laura, Mandy and Sam in the Volunteer Office for their support which is a big part of our success.

Many of the heart surgery patients at ARRC are from out of the area and are unfamiliar with our hospital. Now we are able to give those patients and their families, who are same day admits, a tour of the places that will be important to them during their stay. At the same time we can conduct a "visit" much as we would for a patient who is admitted the night before their surgery.

Having the patient and their families see a heart surgery patient who is doing well and who is able to answer their questions about what the experience was like gives them some level of peace... both patients and family members.

The tour along with the map we provide helps the family members eliminate one worry.

The service is a terrific addition to our work at of helping heart patients.

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

VISITING REPORT

February: Mended Hearts visitors made 39 visits to 34 patients. Visitors were George Brown, Kelli Hill, Marlyn Taylor and Michelle and Duane Christensen.

March: Mended Hearts visitors made 42 visits to 36 patients. Visitors were Michelle & Duane Christensen, John Refsnider, Murrith Davis, Nancy & Chris Kloek and George Brown.

Facebook.com/Mended Hearts of Southern Oregon

