



Desert Hearts



May - June 2015



The official publication of The Mended Hearts, Inc., Arizona and Nevada Chapters

Arizona-Nevada Chapter Meeting Schedule and Contacts

Tucson - Chapter 116

President Alexandra (Alex) Lane
520-797-3041 land line; 520-907-7354 cell
alexandralane99@gmail.com

Monthly Meeting: 2nd Saturday of the month
10:00 a.m. to 12 noon, Ward 6 Council Office
3202 East First Street, Tucson, Arizona
May 9 and June 13

Scottsdale - Chapter 126

President Bob Oberfield
480-203-5631 rxplus@cox.net

Monthly Meeting: 2nd Tuesday of the month
6:30 p.m., Via Linda Senior Center, 10440 E. Via
Linda, Room #4, Scottsdale, AZ 480-312-5810
May 12 and June 9

Flagstaff - Chapter 126 Satellite

Facilitator Don Luther
928-526-8223 donluther@email.com

Monthly Meeting: 3rd Saturday of the month
10 a.m., Taylor House (across from the hospital)
1431 North San Francisco, Flagstaff, AZ 86001
May 16 and June 20

Prescott - Satellite

Yavapai Regional Medical Center, Prescott, Arizona
Information: 928-778-5484
Chairman Ron Phillips

Las Vegas - Chapter 277

Cath Patient Outreach Chair, Steve Stanko
702-395-3965 lasvegasteve@aol.com

Monthly Meeting: 3rd Saturday of the month
10:00 a.m., Desert Springs Hospital,
Cafeteria Meeting Room
2075 E. Flamingo Road, Las Vegas, Nevada
May 16 and June 20

Phoenix - Chapter 68

Monthly Meeting: 1st Thursday of the month
6:30 p.m., John C. Lincoln Hospitals
Deer Valley - Medical Office Bldg. 1, #400
19841 North 27th Ave., Phoenix, Arizona
North Mountain - Cowden Center
9202 North 2nd Street, Phoenix, Arizona
Information: DV 623-879-1800; NM 602-870-6368
May 7 at DV and June 4 at NM

**Contact leaders by email or
phone to confirm meetings**

Save the Date
June 24 - 27, 2015
National Mended Hearts Conference
in Orlando, Florida
Registration open online

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Chapter 116 Tucson



From the President

Dear Members and Friends,

Thank you for some great meetings these past couple of months, hosting speakers Jared Keen (topic: vegan lifestyle) in March, and Annie Lynch (Life Vest from the Zoll company) in April. Hopefully, you learned new things about nutrition and defibrillators, respectively.

Thank you to new participants; it was great to see some new faces and new interest lately. Your involvement is appreciated!

In May, we will host a pharmacy intern from the U of A Pharmacy College, so take a little time to compose your medication-related questions.

For those who haven't been in on discussions in the past few months, member Joe Roberts has been interested in establishing an east-side meeting to accommodate those Tucsonans who would rather not travel to the city's center. He has secured a room in the St. Albans church complex (on Old Sabino Canyon Rd.) and has set the 3rd Saturday of the month at 10AM as the meeting time. If this group takes off, it may become a satellite of our main chapter, #116. Anyone who is interested is welcome to attend.

A brief word about the meetings. One of my favorite things about our group is your level of

engagement with speakers, topics, and each other. It truly is wonderful to witness your curiosity and willingness to share comments. At times, however, especially during a large group, it can become disruptive with many speaking at once. The group cannot get the benefit of the speaker's and each other's responses if they cannot be heard. So, whenever we are in group format, please yield the floor to the current speaker and let's plan our time to allow for all to be heard. Also, please turn cell phones to vibrate; and, if there is an urgent outside issue, step away from the room for your answer. Thanks for your consideration, and please do not let these entreaties in any way squelch your thirst for learning and interaction.

A word about June's meeting – since it is usually less well-attended due to winter residents having traveled to cooler climes, let's use it for a supportive session and for any group business. Anyone interested in having lunch afterwards?

