

Healing Hearts

SUMMER 2017 ISSUE 2



President's Message

Jeff Davidson

One of the advantages of belonging to a heart support group is the constant reminder that life is a gift and that each day should be lived with meaning—because things can change literally in a heartbeat. In the six years of our existence, we have lost many friends, including Nick, Courtney, Rebekah and, most recently, Marcus Bozeman on May 30th just two years after a heart transplant. Marcus was a friend and valued member of our group who inspired everyone, including the patients he visited at Ohio State. All of the above members of our group were affected by heart failure and that's why we support HF research (see page 5) and Life Line of Ohio organ donation events. So many patients are waiting on transplants and many issues can impede transplantation.

On a positive note, our Jan to June heart educational meetings have been averaging 84 attendees a month. Topics have included OSU doctors speaking on: Heart Attacks, A-Fib, Diabetes and Heart Disease, RX

Medications & Issues, Heart Failure Research, and a Heart Patient Sharing Meeting. Please go to our website and review past presentations AND let us know if there are topics you need to learn about. See the Meeting News section on upcoming meetings on page 2.

Thank you to our wonderful sponsors who make our mission possible and learn more about them on the Resources & Links page of our website. New members join us weekly, so please think of family, friends, and co-workers who might be "a heart attack waiting to happen" and should join our 300 member group.

I invite you to join our group and if a member already, get more involved! See our past meetings 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

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 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, 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:

Shirley Barnes, Christine Bryant, Charlotte Cordial, Kathleen Hagedorn, Suella Leslie, Gerald and Kathy Marcus, Howard and Ellen Nikkel, Virginia Rogers, Mark and Tracey Sandy, Larry Stuckey, Jr., Jason Whaley, Ed Wachsman

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 and Development Chair, Ron Keener

Hospital Coordinator, Annette Salser

Technology Chair, John Cole

Meeting News

July-- No Meeting, (Summer Break for Volunteering)

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

Thurs, Sept 14th: Dr. Ragavendra R. Baliga speaking on “**Preventing Heart Disease.**”

Weds, Oct 18th: James Warner, OSUWMC Program Director, Food and Nutrition speaking on “**Nutrition and a Heart Healthy Diet.**”

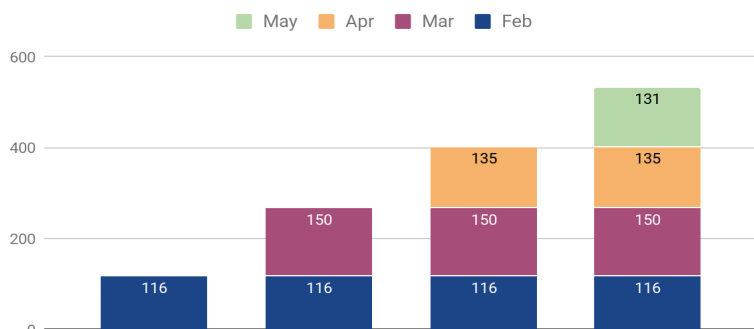
Patient Visiting Report

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.

Healing Hearts Visits Feb - May 2017



Summer 2017: 532 OSU Heart Patient Visits Up 10%

IN THE NEWS

What Is Peripartum Cardiomyopathy?

Peripartum cardiomyopathy is a rare type of heart failure that occurs during pregnancy or immediately after delivery. The condition weakens the heart muscle and causes the heart to become enlarged. As a result, the heart can't pump blood properly to the rest of the body. According to the [American Heart Association](#), this heart condition affects about 1,000 to 1,300 women in the United States each year. Women usually receive a diagnosis during the last month of their pregnancies or within five months of delivery. Certain factors prior to your pregnancy can increase your risk of developing this condition. Quick medical attention is crucial to prevent further complications.

What Are the Causes of Peripartum Cardiomyopathy?

Your heart pumps up to 50 percent more blood during pregnancy. This is because you have to transfer oxygen and vital nutrients to your growing baby. There's no definitive cause of peripartum cardiomyopathy. However, doctors believe this condition occurs when the extra pumping of blood combines with other risk factors. This combination places additional stress on the heart.

