

Healing Hearts

WI 2018 ISSUE 4



President's Message:

A key to heart health is education

**Jeff
Davidson**

Life is a gift –so act as if every day was your last— “Carpe Diem”!

Our December 2017 “Celebration of Life Dinner” was an opportunity for members to celebrate another year of life, thank our doctors and nurses, and summarize member and organizational highlights of 2017. Many thanks to our busy doctors who joined us and spoke: Drs. Baliga, Bush, Emani, and Mazzaferri! Some of our members are struggling, but the overall theme of our dinner was that “life can be good after a serious heart event”!

In 2017, we passed 8,000 heart patient visits and our average 83 attendance at monthly educational meetings was another record. For 2018 (see our website’s home page), we have a potpourri of heart and related diseases meetings coming up, including the topics of heart failure, valve replacements, the link between diabetes and heart disease, the first 24-hours after open-heart surgery, living with A-Fib, and more. Education is a key to your heart health!

As our group focuses on inspiring and supporting heart patients, and people at-risk, please read Dan Leite’s story on page 4. Dan ran over 100 marathons (yes you heard that right), had a heart transplant, and recently completed another marathon. If that’s not inspiring to heart patients, nothing is.

I invite you to join our 300-member group and mingle with very positive people. Join us for monthly educational meetings, share a meal with us, and be more active in taking on your heart issue. Inspiring, supporting, and educating heart patients and caregivers is our overall mission and a wonderful opportunity to ease the concerns of someone who needs a dose of positivity!!

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

Stay heart healthy,
Jeff

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IN THE NEWS

Know the Signs of a Heart Attack

We've all seen a man go wide-eyed and clutch his chest in the movies. But a heart attack can come on without chest pain, especially in women. "Two-thirds of women will have less-typical non-Hollywood heart attack symptoms," says C. Noel Bairey Merz, MD, director of the Barbra Streisand Women's Heart Center at the Cedars-Sinai Heart Institute in Los Angeles.

If you experience any of the symptoms on this page and they're relatively mild, **don't hesitate to call your doctor**, as they could indicate a heart attack is imminent. And if they are severe or worsen steadily call 911.

***Dizziness:** Though most heart attacks don't make you suddenly lose consciousness, they can reduce or cut off blood flow that brings oxygen to the heart and brain.

***Fatigue:** Feeling worn-out after a sleepless night or stressful day is normal. But more than half of women feel extremely tired or weak more than a month before having a heart attack, even though they haven't exerted themselves.

***Upper Body Pain:** Our heart doesn't have nerve endings, so it sometimes shares a pathway with nerves to other body parts, causing pain to radiate to the back, shoulders, arms, neck or jaw.

***Sweating:** Unless you're going through menopause or have just exercised, breaking out into a cold sweat or perspiring excessively could signal a heart attack, which activates the nervous system.

***Shortness of Breath:** If workouts inexplicably seem harder, see your doctor. If you suddenly feel like you just ran up stairs and can't catch your breath when you're not doing much or the feeling rouses you from sleep, go to the ER.

***Nausea:** A heart attack may cause nausea, which is twice as likely to occur in women than in men.

(February is Heart Awareness Month for Women. Please be aware of the signs)



Visiting Highlights: Heart Patients

By Jim Kelly

Interactions

When I look at my life before and after visiting heart patients, there is one significant new reality. That is the presence of some truly rewarding interactions with new people whom I would otherwise never meet. These are near-life-changing encounters that benefit me as much or more than the patient. Sometimes I am changed more than the visited. Other times just the opposite.

Not every visit is a wonderful experience, but enough are. Last week I encountered a beautiful lady who was told she needed a pacemaker but was thinking that would be something she opposed on the grounds that it wasn't natural. That opened my eyes to a new point of view. Yet I wanted to share my experience that I would be dead without mine, and that I thank God daily for this unnatural miracle in my chest that's keeping me alive. Her eyes widened as she obviously considered whether my point of view might have some special significance for her. We connected on a different level. There was no debate, just a mutual thoughtful consideration of another's viewpoint. I'm hopeful, that my new information will help inform her decision and lead to the kind of health outcome that is best for her. If she needs more conversation, she has my contact information and promise of more support.

