

Healing Hearts

SPRING 2019



President's Message:

We are blessed to be living in the 21st century!

**Jeff
Davidson**

Why should a heart patient, diabetic, someone with sleep apnea, AFib, high blood pressure, or is overweight join our group? Because most of these conditions can lead to a heart attack or heart failure. Our monthly educational meetings gives a patient, at minimum, the knowledge to ask better questions of their doctor or better understand his or her recommendations.

For example, did you know that over 30 million people have diabetes and over 80 million people (1 out of 3 adults) have prediabetes—and those numbers are going up? There is a 2-3 times increased risk for heart disease and a 60% chance of dying from heart disease.

Our 300 member group's April to August educational meetings are listed on page 2. They are probably the most diverse meetings we've ever hosted.

This support group, now 9 years old,

has been so beneficial to me personally. Making new friends, learning continuously and reaching out to the many people at-risk is rewarding. We have visited over 9,000 patients at the Ross and University Hospital East. Our monthly meetings average attendance is over 70.

Join our group, talk with members on the same heart journey (same issues as you), and take charge of your disease through education. Inspiring people at risk and reaching people BEFORE they have a diabetic or cardiac event is our mission and it's an opportunity to ease the concerns of someone who needs a dose of positivity!

For information, visit our website at www.healingheartscentralohio.org.

You can reach me at (614) 580-1561 or jadavidson@columbus.rr.com with questions, meeting topics, or information on how to easily join us.

To your good health,

Jeff

OUR SPONSORS:



THE OHIO STATE
UNIVERSITY
WEXNER MEDICAL CENTER



Boston
Scientific
Advancing science for life™



Welcome New Members!

Our Mission: To inspire, comfort, support, and assist in educating Central Ohio heart patients, caregivers and people at risk for 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, Alnylam Pharmaceuticals, Boston Scientific, Heartland, Hospice of Central Ohio, Interim HealthCare, Kindred, MacIntosh Heart Health & Rehab, Medtronic, Novartis, St. Jude, Vitas Health Care, YMCA of Central Ohio

Newest Members:

Hank Bobulski, Patrick Burns, Teresa Caudle, Elizabeth Cea, Kristin Costa, Ken and Francis Johnson, Kevin and Eileen Lepionka, Charles and Sherrill Massey, Kevin and Maureen McAlister, Michele McPherson, Carol Pagnanelli, Debby Russo,

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., Apr 11th: Motivational Speaker Julie Wilkes will speak on “**Staying Inspired and Positive Despite Serious Health Issues**”

Thurs., May 9th: Dr. Ragavendra Baliga will speak on “**Heart Disease in Cancer Patients & Survivors**”

Thurs., June 13th: Dr. Cindy Baker will speak on “**Saving Lives in the Cath Lab**”

Thurs., July 11th: A-Fib or Hands-Only CPR

Thurs., Aug 8th: Dr. Kathleen Dungan will speak on “**Diabetes and the Heart**”

Patient Visiting Report

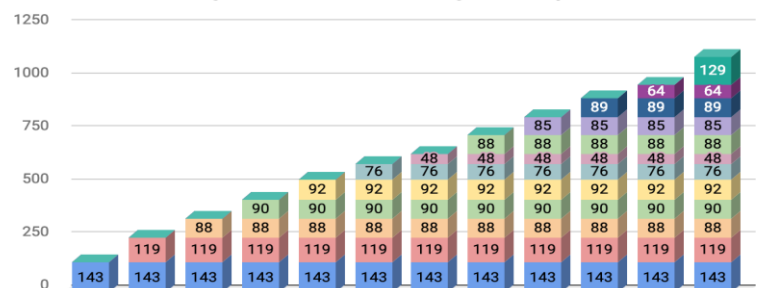
We visit at the Ohio State Ross Heart Hospital and University Hospital East (9,000 visits to date).

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.

Healing Hearts Visits Year through February 2019



In The News

Eli Lilly Will Sell Half-Price Version of Humalog, Its Popular Insulin



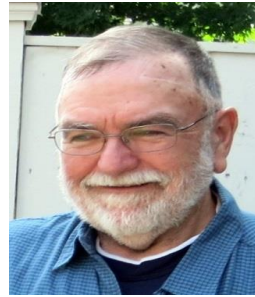
Except for the label, an “authorized generic” version of Humalog will be identical to the brand-name insulin drug and manufactured at the same facilities. Credit: Mauritius Images GmbH/Alamy

The drugmaker Eli Lilly will begin selling a cheaper version of its most popular insulin, Humalog, in an effort to head off criticism about the rising costs of prescription drugs, the company said Monday.

Lilly will begin selling an “authorized generic” of Humalog 100 for \$137.35 per vial, a 50 percent discount off the list price. An authorized generic means that, except for the label, it is identical to the brand-name drug and manufactured in the same facilities. The new product, which the company said would be made available as quickly as possible, will be called Insulin Lispro and will be sold through [a Lilly subsidiary, ImClone Systems](#).