How Is Peripartum Cardiomyopathy Diagnosed and treated?

Your doctor will review your symptoms and perform a physical exam. A device called a stethoscope may be used on your chest to help the doctor listen for crackling noises in the lungs and abnormal sounds within the heart. Your doctor will also test your blood pressure. Your blood pressure may be lower than normal. It could also drop significantly when you stand up. A variety of imaging tests can measure your heart. These tests also determine the rate of blood flow. Some of these imaging tests can also view potential lung damage. Your doctor will recommend treatment based on the severity of your condition. Peripartum cardiomyopathy doesn't have a cure, and the heart damage is irreversible. Women who develop this condition remain in the hospital until their symptoms are under control. Women with this condition may also need to follow a low-salt diet to manage their blood pressure. They should avoid alcohol and tobacco products entirely. These products can make symptoms worse. Peripartum cardiomyopathy can affect your health for the rest of your life, even after successful treatment. Follow through with regular checkups and take all medications as directed.

Article is from:

<http://www.healthline.com/health/peripartum-cardiomyopathy#symptoms4>



Supporting (and Visiting) Heart Patients

by Jim Kelly

Huh? Are we talking about “Heart Patients Who Visit” or “Heart Patients Who Get Visitors”? Could be either. Could be both. In fact, it is both. The point is: Healing Hearts Visitors are Heart Patients who visit Heart Patients. This support is central to our meetings and education mission. Someone who has been through a heart experience is best suited to explain the feelings and process and calm the apprehensions that loom large in the cardiac care room. There is no better way to encourage active healing than that invitation to our upcoming meetings.

With Heart Patients on both sides of the equation, there could be some ambiguity, yet that is key to understanding what happens here. Good things for Heart Patients, both Visited and Visiting. That ought to be obvious. What is not so obvious is that we need more Healing Hearts Visitors. People reaching out to others with comfort and concern. At any given time, we have about 170 heart patients at both the Ross Heart Hospital and University Hospital East. Our visitors generously visit up to 10 heart patients per weekly trip. Our current number of visitors is small, but nonetheless, our visiting is growing. There is capacity for 30 or more visitors to get to most patients during a typical three-day stay.

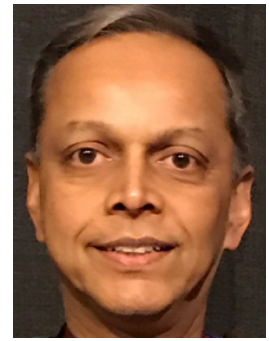
While we were saddened in the extreme to lose a transplant visitor in Marcus, we are very excited to have two new visitors, one another transplant, who are completing the training process and will soon be ready to start visiting on their own. We are hoping to be saying more in welcomes, in the next column. We are also very happy to have several more new trainees, who are in various stages of completion and are looking forward to their new heart patient visiting experiences.

So if you might want to explore this sharing experience for yourself, know that we need your visiting help. You can get started by getting in touch with John Afek or Jim Kelly.

fex33@hotmail.com or jimkelly4@gmail.com



HEART SPOTLIGHT



Christine Bryant's pregnancy-induced heart failure. About a month after the birth of my second child, I was diagnosed with peri-partum cardiomyopathy - a rare form of heart failure that occurs during pregnancy or immediately after delivery. It was stunning. Yet, the thought of leaving my two young children frightened me the most - even more than the diagnosis itself. Looking back at this life-changing moment, I wonder how much I should have - or could have - known. In my third trimester, I experienced symptoms that were brushed off as "typical," including shortness of breath and weight gain. It wasn't until a few weeks after delivery that my symptoms worsened - just carrying my daughter to the changing table left me feeling like I had just run around the block.

My doctor ordered an echocardiogram, and the results showed my ejection fraction had dipped to 23 percent. A normal, healthy heart has an EF of about 60 percent. My heart was enlarged and couldn't pump blood properly to the rest of my body. To make matters worse, doctors also found a blood clot in my heart, and a few weeks after my diagnosis, I suffered a stroke - just as my daughter was turning 2 months old. I quickly recovered, though in the hospital my EF dipped to 13 percent. My recovery from peri-partum cardiomyopathy has been much slower, however. I eventually received an ICD since I was at greater risk for sudden cardiac death. It's been two years since my diagnosis, and while my EF has improved to 40 percent, my heart has not yet healed. For some women it never does.

