

Healing Hearts

FALL 2018 ISSUE 6



President's Message:

We are blessed to be living in the 21st century

**Jeff
Davidson**

Sometimes heart (and diabetes) patients have no one to share their anxiety and concerns with and that's where our group comes in—sometimes starting with a visit in the hospital and continuing at our monthly educational meetings. Friendships are formed and we help you connect with others on a similar heart journey. It is important to note that our monthly educational meetings can benefit CHD (congenital heart disease) patients as well as CAD (coronary artery disease) patients.

CHD patients sometimes have an advantage of knowing early on about their condition. A CAD patient is more likely to be surprised with an unforeseen heart event. I need to always remind my family, growing up on a fried chicken, mashed potatoes, and gravy diet 😊, that being overweight can lead to sleep apnea, diabetes and heart disease, including heart failure. Diabetics are at a much greater risk for heart disease than the average person.

So, our educational meetings on A-Fib, diabetes and the heart, sleep apnea, medication management, depression and anxiety, heart failure, heart valve disease, enhanced fitness, nutrition and more apply to everyone. More education leads to more active management of your condition. In that regard, I'm pleased to announce that we set a new meeting attendance record of 132 attendees in June to hear Dr. John Hummel speak on advances in arrhythmia treatments.

Join our 300-member group, talk with people on the same heart journey, and take charge of your heart health with continuing education. Inspiring and supporting people at risk and reaching people before they have a surprise cardiac event is our mission and it's an opportunity to ease the concerns of someone who needs a dose of positivity!!

For more information, visit our website www.healingheartscentralohio.org. You can reach me at (614) 580-1561 or at jadavidson@columbus.rr.com with questions, suggestions for a meeting topic, or information on how to join.

Stay heart healthy,
Jeff

OUR SPONSORS:



Welcome New Members!

Our Mission: To inspire, comfort, support, and assist in educating Central Ohio heart patients, caregivers and people at risk of a heart event.

Our Method: We partner with local hospitals and rehabilitation clinics to help those affected by heart disease. We help through our heart patient visiting program, monthly heart education meetings, and other outreach.

Our Members: We have over 300 members, including medical professionals, heart care administrators, caregivers, and heart patients who can share a variety of “heart success stories” including: growing up with congenital heart defects, valve replacements, aneurysm repairs, stents, bypasses, pacemakers, ICD implants, LVAD and heart transplant surgeries.

Local Sponsors and Partners:

OSU Wexner Medical Center, Ross Heart Hospital, Boston Scientific, Briova RX, Collins Law Office LLC, Heartland, Hospice of Central Ohio, Kindred, MacIntosh Heart Health & Rehab Centers, Medtronic, Novartis, St. Jude, Vitas Health Care, YMCA of Central Ohio

Newest Members:

Marcia Bohle,, Dr. Eric Goulder, James Hilborn, Geoffrey and Joan Hollis, Allan and Charlene Kerze, Rachel Krause, Karen Maddex, Dr. Barb McClatchie, Patrick McEntee, George and Judy Mirka, Merv Muller, Susan Prince, Robert and Marilyn Pugliese, Thomas and Susan Shostak, Charles and Mary Smithson,

Officers and Chairs:

President - Jeff Davidson
jadavidson@columbus.rr.com

Vice President - Jim Kelly
Secretary - Lynne Kelly
Treasurer - Helen Davidson

Membership - Open
Visiting Chair - John Afek
Newsletter - Christine Ballengee Morris
morris.390@osu.edu

Marketing/Development Chair - Ron Keener
Hospital Coordinator - Annette Salser
Technology Chair - John Cole

Meeting News

Thurs., Sept 13th: Clinical Pharmacists from OSU will speak in “**An Evening With The Pharmacist**”

Thurs., Oct 11th: Dr. Eric Goulder will speak on “**Heart Attacks Are Optional**”

Thurs., Nov 8th: Dr. Rami Khayat will speak on “**Reversing the Effects of Sleep Apnea to Better Manage Heart Disease**”

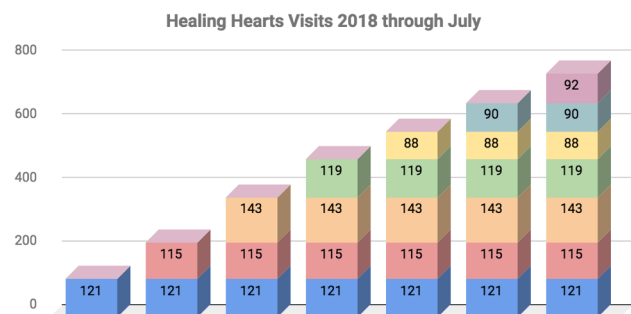
Thurs., Dec 13th: Members Only Celebration of Life Dinner

Patient Visiting Report

We visit at the Ohio State Ross Heart Hospital and University Hospital East.

