

Healing Hearts

SUMMER 2018 ISSUE 5



President's Message:

We are blessed to be living in the 21st century

**Jeff
Davidson**

Our April 12th "Enhance Fitness" meeting, presented by personal trainers from the YMCA, was a fun meeting! We practiced strength and flexibility exercises from the comfort of our seats; ideal for people with mobility issues, couch potatoes, and people tied to a desk all day.

Our March 8th "Diabetes and the Heart" meeting reinforced such a sobering link between diabetes and heart disease that we started a diabetes support sub-group within Healing Hearts. The purpose is to support diabetics who are at-risk for heart and other diseases. Many of our monthly educational meetings, including nutrition, fitness, sleep apnea, preventing heart attacks and stroke, and living with heart failure are beneficial to diabetics. See Ohio State Dr. Kathleen Dungan's eye-opening March 8th presentation on Diabetes and the Heart (on the home page of our website). The take-away is: if you are a diabetic, you are at much greater risk for heart disease.

Upcoming monthly educational meetings are quite diverse: nurses' presenting the first 24-hours after open-heart surgery; current research in cardiac arrhythmias; asset preservation, LT care and health care benefits; depression and anxiety; and obstructive sleep apnea.

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

For more information, visit our website at 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, Amity Home Health Care, Collins Law Office LLC, Costco, Heartland, Hospice of Central Ohio, Kindred at Home, Kindred Hospice, MacIntosh Heart Health & Rehab Centers, Medtronic, Novartis, St. Jude (Abbott), Vitas Health Care, YMCA of Central Ohio

Newest Members:

Marilyn Allen, Asa Brown, Dorothy Cameron, Kay Campbell, James Clarkson, Bill Davis, Jacob Fitch, Kay Harris, Charlotte Ingraham, Bobbie-Jo Kennedy, Chris Kipfer, Jessica Lickeri, Roberta Lickeri, Mark Lowry, Chris Mcray, Tracy and Jill Shea, John Starr, and James and Virginia Wagner

Officers and Chairs:

President, Jeff Davidson

jadavidson@columbus.rr.com

Vice President, Jim Kelly

Secretary, Lynne Kelly

Treasurer, Helen Davidson

Membership/Development Chair, Christine Bryant

Visiting Chair, John Afek

Newsletter, Christine Ballengee Morris

morris.390@osu.edu

Marketing and Development Chair, Ron Keener

Hospital Coordinator, Annette Salser

Technology Chair, John Cole

Meeting News

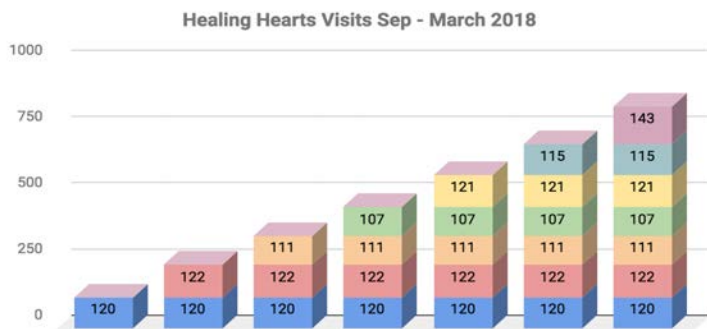
Thurs., May 10th: OSU Nurses will speak on “**The 1st Critical 24 Hours After Open-Heart Surgery**”

Thurs., June 14th: Dr. John Hummel will speak on “**Current Research in Cardiac Arrhythmias....**”

Thurs., July 12th: Attorney Jackie Collins will speak on “**Asset Preservation, LT Care, Understanding Medicare, Medicaid and VA Benefits**”

Thurs., August 9th: Dr. Kristin Kuntz, PhD, Psychologist will speak on “**Coping with Heart Failure**”

Patient Visiting Report



YTD 2018: 486 OSU Heart Patient Visits

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

5 Sneaky Signs You Might Have Sleep Apnea

By Christa Sgobba | April 19, 2018 (excerpts from article)

Calories, steps, candles on a birthday cake. These are all things we've collectively deemed worthy of tracking. It's why you can approach just about anyone on the street and, within minutes, know they've taken precisely 5,236 steps today. But here's a question that might throw them for a loop: How many breaths have you taken today?

Most of us wouldn't be able to answer. (FYI: The average person takes anywhere from 17,000 to 28,000 breaths per day.) Few people give the breathing process much thought. We take for granted that it will hum along, business as usual. And most of the time it does. But sometimes, while sleeping, your breathing can hit a serious snag. It's called sleep apnea, a disorder marked by short interruptions in breathing while you sleep.

Why Sleep Apnea Happens

The most common kind of sleep apnea is called obstructive sleep apnea, explains Aneesa Das, M.D., a sleep medicine specialist at The Ohio State University Wexner Medical Center. This occurs when your airways collapse and seal off when you suck in a breath, meaning the air can't reach your lungs. "Either you stop breathing completely or you decrease your breathing so much that it starts to affect your oxygen level," Dr. Das says.

