

Healing Hearts

SPRING 2017 ISSUE 25



President's Message

Jeff Davidson



“Every corpse on Mt. Everest was once an EXTREMELY motivated person.” This post on Facebook with a beautiful picture of our tallest mountain got me thinking—what a powerful message to us workaholics who don't have time for our own heart health.

So slow down, smell the roses, tell your boss where to go, kiss and hug your significant other—and see your doctor! As I say in my e-mails: education is “a key” to your heart health, which is a plug for our monthly heart educational meetings!!

Our January to March 2017 meetings have been “mega meetings” with an average of 85 attendees a month. The questions for our doctors were nonstop and reflected the concerns we all have. In January, Dr. Quinn Capers fielded a record number of questions when he spoke on Heart Attacks. In February, Dr. John Hummel attracted a record 109 people when he spoke on A-Fib and why more women than men neglect treatment of A-Fib.

Then, in March, Dr. Kathleen Dungan spoke on the sobering and causal relationship between Diabetes and Heart Disease. This direct link between diabetes and heart disease/heart failure caused me to open our membership to diabetics and partner with the Central Ohio Diabetes Association. Please see Dr. Dungan's presentation on our website.

Please register early for our April 13th, May 10th and June 8th meetings (see page 2). Also, please email me with suggested meeting topics. Coming up (Aug 10), the Columbus Fire Department and Gail Hogan on “Hands-Only CPR”, (Sept) “Palliative Care and Caregiver Decisions” and (Oct) “Implantable Medical Devices”.

I invite you to join our heart support group and assist us in reaching people at risk. See our past meeting presentations, upcoming meetings information, and our "heart success stories" at www.healingheartscentralohio.org. Join us, share a meal with us, and learn how "life can be good after a major heart event!"

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!! You can reach me at (614) 580-1561 or at jadavidson@columbus.rr.com anytime with questions about our group, requests for a speaker, or information on how to join us.

Stay heart healthy,
Jeff



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.

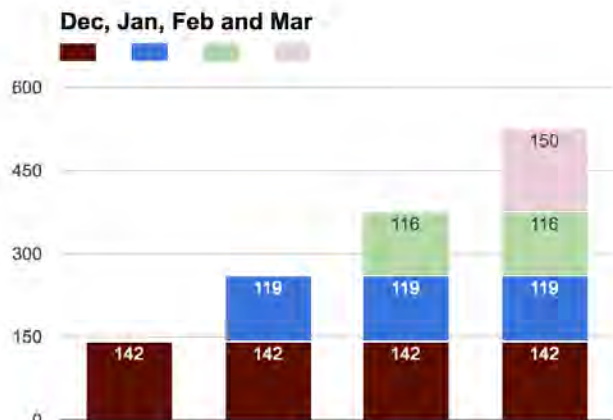
Our Members: We have over 290 members, including medical professionals, heart care administrators, caregivers, and heart patients who can share a variety of “heart success stories” including: growing up with congenital heart defects, valve replacements, aneurysm repairs, stents, bypasses, pacemakers, ICD implants, LVAD and heart transplant surgeries.

Local Sponsors:

OSU Wexner Medical Center, Ross Heart Hospital, Amity Home Health Care, AstraZeneca, BioScrip, Heartland, Hospice of Central Ohio, Janssen Pharmaceuticals, Kindred at Home, Kindred Hospice, Kingston of Ashland, MacIntosh Heart Health & Rehab Centers, Medtronic, Novartis, Real Estate Technology Partners, Zoll LifeVest

Newest Members:

Carla Bailey, Carolyn Chapman, David and Laurene Cox, Lisa and Lenny Eliason, Jabbar Fant, Judy and Gary Foust, Scott Kijowski, Catherine Korting, Dee Marks, Howard and Ellen Nikkel, Dr. Jashu and Ila Patel, Karen Robison, Keith and Tracey Ruff, Jackie St. John, Rita and Augustus Van Buren,



Spring 2017: 527 OSU Heart Patient Visits Up 20%

Officers and Chairs:

President, Jeff Davidson
jadavidson@columbus.rr.com

Vice President, Jim Kelly

Secretary, Lynne Kelly

Treasurer, Helen Davidson

Membership, Randy Smith

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., April 13, 2017: Kerry Pickworth, PharmD, and others will speak in **An Evening With The Pharmacist**

Wed., May 10, 2017: Peter Mohler, PhD. will speak about “**Heart Failure and Life Changing Research**”

Thurs., June 8th: A heart patient sharing meeting entitled “**Open Your Heart**” with Ross cardiologists answering questions.

Thurs., July 13th: OPEN

Thurs, Aug 10th: The Columbus Fire Dept. and Gail Hogan speaking on “**Hands-Only CPR**” with CPR training.

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

Know the Signs of a Heart Attack

From Womansday.com April 2017

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 hear 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 in 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.



Supporting (and Visiting) Heart Patients

by Jim Kelly

The thing that Accredited Visitors do most is support.

Healing Hearts exists to educate and support heart patients, especially those who are new to the experience. Accredited Visitors are the daily embodiment of that support. Few visits don't include requests for more information and personal experiences. But we even get direct requests for that kind of support outside of the visit.