Peri-partum cardiomyopathy affects 1,000 to 1,300 women in the United States each year. Many recover within a few months of diagnosis, while others take years. Some don't fully recover - living with it their entire lives - and others die before they learn of their condition. There's no definitive cause. A heart pumps up to 50 percent more blood during pregnancy, and with certain risk factors (in my case, over the age of 30 in my second pregnancy), that combination can place additional stress on the heart.

Prior to two years ago, I had never heard of this condition. That's something I'm hoping to change for others - so that every mother can watch her child grow.

Ragavendra R. Baliga, MD, MBA, FACP, FRCP, FACC is Associate Director of Cardiovascular Medicine and a Professor of Internal Medicine at The Ohio State University Wexner Medical Center. Dr. Baliga earned his medical degree from St. John's Medical College, Bangalore University, India, and his MBA from the University of Michigan, Ann Arbor. He completed a clinical fellowship in cardiology at the Royal Postgraduate School of Medicine, University of London, and a clinical and research fellowship in cardiology at Brigham and Women's Hospital in Boston, Mass. Dr. Baliga was a Research Fellow at Harvard Medical School, Boston, and completed two more advanced heart failure and cardiac transplant fellowships in cardiac specialties: one at Boston University Medical Center and one at the University of Texas Southwestern Medical Center in Dallas.

Dr. Baliga is the 2017 recipient of the *Gifted Educator Award*—an international award from the American College of Cardiology which has over 50,000 members worldwide. He is the E-Learning editor for American College of Cardiology and the Continuing Medical Education editor for the Journal of American College of Cardiology. In addition, Dr. Baliga is the editor-in-chief of the popular textbook *Practical Cardiology* and Deputy Editor of *Global Heart Journal*. He was elected to Fellowship of the *Royal College of Physicians* in Edinburgh and *the American College of Cardiology*. He was nominated by other physicians to BestDoctors® in America in 2015 and Rated in the top 10 percent of physicians in the nation for *patient satisfaction* in 2014. Dr. Baliga's clinical interests include general cardiology, hypertension, elevated cholesterol, cardio-oncology and heart failure.

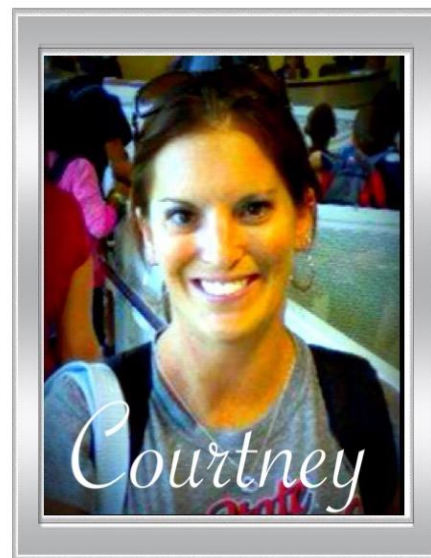
Christine Bryant had this praise for Dr. Baliga: I received a referral to see Dr. Baliga after I was told I would likely need a heart transplant. I was diagnosed with peri-partum cardiomyopathy, which is heart failure that occurs during or shortly after pregnancy. Dr. Baliga gave me hope that I could live a quality life. It's now been over two years since my diagnosis and my ejection fraction is up to 40 percent.

"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 \$215,805 as of May 31, 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.



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Few things are more stressful than trying to take care of a loved one. Our compassionate care is clinically advanced, bringing you a team of highly trained professionals who work to help meet your family's needs.