With sincere thanks for your involvement,

Alex
520-797-3041



Side Effects

by Don Luther, Satellite Chapter 126, Flagstaff , Arizona

You should see my rock fountain: A round, bird-bathed size glass bowl with a pile of rocks collected from various and sundry places, many with significant meaning to me. And in the center of it is an ultrasonic mister that spouts a sprinkle of water and some fog that rolls gently over the rocks, the table, and onto the floor. I've spent much time just enjoying the ambience that it brings. I think that you would, too, if you could see it, and hear the happy, burbling sound that it makes.

Two weeks ago, I had to leave home for a week. I usually clean the bowl and rocks every week or two. As I was leaving, I noticed a little "grunge" growing around the edges of the rocks. Since I didn't have time to clean it out at the moment, I got the "inspired" idea to throw a little bleach in the water to kill the slime. Great idea, right? After all, what would it look like after a week of growing all this biological mess? It only took a minute. Easy fix! Slime died. I left.

When I came back in a week, I looked at the water and saw that it was no worse than when I left. "Great!" I said under my breath, patting myself on the back for this brilliant idea. And I went on feeling smug . . . right up until I turned on the fountain. Nothing happened! No spouting! No fog! No pleasant sound of tinkling water fountain! Nothing! Nada! Zilch!

Wanting to get to the bottom of this (pun intended) I emptied the bowl and found the "mister" TOTALLY grunged up! What a mess!! I did my best to clean it up and remove the junk, but the ultrasonic ceramic disk was permanently damaged. I took care of one problem, but made one much worse. I had to go on line and order a new "mister." I received it this week. It's all good now. I have my fountain back.

This reminded me of a neighbor who was diagnosed with diabetes. No problem! There is insulin, right? I can eat whatever I want, and just take more insulin to solve the blood sugar thing! I watched him lose a foot, a leg, the other leg, his

vision, and eventually, his life. Yes, the insulin fixed his blood sugar problem, but the SIDE effects killed him! Each insulin shot took a negative toll on his body. Kind of a spin-off of "The surgery was a success, but the patient died!"

We can all be thankful for antibiotics. They save many lives that would have been lost without them. As the name implies, they kill bacteria in the body. But they are indiscriminant. The side effect is that they kill both the bad AND the good. We DEPEND upon the good bacteria for our very life. Without those, we would not be able to assimilate the nutrition we need to sustain our life. In other words, without them, we die! To take antibiotics indiscriminately, "just in case," is a bad idea. One can make his condition worse than if he just rode out the infection and let his body naturally take care of the problem with good nutrition, exercise, and perhaps some supplements.

As heart patients, we have things to be concerned about. We are in partnership with our cardiologists to do what is best for us. When the doctor prescribes a medication for us, he is doing what he feels best. But the one who has the final say is the patient. That's you and me, my friend! I encourage ALL of you to find out, not only what the medication is for, and what it is supposed to do, but ALSO what its side effects are – its contraindications, in "doctor-speak." All medications have them! Most patients I talk with don't even know what their medication is FOR, much less what to look out for when taking it. Then, in counsel with your physician, decide what the best course is for YOU! This is putting you firmly in the driver's seat! Studies definitively show that just this attitude ALONE gives every patient a step up in the recovery and eventual quality of life experience. Don't let a seemingly good idea destroy YOUR pump! Learn from my mistake!

Don



Mended Hearts™
of Scottsdale

Chapter 126 Scottsdale



President's Message

The new Heartbeat Magazine is out with some very good articles. We highly recommend you read these articles. There is a very good article on VISITING HAS ITS BENEFITS. Our members who are visitors get as much out of visiting as the patients we visit or MORE. A new study shows that Mended Hearts visitors report improved quality of life and lower symptoms of anxiety and depression. The study was done by Peggy Thoits, PhD, professor of sociology at Indiana University. In general, visitors score very positively on all life-quality and well-being indicators. For life satisfaction, visitors averaged 4.6 on a 5-point scale. For happiness, the average was 4.5 on a 5-point scale. Self-esteem was 3.7 on a 4-point scale. Overall visitors in the study reported a fine quality of life and enjoyed good mental and physical health.

