

# Healing Hearts

SUMMER 2019



## President's Message:

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

**Jeff  
Davidson**

## Over 90 Million

About 92.1 million American adults are living with some form of cardiovascular disease or the after-effects of stroke. Heart Disease accounts for about 1 of every 3 deaths in the U.S. and is the No. 1 killer of Americans. These stats and more were compiled by the AHA, CDC and NIH for 2018.

Most of us are aware of risk factors, like: smoking, physical inactivity, poor nutrition, being overweight, high cholesterol, blood pressure, and sugar.

What we might not be aware of are the links between diabetes, untreated sleep apnea, cancer, kidney problems, infections, alcohol and drug use, and other diseases to heart disease.

Our monthly heart and related diseases educational meetings at the Ross Heart Hospital, illustrated on page 2 of this newsletter, provide a glimpse of the kinds of topics we are fortunate to learn about as presented by Ross doctors.

Learning continuously helps us better understand our doctors and can save our life or the life of a loved one. In addition to our meetings, some of our members visit heart patients and interact with others on the same or a similar heart journey.

Join our group and take charge of your disease through education, share your story with others, and help us reach people at risk before they have a serious cardiac event. Also, seize the opportunity to ease the concerns of someone who needs a dose of positivity!

For information, visit our website at [www.healingheartscentralohio.org](http://www.healingheartscentralohio.org). You can reach me at (614) 580-1561 or [jadavidson@columbus.rr.com](mailto:jadavidson@columbus.rr.com) with questions, meeting topics, or information on how to easily join us.

To your good health,

Jeff

## OUR SPONSORS:



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## 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:

Dorothy Cameron, Dave Conway, Dean Fairchild, Diane and Scott Jewell, Russell Jones, George and Judy Mirka.

## Officers and Chairs:

President - Jeff Davidson  
[jadavidson@columbus.rr.com](mailto:jadavidson@columbus.rr.com)

Vice President - Jim Kelly  
[Jimkelly4@gmail.com](mailto:Jimkelly4@gmail.com)

Secretary - Lynne Kelly  
 Treasurer - Helen Davidson

Membership - Open  
 Visiting Chair - John Afek  
 Newsletter Chair - Open  
 Marketing/Development Chair - Ron Keener  
 Technology Chair - John Cole

## Educational Meetings

**Thurs., Aug 8<sup>th</sup>:** Dr. Kathleen Dungan will speak on “**Diabetes and Heart Disease**”

**Thurs., Sept 5<sup>th</sup>:** Dr. Eric Cortez and EMT’s from the Columbus Fire Department (and Gail Hogan) will speak on “**Cardiac Arrests, Heart Attacks, Strokes & Seizures and What To Do**”

**Thurs., Oct 10<sup>th</sup>:** Dr. Kerry Pickworth and OSU Pharmacists will speak about medications in “**An Evening With The Pharmacist**”

**Thurs., Nov 14<sup>th</sup>:** Dr. Rami Kahwash will speak on “**Heart Failure, Cardiomyopathy, Cardiac Amyloidosis and Related Topics**”

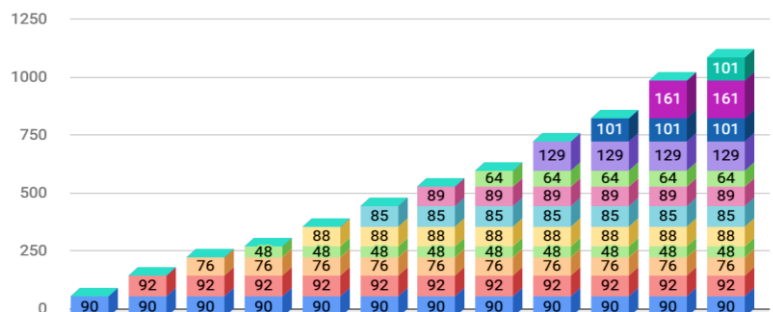
## Patient Visiting Report

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 12 months ending May 2019



## In The News

### Statins linked to double the risk of type 2 diabetes

June 26, 2019 | [Anicka Slachta](#) | [Lipids & Metabolic](#)



Author and OSU graduate student Victoria A. Zigmont and colleagues said in [Diabetes/Metabolism Research and Reviews](#) that while statins are one of the most widely prescribed medications in the U.S., they've also been tenuously linked to an increased risk of new-onset diabetes. Zigmont and her team sought to clarify the relationship with a large-scale prospective study of Midwestern patients enrolled in a private local insurance plan.