We need more accredited visitors at each. Requirements to become a Visitor are:

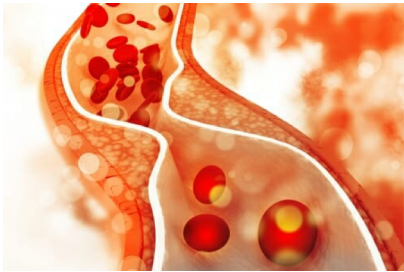
- (1) Be a Healing Hearts member;
- (2) Attend a HH Accreditation class;
- (3) Attend a Hospital volunteer class;
- (4) Pass the OSU Hospital background check.



In The News

How stents could be eliminated from angioplasties and bypasses

By Danielle Kirsh



[Image from the University of Wisconsin-Madison]

Researchers from the University of Wisconsin-Madison and The Ohio State University have developed a strategy for keeping blood vessels open following angioplasties and bypasses.

When patients have clogged arteries, they usually have to go through a procedure to open the vessel with a balloon called an angioplasty and have a stent placed inside the vessel to keep it open. Some stents are also designed to release drugs to prevent future clogs. Drug-eluting stents may stop the overgrowth of smooth muscle cells that could cause vessel re-narrowing, but the drugs could also poison the endothelial cells that form the inner wall of the blood vessel. The presence of a stent in the body can also increase the risk of blood clots.

The researchers suggest that they can suppress smooth muscle cell growth while protecting endothelial cells and allow them to regrow after surgery. One of the researchers, Shaoquin Gong, developed drug-loaded nanoclusters coated with a biomembrane that can safely deliver a drug to allow for regrowth.

Doctors can inject the nanoparticle through an IV as the biomembrane coating guides the drug to a targeted location.

“You want to deliver your drug more specifically to the injured vasculature,” Gong said in a press release.

Gong and the other researchers received a \$2.4 million grant from the National Institutes of Health to create a stent-free approach with nanoparticles for drug delivery. The grant builds upon studies from Ohio State researchers that identifies potential drug targets.

The research was published in the *Biomaterials* journal.



Visiting Highlights: Heart Patients

By Jim Kelly

Visiting Healing Hearts: Growing older makes me aware of my emotions during my younger days. Visiting heart patients exposes me to new emotions that recall those memories more clearly.

Every day is a gift: “Hey, I woke up. Thanks, God!” No matter how I feel, I’m still positive and thankful for the gifts I’ve been given. Doesn’t that recall the emotional song by ABBA *Thank You For The Music*?

My Healing Hearts Version:

I'm nothing special, in fact I'm a bit of a bore
If I tell a joke, you've probably heard it before
But I have a heart, it's a wonderful thing
'Cause everyone shares when it does its thing.
I'm so grateful and proud
All I want is to sing it out loud
So I say

Thank you for the healing, the health I'm feeling
Thanks for all the joy we're bringing
Who can live without it, I ask in all honesty
What would life be?
Without a heart or a smile what are we?
So I say thank you for the healing
For giving it to me

I've been so lucky, I am the guy with the golden pacer
I wanna sing it out to everybody
What a joy, what a life, what a chance!
So I say

Thank you for the healing, the health I'm feeling
Thanks for all the joy we're bringing
Who can live without it, I ask in all honesty
What would life be?

To find out more about becoming an accredited Healing Hearts visitor, (rhyming helpful but not required) contact Jeff Davidson, John Afek, or Jim Kelly jimkelly4@gmail.com / 614 859 9365.



Heart Spotlight



Many of you may be familiar with the pharmacist who works at your local pharmacy. These pharmacists are available to answer questions, provide information on your medications, and even administer vaccines! But how many of you are aware of a pharmacist's role when you are in the hospital?

To obtain a pharmacist license, all pharmacists attend college for a minimum of 6 years and receive a Doctor of Pharmacy degree upon graduation. After graduation, some pharmacists obtain an additional one to two years of specialized training in a particular area, such as cardiology or oncology. At The Richard M Ross Heart Hospital, there is a unique group of pharmacists who work alongside of the medical team – including doctors, nurses, dieticians, and respiratory therapists – to ensure the medications prescribed to you are safe and effective. This group of pharmacists has specialized training in the areas of cardiology/critical care. They are aware of the standards of care, as well as new therapies in development.

Each pharmacist reviews the patient's medication list, laboratory values, vital signs, and any other test results to ensure they are receiving the most appropriate drug at the correct dose. This assists in minimizing side effects from the medications and enables the patient to remain on their therapy. In situations where one drug is not working or the patient is experiencing side effects, our pharmacists suggest alternative medications.