“There are clearly patients who, despite many best efforts, are struggling to afford their insulin,” David Ricks, the chief executive of Lilly, said in an interview Friday. “This is a step we can take to close part of that remaining gap.”

The move offers a compromise to critics who have called on drugmakers to lower their list prices. Lilly will continue selling Humalog at its regular price to the insurers and employers who want to keep pocketing the large discounts, or rebates, they receive for purchasing brand-name drugs, while also making available a cheaper version to patients who pay for their insulin out of pocket.



Spring Healing Heart Visits

By Jim Kelly

Summer is a “Comin’ in”

Who doesn’t look forward to an early Spring and the joy of Summer? You and I do. But what about our heart patients stuck in a hospital room? The coming of nicer weather may actually increase their depression and anxiety. Exactly the opposite effect we enjoy when in better health. So our visits can be of special benefit at this time of year.

Warmer weather for me means more fun outdoor activity because I don’t consider shovelling and blowing snow bundled up against a 30 mph breeze to be any fun at all. With our warmer winters in the recent past, I used to be lucky getting in a lot of winter bike riding, but that is just a fond memory this year. I sure miss *global warming*. Now that it’s *climate change*, it seems much colder. Or is that just me?

We can also expect Spring rains, and there is no better rainy day schedule than doing some hospital visits. I can stay dry and bring my own little ray of sunshine. Oh, and weather activity is a sure-shot good conversation starter, if you hadn’t heard.

Our visitor ranks are increasing and that’s great news. It means we are getting to more patients who are laid up at the Ross or East Hospitals. There are still plenty of patients that we are missing because we need more visitors or the ones we have face other commitments periodically that reduce their availability.

If you are a heart patient with a potential interest in visiting, give me a call at 614 859 9365 or email jimkelly4@gmail.com. The training and onboarding are quick and the rewards are great.

Heart Spotlight



Kathleen Dungan, MD, MPH is an Associate Professor of Medicine in Endocrinology, Diabetes & Metabolism at the Ohio State University Wexner Medical Center. She also serves as Director of the Endocrine Clinical Trials Unit and is Associate Director of Clinical Services for the Division.

Dr. Dungan graduated from The Ohio State University College of Medicine in 2001. She completed her residency in internal medicine (2004) and fellowship in endocrinology (2006) at the University of North Carolina at Chapel Hill. She has been awarded the Castle Connolly's Top Doctors on a regular basis. She is a member of the American Diabetes Association and the Endocrine Society. Her specialty is endocrinology with a focus on diabetes mellitus.

Dr. Dungan's clinical and research interests include type 1 and type 2 diabetes and clinical trials for diabetes therapeutics and glucose monitoring.

(Comments from Dr. Dungan) I am honored to advance the mission of the OSUWMC and the university through my roles in clinical care, research and education. In my clinical practice, I understand that the patient often knows their diabetes better than anyone. I strive to incorporate those experiences, preferences, and motivations, while at the same time ensuring that patients have the information they need to participate in their care. I recognize that medicine is a team effort that requires the involvement of physicians, advanced practice providers, nurses, dietitians, pharmacists and other staff. My interest in clinical research focuses on the latest diabetes therapies and technologies, work that is critical not only for establishing effectiveness and safety, but also for providing additional avenues for delivering high value care. Finally, I enjoy providing mentorship and education for current and future physicians and other health care providers in their roles in clinical care and research.

In my free time, I enjoy time with my family, including my husband Kerry and our two girls, Audrey and Claire. I love to run and spending time traveling and outdoors.

“For more information call 614-685-3333, email IMEndo@osumc.edu, or visit <https://wexnermedical.osu.edu/departments>

Reggie and Maria Roundtree:

Reggie (60) is a long-time valued member of our group who had a massive heart attack in October 2009 involving the left anterior descending artery, commonly called the "widow maker". At that time, Reggie had a pacemaker/defibrillator implanted. God was looking out for Reggie and Maria. However, in December 2009, he had a second massive heart attack. At that time, his family made funeral arrangements.

Being a former substance abuse counsellor at Talbot Hall at Ohio State, Reggie was equipped with the tools for heart healthy survival. Within 2 months, in January 2010, Reggie received an LVAD (left ventricular assist device). This is a heart pump which allows someone in heart failure to stay alive with the opportunity for a heart transplant. Reggie received the "Heart Mate 2" which allows the right chamber of the heart to heal by taking over the pumping for the left chamber of the heart. The Heart Mate 2 operates on 2 rechargeable-12 hour batteries and Reggie has to be cognizant of power outages. Reggie feels blessed because 8 1/2 years post LVAD, he is doing well.

Reggie continues to be active in the Africentric Community and Church, playing African Drums, and enjoying life with his beautiful wife, Maria, a fashion designer in her own right. Reggie played drums at the Arnold Classic this year. Together, Reggie and Maria formed an African dance group and perform at festivals and they also do heart walks and other fundraising events. Reggie is a spokesman for our group and explains heart healthy living with an LVAD. He is in the "bridge to transplant" program and Reggie and Maria's faith in God enable them to look to the future and give back when they can.