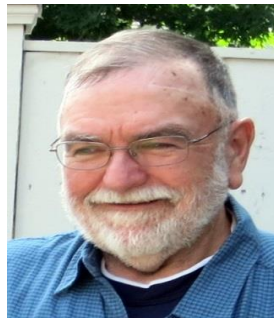
The researchers considered a group of 4,683 men and women who didn't have diabetes as the study's baseline but were candidates for statins based on their heart disease risk. Although no participants reported taking statins before the study, 755—around 16% of the pool—were eventually prescribed the drugs during a three-year period ending in 2014.

Patients who started taking statins during the study wound up with double the risk of a diabetes diagnosis compared to their counterparts—triple the risk if they'd been taking the cholesterol-lowering drugs for more than two years. Statin users were also 6.5% more likely to have a “troublingly high” HbA1c value.

Zigmont said in a [release](#) the fact that increased duration of statin use was linked to an increased risk of diabetes suggests the relationship between statins and diabetes is a causal one. “That said, statins are very effective in preventing heart attacks and strokes,” she said. “I would never recommend that people stop taking the statin they've been prescribed based on this study, but it should open up further discussions about diabetes prevention and patient and provider awareness of the issue.”

She said the research team took into account a variety of confounding factors to determine if statins were the culprit behind diabetes diagnoses, including gender, age, ethnicity, education level, cholesterol and triglyceride readings, BMI, waist circumference and number of visits to the doctor. But the study cohort was inherently limited in that most statin users were white, and the researchers had no way of knowing how closely patients adhered to their doctors' recommendations.

“As lifestyle programs like the Diabetes Prevention Program are promoted in primary care settings, we hope physicians will integrate and insurers support healthy lifestyle strategies as part of the optimal management of individuals at risk for both new-onset diabetes and cardiovascular disease,” Zigmont and colleagues wrote in their journal article. “The relationships between statin use and glycemic control should be evaluated in large cohort studies, medical record databases and mechanistic investigations to inform clinical judgment and treatment.”



### Summer Healing Hearts Visits

By Jim Kelly

#### Accredited Visitor Training Enrollment Soars

The visitor training “school” is at record levels of activity. Why or how? Simple, we diagnosed the problem that our roster of active visitors had been dwindling due to a variety of issues. Our prescription was a mass email reminding our members that we need more accredited visitors to join us in supporting heart patients. Love to see a plan come together! Here are the highlights of that letter which proved effective in recruiting new volunteer-visitors:

“With the number of heart patients at OSU Ross and East Hospitals, we could easily use a dozen or more visitors each spending up to a couple of hours a week as their schedule permits.

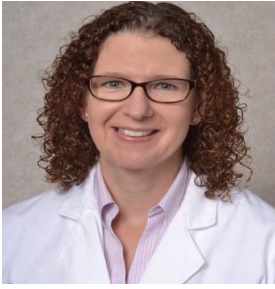
“The process to become a volunteer-visitor is pretty simple. It begins with you sending us an email expressing your interest. Just a simple note to [jimkelly4@gmail.com](mailto:jimkelly4@gmail.com) is fine. We reply with some short documents that explain our visiting procedures and hospital policies for volunteers. After reading and absorbing these documents, we schedule a brief meeting with either Jeff Davidson or Jim Kelly to discuss visiting in a hospital environment.