In the last few months we helped with inquiries coming to us directly about the LVAD (left ventricular assist device) and AFib (atrial fibrillation) implanted loop monitors. I provided some of the answer about whether the loop monitor was intrusive, that my pacemaker was substantially larger than the monitor, and the only time I was ever aware of its presence was during extreme yoga twists, a daily occurrence but completely without further adverse effect. We are always happy to carve out some time to respond to these requests because sharing lightens the load for the new patient as well as for us.

Do Visitors carry a load too? Absolutely! Once you take a ride on that slippery slope we all know as heart disease, there is hardly a day goes by for most of us without wondering if this or that twinge is something that might need attention. Or how often do those of us of advancing age wonder just how many days, months or years have been deducted from our prior life expectancy just because of heart disease?

Welcome to some recurring themes of my daily meditation -- not an extreme load, because I consciously strive to manage it, and face it by sharing it. Truly, having your own load lightened is one of the more rewarding experiences of providing support.

If you would like more information about becoming an Accredited Visitor, please let us know: jadavidson@columbus.rr.com or jimkelly4@gmail.com



HEART SPOTLIGHT



Carl Smerdel has taken the responsibility to regain and stay heart healthy and it's great to be alive. Thirty-three years ago he was told that his albumen levels were high, which meant he was pre-diabetic. At 43 he was diagnosed with "Type 2" Diabetes. At the March meeting he learned, Diabetes leads to heart disease and 65% of Diabetics die from it. His family doctor told him to watch what he ate and stay active. He continued to eat comfort foods and stayed somewhat active, mistakenly believing that it was the cure.

At the age of 53, he was found to have a 10 cm/2" total blockage of his "Widow Maker" which he had naturally Bi-passed with "good collaterals", narrowly avoiding a massive heart attack. Next, he began heart drug therapy, was told not to lift more than 25 lbs. and resumed his unhealthy eating habits.

At age 57, he was found to be living on less than a third of normal coronary blood flow, as those good collaterals were clogged and the 3rd main artery on the face of his heart was over 90% blocked. His new cardiologist informed him that he was, "In the worst coronary condition he had seen in a long time"! This led to an experimental new procedure, "Hybrid Cardio Revascularization"- Open Heart Bi-pass Surgery and a stent all in the same week. Initially, he was told not to pick up more than 10 lbs. and to start, "Eating to Live NOT Living to Eat". He walked around the 4th floor at The Ross, the day after his CABG, completing 3 laps, doubling the prior day's distance each day, culminating in walking 3 miles (36 laps).

The great team of nurses and exercise physiologists at The Martha Morehouse Cardiac Rehabilitation Center challenged him to take his vitality back. He completed a baseline VO2 Stress Test and started working out an hour of: treadmill, stationary bike and the "arms machine" 3 days a week for the 1st month. This led to a 90 minute work-out, adding weight training, 3 days a week for 8 more weeks.

Since his graduation from Cardiac Rehab, he is proud to report that he have achieved the following: (1) A 20% Improvement in my VO2 results, (2) trimming down to 165 lbs. (under 200 lbs. for the 1st time in 30 years), losing 72 lbs. since my surgery, (3) getting completely off of Insulin and (4) getting off CPAP, after 14+ years. He now; tracks all his food, exercise daily - lifting weights then doing cardio on alternating days and he feels great.

Quinn Capers IV, MD, FACC, a specialist in cardiovascular medicine and interventional cardiology at Ohio State University Wexner Medical Center, has been named one of America's Best Doctors every year from 2009 -2016 and his patient satisfaction surveys have placed in the 90th percentile nationally for three years running. Dr. Capers is associate dean for admissions in The Ohio State University College of Medicine and an associate professor of clinical medicine and director of Transradial Coronary Interventions in the Division of Cardiovascular Medicine.

He earned his medical degree from The Ohio State University College of Medicine and completed his internship, residency and fellowship from Emory University in Atlanta, Ga. Dr. Capers has received numerous teaching awards at Ohio State's Medical Center and was a National Research Service Award grantee of the National Institutes of Health as a cardiology fellow. He has authored several articles and book chapters on vascular biology, interventional cardiology, and racial disparities in cardiovascular care.

Dr. Capers' clinical interests include the care of heart attack patients and perfecting and teaching the technique of cardiac cath and coronary interventional procedures from the radial artery in the wrist (as opposed to the femoral artery in the upper thigh). He speaks widely on the topics of racial disparities in medicine, unconscious bias in healthcare, and the radial artery approach to cardiac interventions. Dr. Capers has performed over 4,000 coronary stent procedures, many in heart attack victims.

Under his guidance, the OSU Medical Center Ross Heart Hospital cath labs have become "radial first" labs where over 80% of procedures are performed this way. This transformation has been accompanied by a sustained reduction in vascular and other complications in the cath lab.

On January 12, 2017, Dr. Capers spoke to our group on: "Heart Attacks: Current Treatment & How To Survive and Thrive Afterwards." His presentation was riveting with much Q&A afterwards and it is on the home page of our website.