With an LVAD, Reggie maintains his lifestyle with only four daily medications: Warfarin, Coreg, Simvastatin, and Furosemide.

Reggie and Maria's dream is to return to Ghana West Africa to live in their beach home.

To those who say “impossible,
impractical, unrealistic,” we say:

CHALLENGE ACCEPTED

We are relentless in our
pursuit of new treatments.
Because patients shouldn't
have to wait for hope.

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PHARMACEUTICALS

CHALLENGE ACCEPTED

Interim

HEALTHCARE®

PERSONAL CARE & SUPPORT SERVICES

Providing Personal Care Assistance/State Tested Nursing Assistant Services For You or a Loved One In Your Places of Residence



- **Personal Care Assistant** services are available from two hours to twenty-four hours a day
- Housekeeping, activities of daily living, and meal preparation
- Companionship in the home or to your favorite restaurant, shopping area, or entertainment venue
- Accompanying you to medical appointments and with medication pick-up at a pharmacy
- Assisting you in getting ready for your appointment and staying with you until you are safely back in your home

We have demonstrated expertise in understanding long-term care policies and insurance coverage. Together, we can design a care plan customized to meet your personal care needs. Skilled nursing and rehabilitation services are also available.

- **State Tested Nursing Assistant** services are available from two to twenty-four hours a day
- Professional, courteous, individualized attention
- Personal Care
- Assistance with medication management
- Relief or respite for primary caregiver
- Services also available while in the hospital or a nursing facility



Interim HealthCare is a member of The Ohio State University Wexner Medical Center's preferred home health care network.

Please call our Columbus office at [614-888-3130](tel:614-888-3130) to schedule a complimentary evaluation.

Heart Healthy Recipes



Lemon & Dill Chicken Makes: 4 servings Active time: 30 minutes Total: 30 minutes
Fresh lemon and dill create a quick Greek-inspired pan sauce for simple sautéed chicken breasts.

INGREDIENTS

- 4 boneless, skinless chicken breasts (1-1/4 pounds) Salt & freshly ground pepper to taste
- 3 teaspoons extra-virgin olive oil or canola oil, divided
- 1/4 cup finely chopped onion
- 3 cloves garlic, minced
- 1 cup reduced-sodium chicken broth
- 2 teaspoons flour
- 2 tablespoons chopped fresh dill, divided
- 1 tablespoon lemon juice

DIRECTIONS

1. Season chicken breasts on both sides with salt and pepper. Heat 1 1/2 teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.
2. Reduce heat to medium. Add the remaining 1 1/2 teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.
3. Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.

Per serving: 170 calories; 6 g fat (1 g sat, 4 g mono); 63 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 24 g protein; 0 g fiber; 339 mg sodium; 272 mg potassium. **Carbohydrate Servings:** 0 **Exchanges:** 3 lean meat, 1 fat

Heart Healthy Recipes



Turkey with Blueberry Pan Sauce Makes: 4 servings Active time: 35 minutes Total: 40 minutes
Blueberries are terrific in both sweet and savory dishes and they work especially well with thyme.

INGREDIENTS

- 1/4 cup all-purpose flour
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper
- 1 pound turkey tenderloin
- 1 tablespoon extra-virgin olive oil
- 1/4 cup chopped shallots
- 1 tablespoon chopped fresh thyme
- 2 cups blueberries
- 3 tablespoons balsamic vinegar

DIRECTIONS

1. Preheat oven to 450°F. Whisk flour, 1/2 teaspoon salt and pepper in a shallow dish. Dredge turkey in the mixture. (Discard any leftover flour.)
2. Heat oil in a large ovenproof skillet over high heat. Add the turkey; cook until golden brown on one side, 3 to 5 minutes. Turn the turkey over and transfer the pan to the oven. Roast until the turkey is just cooked through and no longer pink in the middle, 15 to 20 minutes. Transfer the turkey to a plate and tent with foil to keep warm.
3. Place the skillet over medium heat. (Take care, the handle will still be very hot.) Add shallots and thyme and cook, stirring constantly, until the shallots begin to brown, 30 seconds to 1 minute. Add blueberries, vinegar and the remaining 1/4 teaspoon salt; continue cooking, stirring occasionally and scraping up any brown bits, until the blueberries burst and release their juices and the mixture becomes thick and syrupy, 4 to 5 minutes. Slice the turkey and serve with the blueberry pan sauce.

Per serving: 220 calories; 5 g fat (1 g sat, 3 g mono); 45 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 29 g protein; 2 g fiber; 285 mg sodium; 157 mg potassium. **Nutrition bonus:** Vitamin C (15%) **Carbohydrate Servings:** 1 **Exchanges:** 1 fruit, 4 very lean meat



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)

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|--|---|--|--|---|
| <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?"