“We will then arrange for your volunteer processing by the OSUWMC Volunteer Office to include an on-line volunteer application, a background check, and a few other administrative details. You will then schedule your first visits with either Jeff or Jim, as many as you want to get comfortable. We will then get you on the Visiting Schedule when you are ready to go on your own.”

**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](mailto:jimkelly4@gmail.com). The training and onboarding are quick and the rewards are great.**



# Heart Spotlight



**Cindy Baker, MD** is an interventional cardiologist and Clinical Assistant Professor of Internal Medicine at Ohio State University's Wexner Medical Center. Dr. Baker earned her medical degree from the Medical College of South Carolina and completed a residency in internal medicine at Emory University Hospital. She completed clinical fellowships in cardiovascular medicine and interventional cardiology at OSUWMC.

Dr. Baker specializes in treating cardiovascular disease through interventional surgeries such as complex coronary interventions. She also treats peripheral arterial and venous disease with endovascular techniques.

The cardiac catheterization laboratory is a procedure area that cares for some of the most critical patients presenting to the Ross Heart Hospital. For those with life threatening conditions such as acute myocardial infarction, cardiac arrest and acute pulmonary embolism, our lab is typically their first stop for life saving procedures.

We review the etiology and pathology behind these conditions and discuss current treatment options. New technology and algorithms for treating these critically ill patients will be discussed and cases are reviewed to highlight life saving techniques.

I enjoy working at Ohio State and believe that in addition to taking care of patients I am responsible for teaching our trainees the skills needed to be great cardiologists. For me the field of cardiology is very personal as I lost my father at an early age to a heart attack. I take great pride in helping our patients survive these often life threatening events. Seeing patients return to a good quality of life after a procedure in our cath lab is very important.

Outside the hospital I enjoy spending time with my husband and daughter. When I am not running to sporting events for my daughter I enjoy traveling, working in my yard and biking.

Please visit the OSU He

art and Vascular Website for more information on the Cardiology division or make an appointment <https://wexnermedical.osu.edu/heart-vascular>

**Tahira and Akhlaq Farooqui:** Twenty-two years ago, I seemed to have it all (bright future, wonderful family, and good health). Suddenly, one day I received the news that my elder brother had a heart attack. I panicked and thought that due to genetic reasons I could be next in line. My physician, Dr. Cathy Howel suggested me to schedule for a Heart Screening, which included a stress test, Magnetic Resonance Imaging (*MRI*), and cardiac catheterization. Following screening, I was told that physicians only found basal artery blockage. A sense of relief - but only temporary.

On December 15, 1997, after driving my 9 year old son to his school, I came home. As soon as I parked my car in the garage, I felt sweats and numbness in my hands. I called **911**. The paramedics arrived immediately, but I had a heart attack in my driveway.

Dr. Bacon at the OSU Medical Center, performed balloon angioplasty and found that one of my main arteries was 90% blocked. I was puzzled with this outcome. I asked Dr. Bacon how long does it take for arteries to develop atherosclerosis? According to Dr. Bacon, it takes years for fatty deposits to build up. Does it mean that Cathy Howel's decision of sending me for catheterization without any heart symptoms was wrong? Is catheterization itself a risk for triggering heart attack, or did Doctors misdiagnose the screening?

Heart disease and Diabetes go hand-to-hand. I was diagnosed with Type 2 Diabetes in 2003.

Today I have regained my health by modifying my lifestyle, including healthy diet, enough sleep, and daily physical activity. I believe that socialization is another important factor in keeping heart patients stress-free. To keep myself mentally engaged, I have involved myself with my husband 'Akhlaq' in editing Life Sciences books. I visit my General Physician, my Cardiologist, and my Dentist regularly. In addition to life style changes, I am taking four daily medications: Metformin, Atrovastatin, Metoprolol, and Lisinopril.

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.

[alnylam.com](http://alnylam.com)

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PHARMACEUTICALS

CHALLENGE ACCEPTED



# VITAS Brings Hospice Home

When someone you love isn't getting better...  
Where can you turn for help?