The pharmacist assists the medical team by reviewing and updating a patient's home medication list. As the patient is transitioning back home, the pharmacist reviews the discharge medication list to ensure the drug therapy prescribed is affordable and easy to obtain. Our pharmacists spend time educating the patient and family about their medications and the importance of adhering to the medication plan in order to help feel better, stay out of the hospital, and live longer!

The pharmacist is dedicated to providing the medical team accurate drug information and providing the patient with the safest and most effective drug therapies.

Christine Ballengee Morris, PhD: I was born with a congenital heart disease called coarctation of the aorta, which is a narrowing of the aorta that restricts blood flow to the upper part of the body. Experts state that this condition often isn't detected until adulthood. As a teenager, I noticed that my legs were tinted blue and would feel as if the legs were asleep but I kept on pushing myself.

It was not corrected until I was twenty years old with an open-heart procedure—the narrowed section of my aorta was removed (3 inches) and replaced with a Dacron tube. At the time, I thought it was fixed—but 20 years ago I began suffering with high blood pressure with one blood pressure cocktail after another but no relief. The cardiologist did tests and found that my aorta had re-coarctated at both ends of the original repair piece, and I had a bicuspid aortic valve. The plan was to fix the aorta and observe the valve. Because of a technique used in the 70s to repair my coarctation by removing the damaged aorta and replacing it with a dacron tube, they felt that the best way to repair it was by using experimental stents. I did not meet the protocol design, so the doctors applied for compassionate use.

Dr. Cook was in the practice of having brain scans done on his patients, since a small percentage of patients have brain aneurysms. I had two aneurysms. The decision was to repair the heart and then the brain. The brain would be repaired in two surgeries. Due to complications after the first surgery, a stroke, my memory from the time they wheeled me into the operation room to being placed in the rehabilitation hospital was lost and some of my memories have never returned. The next brain surgery went well—no strokes.

A few years later, I started having troubles again. Through several tests—including a heart catheterization, 30-day heart monitor, and an electric pulmonary study, I received a defibrillator. Through out all of this, I never forgot that it was Dr Oz who suggested the positive pathway so I emailed his show with my story. They contacted me and I ended up telling my story, which was such a thrill.

So why tell this story? Healing takes a long time and includes one's family and friends. I learned that a partnership with my medical caregivers is critical. Thank you for giving me more days to enjoy.



Do You Have Heart Disease?

Do you take aspirin daily to help reduce the risk of a heart attack or stroke?

- Cardiologists at The Ohio State University Wexner Medical Center are participating in a national study to determine whether 81mg or 325mg aspirin is more effective.
- If you qualify, you will receive \$25 for your participation.

**Find out
if you're
eligible**

- **Talk to your doctor today**
- **Call the study team at 614-292-3962**

If you're eligible, you'll be given an access code to enroll online.

To learn more about this study, visit www.theaspirinstudy.org



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER



Adaptable

The Aspirin Study



**Boston
Scientific**
Advancing science for life™

**NEED AN
ALTERNATIVE TO
BLOOD THINNERS?**

WATCHMAN™
LEFT ATRIAL APPENDAGE CLOSURE IMPLANT

WATCHMAN™ THE ONE-TIME PROCEDURE

to reduce stroke risk for people with atrial fibrillation not caused by a heart valve problem.

Learn more at www.WATCHMAN.com or call **1-844-355-9121**

Be sure to talk with your doctor about the risks and benefits associated with the WATCHMAN Implant. See additional safety information at WATCHMAN.com

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Heart Healthy Recipes

Eggplant Bolognese with Zucchini Noodles



Ingredients

- 1 1/2 lbs. eggplant, diced
- 1/2 lb. ground beef
- 2 tbsp extra virgin olive oil
- Salt and freshly ground pepper
- 1 large yellow onion, chopped
- 3 cloves garlic, minced
- 2 bay leaves
- 4 sprigs thyme
- 1 tbsp tomato paste
- 1/2 cup red wine
- 1 28-oz. can whole peeled plum tomatoes
- 6 leaves fresh basil, chiffonade

Total Time: 15 minutes

Serves: 4

Cal. 341

Sod. 757mg

Directions

1. Heat the olive oil in a large pan over medium-high heat. Add in the onion and beef and sprinkle with salt and pepper. Cook for 8-10 minutes until the meat is browned. Stir in the eggplant, garlic, bay leaves, and thyme and sauté for an additional 15 minutes.
2. Once the eggplant is tender, stir in the tomato paste. Add the wine and scrape any browned bits off the bottom of the pan. Stir in the tomatoes and slightly crush with a spoon. Bring the mixture to a boil, then reduce the heat and simmer for 10 minutes, stirring occasionally. Adjust salt to taste.

Heart Healthy Recipes

Fudgy Cream Cheese Brownies



These gooey brownies only look unhealthy. Thanks to smart substitutions, they deliver less than 3 grams of sat-fat intake per serving.

