

# TICKER TOPICS

SEPTEMBER-OCTOBER, 2017

MENDED HEARTS OF SOUTHERN OREGON – CHAPTER 137



## MENDED HEARTS VOLUNTEER NEWS!

Our chapter currently has 13 Volunteers out of 64 members. We could use more volunteers in the following areas that benefit heart patients:

- **Visiting**
- **Heart Surgery Patient Tour Guides**
- **Critical Care Information Desk**
- **TAVR Visitors**

Although being a member and supporting other heart patients at our monthly meetings is very important, those, who are able, might consider the

## CELEBRATING OUR 35TH ANNIVERSARY IN OCTOBER!!

In 1977, noting the number of heart patients being sent to Eugene and Portland for surgery, a local group of cardiologists headed by Dr. Minor Matthews became convinced that Rogue Valley Medical Center could very well sustain a heart program of its own. So, RVMC located a young surgeon, Dr. Roger Millar, who was then a member of nationally prominent Dr. Denton Cooley team at Baylor University in Texas. Estimating that around fifteen surgeries per year were possible here in Southern Oregon, Dr. Millar came to Medford to establish a surgical and care center known as Three West. As it turns out, he performed around 45 surgeries that first year and the RVMC program was off and running.

Dr. Millar was very familiar with another Texas based organization called Mended Hearts, so together with two nurses, Gretcha Estensen and Judy Yates, he called a meeting to see if sufficient interest existed to

have a chapter of Mended Hearts in Southern Oregon. There was interest and Chapter 137 was established.

The chapter was incorporated as a non-profit in 1982, and the first visitor training program, run by Bob Cool, in 1983. The first training drew 38 attendees, of whom 30 became certified visitors.

Current members, Denise Kellenbeck, Bill Newell and Paul Creel joined in 1985, 1986 and 1987 respectively. We hope to hear their recollections about how things have changed over the years at our October 17<sup>th</sup> meeting.

We hope to see you on Tuesday, October 17<sup>th</sup> to celebrate with some recognition certificates, nurses who were a part of the early days of our chapter and Dr. Millar's practice, cake and more.

## IF WE STICK WITH THE EVENING FORMAT THROUGH STANDARD TIME, WILL IT AFFECT YOU?

Some members have mentioned that they like the evening meetings and would like to continue despite end of daylight savings time.

Before we make that kind of decision, we need to hear from you if it will affect your attendance at our October-February meetings.

Another alternative is to meet later in the afternoon. Perhaps 3:30-5:00. (Room availability might be better.)

It's true that it's easier to get rooms and programs in the evening.

## CARSON MEYERS, SUPERVISOR OF ARMMC CARDIAC REHAB, SHOWED US GREAT WAYS TO STAY FIT AFTER REHAB

There are some simple ways you can get the cardio as well as muscle maintenance exercises done without much hassle and extra equipment. Carson Meyers who is the supervisor of Asante Rogue Regional Medical Center's Cardiac Rehab program not only told us how... he had us try the ideas out.

Carson did caution us to talk to our doctor first. He also told us that daily living is not exercise. Chopping wood, vacuuming, scrubbing floors, etc. does not provide the sustained heart rate you need.

Carson says that one should get out and walk, do the simple exercises he demonstrated or ride a stationary or regular bicycle 30 mins 5 days per week. The objective is to maintain 40-60% of your maximum heart rate called your target heart rate. He gave us the formula for calculating your target heart rate. He did say that some heart meds may prevent you from hitting your target heart rate. In any case, you should never try to reach your maximum heart rate which is 220 minus your age.

You'll need a smart phone app, fitbit, apple watch or similar device to tell you what your heart rate is. Of course, you can always take your own pulse periodically.

Carson also said we should be doing some weight training 2-3 times per week to decrease osteoporosis and maintain muscle tone. Just make sure you exercise all muscle groups over the course of a week.

For most of us, the only way we're going to do this is to set up a program that is convenient, safe and accountable. (Interestingly, Dr. Lou will soon be making the "Walk with a Doc" program available. Stay tuned for details.)

Exercise is as important as stopping smoking and a healthy diet. You may have heard that "sitting is the new smoking."

### Executive Committee

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### Advisory Council

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Patricia Wolfe, Cardiac Education, RRMC.  
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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](http://www.mendedhearts137.org)

And check out our Facebook Page:

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

## **AUGUST PICNIC WAS FUN DESPITE THE SMOKE IN THE VALLEY**

Although we had several cancellations because of the smoke in the valley, the weather was perfect (one attendee said she wished she had brought a sweater).