He sees patients in The OSU Ross Heart Hospital and is accepting new patients for consultation and care of coronary artery disease and patients who have had heart attacks or coronary procedures (bypass surgery or stents) in the past. Appointments can be scheduled by calling 614-293-0126.



Your Bridge from Hospital to Home

We realize choosing where to go for post-hospital rehabilitation and skilled nursing is a monumental decision. It's important to choose the facility that understands your needs and is focused on helping you meet your goals.

If you would like to learn more about MedBridge, please contact our admission team for more information or to set up a tour.

Consider the following when choosing your post-hospital care provider:

- Does the center have a distinct unit dedicated to patients transitioning from hospital to home?
- Does the facility have experience treating your condition?
- What is the facility's track record for treating patients with your condition?
- Are the nurses knowledgeable in caring for patients like you?
- Does the center have post-acute level therapists and equipment?
- Does the center have systems in place to reduce unnecessary re-hospitalization?

MedBridge is located at:

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Heartland of Dublin
Heartland of Westerville
Heartland of Uptown Westerville

614.210.0541
614.895.1038
614.882.1511


at Heartland



When is it the "right time" to seek End Stage Heart Disease Care?

It's the right time if...



You or your loved one is ready to seek "aggressive comfort care" instead of aggressive treatment.



You or your loved one is experiencing disabling shortness of breath, fatigue or functional decline.



You or your loved one's heart medication is no longer effective in managing the symptoms.

Even when resting, symptoms are significant.



You or your loved one have other health issues like renal insufficiency or pulmonary (lung) disease.



You or your loved one has advanced congestive heart failure or advanced coronary disease.



Hospice care can complement traditional care by *improving* symptom management, providing a *personalized* plan of care and *supporting and educating* caregivers

**Please note the symptoms mentioned above are not an inclusive list of symptoms related to CHF

Your Hospice. Your Choice

Hospice of Central Ohio has been providing superior services and superior care wherever the patient calls home for 35 years.



Heart Healthy Recipes



Roasted Asparagus and Mushrooms With Rosemary

From the American Heart Association

Serves 4; 3/4 cup per serving

1 pound trimmed fresh asparagus

8 ounces shiitake or button mushrooms, cleaned and trimmed

2 teaspoons olive, canola or corn oil

1/2 teaspoon chopped fresh rosemary or 1/4 teaspoon dried rosemary, crushed

Freshly ground black pepper

Garlic powder (optional)

Preheat oven to 500 degrees.

Place asparagus spears and mushrooms in a large plastic bag with a tight-fitting seal. Drizzle oil over asparagus mixture in bag. Add rosemary. Seal bag tightly and shake gently until asparagus and mushrooms are coated lightly with oil.

Arrange asparagus and mushrooms in a single layer on a large baking sheet. Season with pepper and, if desired, garlic powder. Bake about 10 minutes or until asparagus is tender yet crisp.

Nutritional Analysis (per serving)

Calories	56
Total Fat	3.0 g
Saturated	0.0 g
Polyunsaturated	0.0 g
Monounsaturated	2.0 g
Cholesterol	0 mg

Heart Healthy Recipes

Sirloin and Broccoli Stir-Fry



From:

<http://www.heart.org/>

Serves 4

Ingredients

- 1 tablespoon cornstarch
- 1 tablespoon soy sauce (lowest sodium available)
- 1 medium clove garlic, minced
- 1 teaspoon grated peeled gingerroot
- 1 pound boneless sirloin steak, all visible fat discarded, cut crosswise into 1/4-inch strips
- 1 cup uncooked instant brown rice
- 1 cup fat-free, no-salt-added beef broth
- 2 tablespoons hoisin sauce (lowest sodium available)
- 1 teaspoon toasted sesame oil
- 1 teaspoon canola or corn oil
- 1 medium yellow squash (about 8 ounces), thinly sliced crosswise
- 3 ounces broccoli florets, broken into bite-size pieces (about 2 cups)
- 2 ounces red cabbage, shredded (about 1 cup)
- 4 medium green onions, thinly sliced (white and green parts)
- 1 to 2 tablespoons water (as needed)

Cooking Instructions

Put the cornstarch in a medium bowl. Add the soy sauce, garlic, and gingerroot, whisking to dissolve. Add the beef, stirring to coat. Set aside. Prepare the rice using the package directions, omitting the salt and margarine. Meanwhile, in a small bowl, stir together the broth, hoisin sauce, and sesame oil. Set aside.

In a large nonstick skillet, heat the canola oil over medium-high heat, swirling to coat the bottom. Cook the beef mixture for 4 to 5 minutes, or until the beef is browned (it may be slightly pink in the center), stirring constantly. Transfer to a large plate. Set aside.

In the same skillet, stir together the remaining ingredients except the water. Cook over medium-high heat for 2 to 3 minutes, or until the vegetables are tender-crisp, stirring constantly. If the mixture becomes too dry, stir in the water.

Return the beef mixture to the skillet. Pour in the broth mixture, stirring to combine. Cook for 1 to 2 minutes, or until the broth mixture thickens, stirring occasionally. Serve over the rice.



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 addt'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 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 Healing Hearts message"That there can be a great life after a heart event?"