Examine your daily routine and experiences to check whether visiting might enhance your life. That might sound a little far-fetched, but trust me it's not. If you are not infusing your life with the experience of new people, some of whom might really need your visit and help, then you might be just reliving the same old experiences over and over again. How is that working out for you?

The main theme of our visits is an invitation to our monthly Healing Hearts meetings. To get in touch with our visiting chair, e-mail John Afek fex33@hotmail.com or call Jim Kelly at 614-859-9365.



HEART SPOTLIGHT



Back on the Road Again... How a Christmas Miracle Saved My Life

Life can simply amaze you at times with the journeys it presents. As I sat in my room at the Ross Heart Hospital on Christmas Eve 2015, I took a moment to think “how did I get here?” Mind you, it was not a moment of self-pity but just wonder about how life can continually change. I simply never thought an experienced marathon runner and Ironman triathlete who lived a very healthy lifestyle could be in the end stages of heart failure awaiting a possible miracle of a heart transplant.

I had been through different stages of heart failure leading up to this moment. I had gotten married to my wife Emily just seven months prior to this day and had been on the transplant waiting list since October. Others have been on that list much longer and dealt with much worse overall health situations than me. Some never got a chance to receive their miracle. During this trying time, the incredible transplant team at the Ross had kept me going, constantly dealing with my physical decline and while my wife and others said they admired my optimistic attitude, I had my doubts that Christmas Eve afternoon.

Then life rapidly changed again and I heard Dr. Emani say those incredible words, “Dan, we found a heart for you.” Joy, fear, guilt, amazement and other things ran through my head. I immediately thought of my donor and the donor family and the immense grief they must be experiencing around this holiday. Emily and I were well aware of what happened in order for me to get a second chance at life. Much of that evening is a blur but Dr. Whitson and his incredible team gave me life again, as my new heart took its own first beat at 12:07 a.m. on Christmas morning.

This story is not about me but of my journey; a journey many others take but unfortunately some do not get this same opportunity for a miracle. This past Christmas Day I passed my second anniversary (my “transplantaversary”) of being able to live life again even after going through a major, life-altering heart event. I am back running, cycling and doing many of the daily things I consider to be “normal” in my life, proof that Christmas miracles are very real even in today’s world.

Dr. Brent Lampert, DO, FACC is a Heart Failure & Transplantation specialist and Assistant Professor of Clinical Medicine within the Division of Cardiology at the OSU Wexner Medical Center. He also serves as the Associate Program Director for the Advanced Heart Failure & Transplant Fellowship.

Dr. Lampert earned his medical degree from the Ohio University College of Osteopathic Medicine. He completed his internal medicine residency and served as chief resident at Georgetown University Hospital. He then completed his general cardiology and advanced heart failure and transplantation fellowships at the University of Pittsburgh Medical Center, where he also served as chief cardiology fellow.

Dr. Lampert’s clinical and research interests include mechanical circulatory support, cardiac transplantation, and heart failure disease management.

Dr. Lampert is board certified in Internal Medicine, Cardiology, Echocardiography, and Advanced Heart Failure and Transplant Cardiology. He is a Fellow of the American College of Cardiology and a member of The International Society for Heart & Lung Transplantation, Heart Failure Society of America, and American Society of Transplantation.

Dr. Lampert is an active educator serving on the ACC.org (American College of Cardiology) Editorial board where he helps create and edit educational content for over 52,000 members. He was also a recipient of the Internal Medicine Student Excellence in Teaching Award in 2016. Selected articles, publications and presentations include:

SUSTAIN-IT: Sustaining Quality of Life of the Aged: Heart Transplant or Mechanical Support? Start of enrollment: 2015 Jul 01 Cotts, W., Grady, K., Hsich, E., Kao A., Lampert B.C., Larue S., Pagani F., Pamboukian S., Petty M.

Lampert BC, Abraham WT. If Exercise Is the Best Medicine, Should Medicine Be More Focused on Exercise in HFpEF? J. AM Coll Cardiol 2016;68:1835-1837. Lampert BC, Teuteberg JJ. Right ventricular failure after left ventricular assist devices. J. Heart Lung Transplant. 2015; 34:1123-30.