It's always great to simply talk and get to know one another better.

We'll try an earlier date to avoid heat (which wasn't a problem this year) and smoke. Perhaps late June... how about Saturday, June 30, 2018?

Next special event is lunch on December 9<sup>th</sup>.



## **PRESIDENT'S CORNER**

Our meetings have been well attended this year with some great programs scheduled by Michelle Christensen, our Program Chair. Michelle has had a challenging year, but has worked hard to come up with quality education that greatly benefits heart patients and caregivers. Thanks Michelle!

For our Volunteers, the Annual Elements online courses are going to be available in October and must be completed by the end of the year. There will be several days set up when you can come in to the Iverson Computer Training Room and complete your courses with the help of a staff member who will be on hand. This is an important refresher. You represent ARRCM and Mended Hearts and must know the rules and procedures.

Our chapter will be hosting a Mended Hearts Regional Cluster meeting on Saturday, September 15, 2018 from 8:30-4:00 in the Smullin Center. I hope you will plan to attend. We will have some great speakers and it will be an opportunity to meet Mended Hearts members from Alaska, Washington, Oregon and California. I'll need help the day of the meeting. Put it on your calendar now.

Remember that attending meetings helps support other heart disease attendees. You are doing a great service to them as well as learning a lot about what you can do for yourself.

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

## **A NEW DRUG IS ON THE HORIZON THAT TARGETS ARTERY INFLAMMATION**

A new drug is on the market that helps prevent heart attacks by minimizing inflammation. Even in patients with normal cholesterol, heart attacks occur. That is because inflammation still causes arteries to become blocked.

The new drug from Novartis AG is called Ilaris and is the drug canakinumab. The cost is prohibitive much like the cost of repatha, but the primary thing it shows is that inflammation can be attacked directly. That's a huge step forward.

As we recall from Dr. Dan Smith's presentation a couple of years ago, there is valuable to test for C-reactive protein or CPR which is a sign of inflammation. Canakinumab lowers CRP.

There are less expensive ways to lower CPR. Foods that Lower the C-Reactive Protein. The Mediterranean diet includes foods that are beneficial for lowering inflammation and thus C-reactive protein levels in the body. This diet contains fresh, whole foods, including fruits and vegetables, whole grains and fish, which supply anti-inflammatory omega-3 fatty acids.

According to a recent AP article, unhealthy habits (smoking, high blood pressure, lack of exercise, poor diet,

etc., along with joint injury can lead to chronic, unseen inflammation.

Targeting inflammation itself heralds the dawning of a new era Dr. Steven Nissen, Cleveland Clinic's heart chief has said.

## THE FIRST AND ONLY FDA-APPROVED HEART FAILURE MONITOR

The CardiMEMS™ HF System proactively monitors changes in blood pressure through your pulmonary artery which can indicate worsening heart failure even before you notice symptoms such as shortness of breath or weight gain.

The CardiMEMS™ HF System features a small pressure-sensing device that is implanted directly into the pulmonary artery. It is implanted through the femoral artery via a catheter much like a stent. It is about a half inch long and not very wide with 2 loops (pictured below). It wirelessly sends data to your doctor via a home electronics unit.

The sensor is permanently implanted. You will not feel it and it won't interfere with your daily activities and it will not interfere with other devices you may have such as a pacemaker or defibrillator.

The sensor is simple and easy to use and does not need a battery or replaceable parts.



## MENDED HEARTS HAS SOME GREAT GUIDES

Go to [mendedhearts.org/education](http://mendedhearts.org/education) for some great guides you can download. Knowledge is very important as we manage our health.

You will find these subjects:

- Afib and Stroke
- Blood clots: DVT and PE
- Chronic Heart Failure
- Depression and your heart
- Heart Attacks – signs and symptoms, treatments and what to do if you think you are having one
- High cholesterol and FH
- Medication adherence and compliance
- Tips for Caregivers
- Valve Diseases

Don't know what DVT, PE and FH are? Go to [mendedhearts.org/education](http://mendedhearts.org/education) and find out.

### VISITING REPORT

**July:** Mended Hearts Visitors made 59 visits to 44 patients. Visitors were Chris & Nancy Kloek, Marlyn Taylor, Murrit Davis and John Refsnider.

**August:** Mended Hearts visitors made 52 visits to 49 patients. Visitors were John Refsnider, George Brown, Nancy & Chris Kloek, Gary Roberts, Kellie Hill and Michelle & Duane Christensen

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