This breathing problem occurs during sleep for two reasons: First, a reflex that pulls your tongue forward and helps keep your airways open is stronger when you're awake, she explains. When you sleep, that reflex weakens and the muscles in your airway relax, making a collapse more likely. Second, when you sleep on your back, gravity can make it harder to breathe, since your tongue can fall back and partially obstruct your airway.

For breathing interruptions to be considered sleep apnea, they have to occur at least five times per hour, says Jessica Vensel Rundo, M.D., a sleep specialist at the Cleveland Clinic Sleep Disorders Center. That qualifies as mild sleep apnea, she says. With severe cases, you may stop breathing more than 30 times per hour. Untreated sleep apnea has also been associated with other serious health conditions, including [heart arrhythmias](#), [heart failure](#), and [stroke](#), Dr. Das says. Watch for these signs of sleep apnea—and [talk to your health care provider](#) if you spot them.

1. **You Snore, Snore, Snore ... Gasp!**
2. **You Wake Up Exhausted (for No Obvious Reason)**
3. **You Wake Up with a Headache**
4. **You Wake Up with a Sore Throat**
5. **You Pee Multiple Times a Night**



Visiting Highlights: Heart Patients

By Jim Kelly

Oh! The People You'll Meet as a Heart Visitor

The core of our Visiting Program is a five-minute invitation to our group meetings. We can build as much on top of that as the patient wants. So, you can expect that most visits quickly blur into the background except for some remarkable people spending time as heart patients. Those you will remember.

Dr. Seuss gave us a poem about new experiences that applies to every school graduation or life transition. The "poet doctor" achieved great fame as a children's author, but his truths apply to many ages and circumstances, including someone settling into their silver stage. I still find it very uplifting and challenging. If it's been a while, you could look it up: *Oh, The Places You'll Go*. If I may channel with apologies for some weak rhymes:

"You're off to Great Places!
Today is your day!
Your mountain is waiting,
So... get on your way! ..."

You have a healing heart
and a magnificent story.
We have patients who hurt
needing recovery glory.

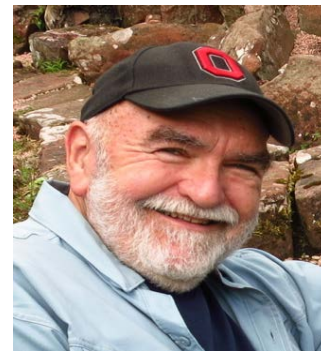
For both getter and giver
Heart Visits are helpful, even fun.
You give to another,
And (surprise!) to number one!

Your glass may be half-full,
Or sadly maybe even less,
But transform into a giving bee
While you still aren't a mess.

There are folks who are struggling.
Think "Not for an introvert?"
Repaint your stripes and
Put on your extrovert!

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



Dr. Timothy Obarski, DO, FACC, FACP is an Assistant Professor of Medicine, clinical cardiologist and cardiovascular imaging specialist within the Division of Cardiology at The OSU Wexner Medical Center. He also serves as the Director of the Echocardiography laboratory at the Ross Heart Hospital.

After receiving a pharmacy degree from the University of Illinois, he earned his medical degree from the Midwest University College of Osteopathic Medicine and completed his internal medicine residency and cardiology fellowship at the Cleveland Clinic Foundation.

He previously served as the director of the cardiovascular imaging lab at Riverside Methodist Hospital and was President of Heart Specialists of Ohio prior to joining The Ohio State University Medical Center.

Dr. Obarski's clinical and research interests include valvular heart disease, cardiac pharmacology, cardiovascular imaging and the quality assurance and outcomes in echocardiography.

Dr. Obarski is board certified in Internal Medicine, and Cardiology, and is a Fellow of the American College of Cardiology and the American College of Physicians. To date, he was named Intern Teacher of the Year as voted by the medical students at Midwest University and has subsequently won two more Teacher of the Year awards during his career in Columbus.

While a fellow at the Cleveland Clinic, he was named Chief Cardiology Fellow where his accomplishments included revamping the lecture schedule and Grand Rounds. During his fellowship, Dr. Obarski participated in, or was chief author of, over 15 research projects which lead to his being awarded the Cardiology Fellow Research Award.

He continued his academic career in private practice, where his interests turned to the field of quality in cardiac imaging, in particular echocardiography. In this vein, he is a founding board member and past president of the Intersocietal Commission for the Accreditation of Echo Labs (ICAEL) and the Intersocietal Accreditation Commission which has grown to encompass over 14,000 imaging sites in all modalities across the world. He continues to participate in this organization as a consultant and quality assurance reviewer.