Dr. Lampert is speaking to Healing Hearts of Central Ohio on January 11, 2018 on “Living With Heart Failure” and we hope to have his presentation on our website soon after.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Diabetes Prevention Program

THE PROGRAM THAT HELPS PREVENT OR DELAY TYPE 2 DIABETES

The Diabetes Prevention Program focuses on PRE-DIABETES. At this early stage, blood sugar levels are elevated, but not so high they can't be lowered. Lifestyle changes are key, losing a small amount of weight and increasing physical activity. By taking practical, everyday steps, you may reverse pre-diabetes and avoid Type- 2 Diabetes.



How do you know if you are at risk – KNOW YOUR NUMBERS

Body Mass Index of 25+

Blood Glucose Level

A1C: 5.7 to 6.4

Fasting Glucose: 100-125

Classes offered at all Central Ohio YMCA locations and various community locations. **Through the generous support of the Osteopathic Foundation funding has been provided to offer the program to those 60 and older who qualify at no cost. Funding covers programming at the Hilltop and North YMCA, as well as programming offered in the Whitehall and Southside communities.** Coverage also available through various private insurance and private pay options.

Questions and to enroll please contact

Megan Goodson

YMCA of Central Ohio

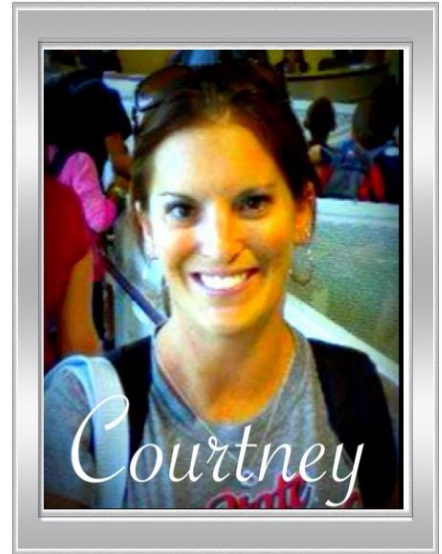
(614) 384-2304 ph. Megan.goodson@ymcacolumbus.org

"Courtney Williams Fund in Heart Failure Research"
at Ohio State's Heart & Vascular Center and the
Davis Heart & Lung Research Institute

**There are certain special people who change the world in an incredible way.
Courtney Williams was one of those people.**

She was just 36 years old, but she impacted and inspired so many people in her short life! Courtney was born with pulmonary and aortic valve stenosis and other congenital defects and she lived her entire life with CHD. Courtney endured six open-heart surgeries, starting at the young age of four. She struggled through countless heart failure issues and hospital admissions.

But Courtney was MUCH MORE than this disease! Her attitude and joy of life continued through every day that she lived. Despite her struggles, Courtney volunteered endlessly to help others with heart issues. Her positive attitude, faith and courage in the face of so many trials will continue to be an incredible inspiration for anyone who has heart disease and for everyone who is working to find cures for heart issues.



Courtney was a founding member of "Mended Hearts of Central Ohio" (now Healing Hearts of Central Ohio). She was a factor in the growth of our group from 7 members in 2010 to over 300 members today. She was an inspiration to everyone and brought comfort and support to the many heart patients she visited at Ohio State's Ross Heart Hospital as part of the group's mission.

Courtney lost her battle with heart failure on July 23, 2015. Her friends and family are partnering with Ohio State scientists and our heart support group in this fund that will honor Courtney in perpetuity and provide dollars for much needed heart failure research. **Donations to this fund have amounted to \$226,796 as of Nov. 30, 2017. Please continue to donate as a tribute to Courtney's life!**

Thank you,
The Ohio State University Heart & Vascular Center and Davis Heart and Lung Research Institute
Healing Hearts of Central Ohio

Donations can be made to: OSU Foundation, P.O. Box 183112, Columbus, OH 43218-3112 or online at: <http://give.osu.edu/CourtneyWilliams>; For more information, please e-mail Jeff Davidson at jadavidson@columbus.rr.com or Emily Christian at emily.christian@osumc.edu.