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We accept patients for care regardless of age, race, color, national origin, religion, sex, disability, being a qualified disabled veteran, being a qualified disabled veteran of the Vietnam era, or any other category protected by law, or decisions regarding advance directives. © 2017 Kindred at Home CSR 19-01

www.kindredathome.com

Heart Healthy Recipes

Beef Kabobs with Avocado Tzatziki Sauce



Ingredients

4 Servings

Sauce 1 cup fat-free, plain **Greek yogurt**

- 1/2 medium cucumber (peeled, cut into large chunks)
- 1 Tbsp chopped, fresh mint
- 1 Tbsp fresh lemon juice
- 1/8 tsp salt

Kebab

1 lb extra-lean ground beef

- **cooking spray**
- 1/4 tsp garlic powder
- 1/2 tsp dried oregano (crumbled)
- 1/2 tsp ground cumin
- 1/2 tsp onion powder
- 1/2 tsp dried rosemary (crushed)
- 1/4 tsp salt
- 1/8 tsp pepper (freshly-ground)

This recipe is brought to you by the American Heart Association's Healthy For Good™ movement. For more simple, quick and affordable recipes, visit heart.org/recipes.

Directions

- 1 In a food processor or blender, process all the sauce ingredients until smooth. Use immediately or cover and refrigerate for up to 3 hours.
- 2 In a medium bowl, using your hands or a spoon, combine the kabab ingredients. Divide the mixture into 12 portions. Shape each portion into an oblong patty on the end of a 6-inch skewer. Transfer the skewers to a large plate or baking sheet.
- 3 Lightly spray a grill pan or large skillet with cooking spray.
- 4 Cook the skewers for 5 to 7 minutes, or until the beef is no longer pink and the beef juices run clear, turning on all sides for even browning. Transfer to a serving platter.
- 5 Spoon the sauce over the skewers or spoon it into a bowl for dipping.

Heart Healthy Recipes

Strawberry Shortcake

Ingredients

1. **For the cake layers:**
 - 1 cup (2 sticks) unsalted butter
 - 8 large eggs
 - 1 3/4 cups sugar
 - 1/2 teaspoon kosher salt
 - 1 tablespoon thyme leaves
 - 1 teaspoon vanilla extract
 - 1 3/4 cups all-purpose flour, divided
2. **For assembly:**
 - 1 pound strawberries, hulled, halved or quartered if large, divided
 - 2 cups heavy cream
 - 1/2 cup sour cream
 - Baby strawberries (optional) and thyme sprigs (for serving)
3. **Special Equipment**
 - 2 (8-inch) springform pans, preferably light-colored



Preparation

1. Place a rack in middle of oven; preheat to 350°F. Line bottom of pans with parchment paper, leaving sides unlined and ungreased. Melt butter in a small pot over medium heat; set aside. Whisk eggs, sugar, and salt in the bowl of a stand mixer. Place stand mixer bowl over a pot of barely simmering water and cook, whisking constantly, until mixture is warm to the touch and sugar is dissolved (use your fingers to check). Transfer bowl to stand mixer and beat on medium-high speed with the whisk attachment until mixture is cooled and tripled in volume, about 5 minutes (when you lift the whisk, mixture should fall back on itself in thick ribbons).
2. Transfer melted butter to a medium bowl. Add thyme, vanilla, and 1 cup egg mixture to butter and whisk to combine. Transfer remaining egg mixture to a large wide bowl. Sift half of the flour over egg mixture. Using a rubber spatula or large balloon whisk, fold flour gently into egg mixture until almost fully incorporated. Repeat with the remaining flour, then fold in butter mixture with spatula just until incorporated. Gently divide batter between prepared pans; smooth surface.
3. Bake cakes until tops are deep golden and centers spring back when pressed lightly, 25–30 minutes. Immediately run a knife around edges and remove springform. Transfer pans to a wire rack and let cakes cool completely.
4. Meanwhile, whip heavy cream to soft peaks in the bowl of stand mixer fitted with the whisk attachment. Add sour cream and 2 Tbsp. syrup and whip to stiff peaks.
5. Transfer 1 cake layer to a platter and top with strawberries. Top with half of the whipped cream, then place second cake layer gently on the first. Top with remaining whipped cream. Chill to set, at least 1 hour. Just before serving, arrange remaining 6 oz. strawberries, baby strawberries, if using, and thyme over cake.



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 |
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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?".