Turn to VITAS. No matter what setting your loved one lives in—home, apartment, nursing home or assisted living community—VITAS is there.

We offer comfort, support for the whole family and the time they need to make memories.

To get answers, call 614.822.2700 or go to [HospiceCanHelp.com](http://HospiceCanHelp.com).  
VITAS focuses on calm, not crisis; the patient, not the disease; home, not hospital.

**VITAS**  
Healthcare  
VITAS.com  



# Heart Healthy Recipes

## Steak Salad with Nectarines, Radicchio, and Blue Cheese



Serves 4 (serving size: about 1 1/2 cups salad and 3 ounces steak)

By **KATIE BARREIRA**

June 2015

RECIPE BY **COOKING LIGHT**

Photo: Hector Sanchez; Styling: Claire Spollen

### Ingredients

- 12 ounces petite sirloin filets
- 8 1/2 teaspoons extra-virgin olive oil, divided
- 1/2 teaspoon kosher salt, divided
- Cooking spray
- 2 teaspoons white wine vinegar
- 1 teaspoon honey
- 3 cups torn Boston lettuce leaves (about 1 head)
- 1 (12-ounce) radicchio head, cut into 1-inch pieces
- 2 nectarines, each cut into 8 wedges
- 2.5 ounces crumbled blue cheese (about 1/2 cup)

Preheat a grill or grill pan over medium-high heat. Coat steak with 1 teaspoon oil. Sprinkle with 1/8 teaspoon salt. Add steak to grill rack or pan coated with cooking spray; grill steak 3 minutes on each side or until desired degree of doneness.

Remove from heat; let stand 8 minutes. Cut steak diagonally across the grain into thin slices; sprinkle with 1/8 teaspoon salt.

While steak rests, combine vinegar, honey, remaining 1/4 teaspoon salt, and remaining 2 1/2 tablespoons oil in a large bowl, stirring with a whisk. Add lettuce and radicchio; toss to coat. Add nectarines; sprinkle with cheese. Serve steak over salad.

# Heart Healthy Recipes

## Healthy Blueberry Crisp



by Mercedes Sandoval  
makes 4 servings

### Ingredients

- 3 cups blueberries

### CRISP TOPPING

- 1 cup rolled oats
- ½ cup almonds, chopped or slivered
- ¼ cup whole wheat flour
- ½ teaspoon cinnamon
- 2 tablespoons coconut oil, melted
- ¼ cup maple syrup

### GARNISH

- ¼ cup greek yogurt
- 2 tablespoons maple syrup

### Preparation

1. Preheat oven to 350°F (180°C).
2. Combine dry ingredients of the crisp topping in a bowl. Then add in the wet ingredients and mix until evenly coated.
3. Add blueberries to a medium-sized baking dish, then cover with the crisp topping.
4. Bake 45-50 minutes, or until golden brown and blueberries start to bubble.
5. Mix together Greek yogurt and maple syrup in a measuring cup. Drizzle over your blueberry crisp.
6. Serve and enjoy!





## 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 addtl tax-deductible contribution of \$ \_\_\_\_\_

**Total Payment Enclosed \$ \_\_\_\_\_**

**Please send payment with enrollment form to:**  
 Healing Hearts of Central Ohio  
 10499 Elderberry Drive  
 Plain City, Ohio 43064

If undeliverable return to:

Jeff Davidson

Healing Hearts of Central Ohio

10499 Elderberry Drive

Plain City, Ohio 43064

#### **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](mailto:jadavidson@columbus.rr.com) ...OR Jim Kelly at (614) 859-9365 or at [jimkelly4@gmail.com](mailto:jimkelly4@gmail.com)*

#### **Healing Hearts of Central Ohio**

Jeff Davidson, President

10499 Elderberry Drive

Plain City, Ohio 43064

*Please visit us at [www.healingheartscentralohio.org](http://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?".*