Heart Healthy Recipes

Oven–Roasted Spaghetti Squash with Roma Tomato Marinara



Ingredients

1 spaghetti squash
Olive oil
Kosher salt
Pepper
1 t. garlic oil
Basil, chopped

Roasted Roma Marinara:

24 Roma tomatoes, cut in half
lengthwise
8–10 garlic cloves
Extra–virgin olive oil
Fresh basil leaves (unchopped)
Balsamic Glaze, to taste
Parmigiano Reggiano

Nutrition information:

Calories: 145
Fat: 4g
Carbs: 15g
Protein: 4g
Sodium: 124mg

Source: Wexner Medical Center Nutrition Services Website
wexnermedical.osu.edu/nutrition-services

Directions

For the squash:

1. Preheat oven to 350° F.
2. Cut squash in half lengthwise; Remove seeds and sprinkle inside with olive oil, salt and pepper. Place cut side down in roasting pan. Roast for 45–60 minutes. Squash is ready when hull is soft to the touch and beginning to brown. Let cool for 30 minutes.
3. Turn oven up to 450° F.
4. Spoon squash out of shells carefully, separating into spaghetti–like strands. Sauté in a non–stick pan with olive oil. Add chopped basil, salt, pepper and garlic oil.

For the marinara:

1. Arrange tomatoes and garlic in a single layer on a roasting pan, cut side up.
2. Sprinkle with olive oil, salt and pepper to taste.
3. Roast for 30 minutes or until they begin to caramelize.
4. Let cool, then pureé in a food processor. Add whole fresh basil leaves and balsamic glaze as you continue to pureé.
5. Serve over hot spaghetti squash, topped with grated cheese.

Heart Healthy Recipes

Pan Roasted Vegetable Stew with Moroccan Couscous



Ingredients

For the vegetables:

- 1 large eggplant, cut into 1-inch pieces
- 2 red peppers, seeded and chopped into 1-inch pieces
- 3 carrots, cleaned and chopped into 3/4-inch pieces
- 1 cup Brussels sprouts, cleaned and cut in half
- 1/2 cup broccoli florets
- 4 kale leaves, center rib cut out, leaves sliced into thin strips
- 1 cup cauliflower florets
- 1 large or 2 small yellow squash, cut into 1-inch pieces
- 2 T. olive oil

For the couscous:

- 4 cups reduced-sodium vegetable broth
- 1 can (28 oz.) diced tomatoes, low sodium
- 1 t. ground cumin
- 1 t. dried thyme
- 1 cup couscous
- 1/2 cup minced dried apricots
- 1/4 t. cinnamon
- 1/4 cup chopped fresh cilantro

Nutrition information:

Calories: 212
Fat: 4g
Carbs: 39g
Protein: 6g
Sodium: 417mg

Source: Wexner Medical Center Nutrition Services Website
wexnermedical.osu.edu/nutrition-services

Directions

1. Heat a solid-bottomed pan large enough to hold all the vegetables.
2. Add carrots and sauté for 3–4 minutes to give them a head start.
3. Add remainder of vegetables, being careful not to crowd the pan. Cook until all vegetables are al dente.
4. Add cumin, thyme and diced tomatoes. Simmer for 5 minutes.
5. Cook couscous according to directions on the box, adding the apricots and cinnamon to the water (or vegetable stock).
6. Remove vegetable stew from heat and stir the cilantro in.
7. Season to taste with salt and pepper.
8. Spoon couscous into bowls and top with vegetable stew.



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)

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<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

<p><u>Individual</u> <input type="checkbox"/> \$25.00 annual dues -or- <input type="checkbox"/> \$250.00 lifetime dues -or- <u>Couple</u> <input type="checkbox"/> \$40.00 annual dues -or- <input type="checkbox"/> \$400.00 lifetime dues</p> <p>I would like to make an addtl tax-deductible contribution of \$ _____</p> <p>Total Payment Enclosed \$ _____</p>	<p>Please send payment with enrollment form to: Healing Hearts of Central Ohio 7774 Brandonway Dr Dublin, OH 43017</p>
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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?"