Calories per serving 127
Sodium per serving 107mg
Calcium per serving 0.0mg

Ingredients

- 3/4 cup sugar
- 1/4 cup plus 2 tablespoons reduced-calorie stick margarine, softened
- 1 large egg
- 1 large egg white
- 1 tablespoon vanilla extract
- 1/2 cup all-purpose flour
- 1/4 cup unsweetened cocoa
- Cooking spray
- 1 (8-ounce) block 1/3-less-fat cream cheese, softened
- 1/4 cup "measures-like-sugar" calorie-free sweetener
- 3 tablespoons 1% low-fat milk

How to Make It

Preheat oven to 350°.

Beat sugar and margarine with a mixer at medium speed until light and fluffy. Add egg, egg white, and vanilla; beat well. Gradually add flour and cocoa, beating well. Pour into an 8-inch square pan coated with cooking spray. Beat cream cheese and sweetener with a mixer at high speed until smooth. Add milk; beat well. Pour cream cheese mixture over chocolate mixture; swirl together using the tip of a knife to create a marbled effect. Bake at 350° for 30 minutes. Cool completely in pan on a wire rack. Cut into squares.



MEMBER ENROLLMENT FORM

MEMBER INFORMATION

Date: _____

Name (Mr/Mrs/Ms): _____

Address: _____

City: _____ State: _____ ZIP Code: _____

Email: _____ Phone: _____

Birthdate: _____ Occupation: _____ I am interested in visiting heart patients in the hospital

SPOUSE INFORMATION IF JOINT MEMBERSHIP

Name (Mr/Mrs/Ms): _____

Email: _____ Phone: _____

Birthdate: _____ Occupation: _____ I am interested in visiting heart patients in the hospital

MEDICAL INFO (OPTIONAL, FOR MEMBERSHIP CLASSIFICATION ONLY)

APPLICANT INFO (CHECK ALL THAT APPLY)

- | | | | | |
|--|---|--|--|---|
| <input type="checkbox"/> Angioplasty | <input type="checkbox"/> Heart attack | <input type="checkbox"/> Valve-Surgery | <input type="checkbox"/> Valve Transcath | <input type="checkbox"/> Congenital Heart Disease |
| <input type="checkbox"/> CABG (Bypass) | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Stent | <input type="checkbox"/> AFib arrhythmia | <input type="checkbox"/> Other arrhythmia |
| <input type="checkbox"/> ICD (Defibrillator) | <input type="checkbox"/> Transplant | <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Caregiver | <input type="checkbox"/> Medical Professional | <input type="checkbox"/> Sponsor | | |

SPOUSE INFO IF JOINT MEMBERSHIP (CHECK ALL THAT APPLY)

- | | | | | |
|--|---|--|--|---|
| <input type="checkbox"/> Angioplasty | <input type="checkbox"/> Heart attack | <input type="checkbox"/> Valve-Surgery | <input type="checkbox"/> Valve Transcath | <input type="checkbox"/> Congenital Heart Disease |
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| <input type="checkbox"/> Caregiver | <input type="checkbox"/> Medical Professional | <input type="checkbox"/> Sponsor | | |

ANNUAL MEMBERSHIP DUES

Individual \$25.00 annual dues -or- \$250.00 lifetime dues
-or-
Couple \$40.00 annual dues -or- \$400.00 lifetime dues

I would like to make an addtl tax-deductible contribution of \$ _____

Total Payment Enclosed \$ _____

Please send payment with enrollment form to:

Healing Hearts of Central Ohio
7774 Brandonway Dr
Dublin, OH 43017

If undeliverable return to:
Jeff Davidson
Healing Hearts of Central Ohio
7774 Brandonway Drive
Dublin, Ohio 43017

ABOUT HEALING HEARTS OF CENTRAL OHIO

We are a central Ohio heart support group dedicated to helping heart disease patients and their families cope with heart events. Our trained and dedicated members visit patients, with doctor and hospital approvals, while they are hospitalized and in most need of comfort, support and inspiration. We provide literature related to Healing Hearts and to heart disease and we inspire each other at our monthly meetings. We also visit by telephone and on the internet and we send a heart patient we visit the next three issues of our chapter newsletter. For more information about us, please contact Jeff Davidson at (614) 580-1561 or at jadavidson@columbus.rr.com ...OR Jim Kelly at (614) 859-9365 or at jimkelly4@gmail.com

Healing Hearts of Central Ohio

Jeff Davidson, President
7774 Brandonway Drive
Dublin, Ohio 43017

*Please visit us at www.healingheartscentralohio.org
We are dedicated to inspiring heart disease patients and their families.*

When you finish reading this newsletter, please do not throw it away. Pass it along to a friend, a relative, a neighbor, or drop it off in someone's waiting room. This way more people will get OUR Mended Hearts message"That there can be a great life after a heart event?"