Jim Kelly: In 2014 at age 70, my heart rate slowed to 30 bpm. Heart electrical signals were suddenly going haywire from permanent atrial fibrillation or AFib. Heart concerns had been a trivial factor in my family compared to cancer, so off my radar. Sure, I had long-standing weight and blood pressure issues, but I exercised daily and heart healthy foods were regular fare. That July however, symptoms of fatigue, shortness of breath and weakness began to overwhelm me. The first thing Dr Daoud and the Ross Heart Hospital did after evaluation was to put a pacemaker in my chest. Thus, began a healing heart journey for which I am so thankful. Some milestones from then to now:

- Angioplasty and a stent to clear a partially blocked heart artery.
- Heart going out of sync and low ejection fraction with my left ventricle not squeezing with the right, so I got a third wire to the left side run by biventricular pacer.
- A wireless bedside monitor with an internal cell phone that can call home with any problems almost as they develop.
- Fully dependent on my pacer since my natural rate is so slow and AFib prevents normal electrical signaling within
- The battery is good for 10 years, and if I need a replacement, I will have outlived all my ancestors by a significant margin.
- AFib is not a big problem except for the stroke risk which a blood thinner reduces to near normal.
- A recent switch to a different blood thinner recently because of insurance. But the switch was smooth.
- The AFib causes some palpitation when the stress level builds, mostly when walking into a large building.
- Last summer, pushing the lawn mower became uncomfortable. My cardiologist Dr Marar ran a series of tests, almost one a month, until he put me on a nitrate pill that fixed that issue.

Now, every day finds me engaged with yoga, bike, weight or elliptical machines, or swimming, or trading options. Staying on a heart-healthy diet. As an accredited heart patient visitor, I spend 2-5 hours per week telling my story and listening to heart patients, helping train new visitors, and keeping the records. I really look forward to my visiting, and enjoy helping others deal with their heart challenges. Cardiology is now my number one hobby, and I'm so thankful for everything that I'll never be able to give back adequately!

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 - Outcomes measurement
 - Dose optimization (Care Exchange[®])
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 - Certified nutrition support clinicians (CNSCs)
 - Home-start parenteral nutrition when appropriate
- Inotropic therapy
- Biologics
- Remicade
- Other intravenous therapies

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- Our pharmacy network can reach nearly 75 percent of the population for acute infusion



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VITAS focuses on calm, not crisis; the patient, not the disease; home, not hospital.

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Heart Healthy Recipes



Garlic Salmon & Brussels Sprouts

6 servings

From EatingWell Magazine November/December 2011

Ingredients

5 large cloves garlic, divided
¼ cup extra-virgin olive oil
2 tablespoons finely chopped fresh oregano, divided
1 teaspoon salt, divided
¾ teaspoon freshly ground pepper, divided
6 cups Brussels sprouts, trimmed and sliced
¾ cup white wine, preferably Chardonnay
2 pounds wild-caught salmon fillet, skinned, cut into 6 portions
Lemon wedges

Preparation

1. Preheat oven to 450°F.
2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, ½ teaspoon salt and ¼ teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.
3. Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and ½ teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.

Roasting salmon on top of Brussels sprouts and garlic, flavored with wine and fresh oregano, is simple enough for a weeknight meal, yet sophisticated enough to serve to company. Serve with whole-wheat couscous.

Heart Healthy Recipes



Classic Cherry Crisp

6 servings

From EatingWell.com

- Serving size: ½ cup
- Per serving: 203 calories; 9 g fat(3 g sat); 4 g fiber; 30 g carbohydrates; 4 g protein; 10 mg cholesterol; 20 g sugars; 6 mg sodium;
- Carbohydrate Servings: 2

Ingredients

- ½ cup old-fashioned rolled oats
- 1 orange
- ¼ cup almond flour
- ¼ cup packed brown sugar
- 2 tablespoons unsalted butter, melted
- 2 tablespoons sliced almonds
- 2 tablespoons ground flaxseed
- 1 teaspoon ground cinnamon
- 1 pound fresh or frozen unsweetened pitted cherries
- 1 tablespoon cornstarch

Preparation

1. Grate 1 tsp. zest from orange and squeeze it to get ¼ cup juice. Set the zest and juice aside.
2. Heat an 8-inch cast-iron or other heavy skillet over medium heat. Add oats and cook until toasted, stirring occasionally, about 3 minutes. Add almond flour, brown sugar, melted butter, almonds, flaxseed, and cinnamon. Cook, stirring constantly, until the mixture clings together in coarse crumbs, about 1 minute. (Be careful, as the topping can brown quickly.) Transfer to a bowl.
3. Combine cherries and cornstarch in the skillet. Stir in the reserved orange zest and juice. Cook over medium-high heat, stirring constantly, until thick and bubbly. Cook and stir for 2 minutes more.
4. Sprinkle the reserved topping over the cherry mixture.



MEMBER ENROLLMENT FORM

MEMBER INFORMATION

Date:		
Name (Mr/Mrs/Ms):		
Address:		
City:	State:	ZIP Code:
Email:		Phone:
Birthdate:	Occupation:	<input type="checkbox"/> I am interested in visiting heart patients in the hospital

SPOUSE INFORMATION IF JOINT MEMBERSHIP

Name (Mr/Mrs/Ms):		
Email:		Phone:
Birthdate:	Occupation:	<input type="checkbox"/> 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 |
| <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 | | |

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 add't'l 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?".