Please read the article and become a visitor. We need you and so do our patients. It only takes a couple of hours a week and YOU will get a lot out of it. Our Chairman of Visiting, Warren Peabody, is eager to train new visitors where we currently have openings in Scottsdale. For Chapter 68 at John C Lincoln in Phoenix, Dave

Jacoby will provide on-site training. It is time to become a Mended Hearts visitor.

We have a great speaker coming up in May. Dr. Wesley Tyree, the Medical Director at Scottsdale Healthcare (HonorHealth) Cardiac Rehab, will speak about current topics in cardiology. There will be time for questions; refreshments will be served. If you would like to bring a heart-healthy dish to share, please do so. Our members appreciate it.

Our April meeting, with Doctor Zawaneh, was a record setter with 52 attendees. The doctor provided a history of cardiac devices including pacemakers and defibrillators as well as combination devices. It was very interesting and entertaining. Many thanks to Ira Zingmond, our Vice President, for a great lineup of speakers.

Have a good summer and please remember that we will have meetings during all of the summer months.

Bob

Visiting Statistics 2015 First Quarter

Honor Health Shea – 375
Honor Health Osborn – 64
JCL Deer Valley – 93
JCL North Mountain – 102
Prescott – 263
Flagstaff – 18
Total Visits – 952

Special thanks to all of you who are our visitors.

Speakers

May – Dr. Wesley Tyree, Cardiologist, Chronic Heart Failure and Open Forum

June – Dr. Ralph Vernacchia, Sports Psychologist

July – Jen Knight, Zoll Life Vest, alternative aid

August - Therese Sargent, Critical Care NP, critical care of heart patients

Sunshine

If you know someone needing a call or card, please call Shirley Oberfield at 480-203-5631.



Chapter 126 *(continued)*



Visitor's Corner

My ABCs for Effective Visiting

Visiting recovering heart patients should present a discipline where the patient feels that they are in "control" of their recovery. When a visit is complete, a patient should feel some of the following.

CONFIDENCE the visit was by someone who has walked the same trail and is still walking!

Understanding that a **CHRONIC CONDITION** doesn't mean you are incapacitated.

AWARENESS of information available to them.

And, finally, **HOPE!**

Hope that in the years ahead technology, talent, and experience will allow for longer and longer life spans. A patient who can accept the fact that s/he has chronic conditions will be able to avoid denial which is so prevalent among many recovering heart patients. Nurturing the hope will keep them on a forward looking path and avoid the distraction of "how long" will I be okay.

Being in denial is detrimental; being positive is paramount for a long-term, successful recovery.

Please consider becoming a volunteer. You may contact me by email at wepeabody@gmail.com if you have questions or desire additional information. I can assure you that you will be glad you got involved.

Warren Peabody

Broccoli and Cheese Egg Muffins

4 whole eggs
1 cup egg whites
4 cups fresh broccoli florets
salt and pepper to taste
1 Tbsp. olive oil
1/4 cup grated cheese (any kind)
sharp cheddar to sprinkle

Preheat oven to 400° F. Steam fresh broccoli in microwave for about 6 minutes. Mash broccoli with olive oil. Spoon broccoli into the bottom of a prepared muffin tin.

Mix eggs, egg whites, grated cheese, salt and pepper in a small bowl. Pour over the broccoli. Top with sharp cheddar. Bake about 15-20 minutes.

These store well in the refrigerator in a sealed container. Warm in microwave about 30 seconds. They also freeze well.

Calories 70; Fat 4 gms; Protein 6 gms, Carbs 2 gms; Sat fat 2 gms.



The April meeting had a great turnout for Dr. Ziwanah's presentation on the history of pace-makers, AICDs, and other implantable devices. His slides were most welcome and entertaining.



Mended Hearts™
of Las Vegas

Chapter 277 Las Vegas, Nevada



from the President . . .

The signature we're so accustomed to seeing on this article –

Steve Stanko, President, Chapter 277
The Mended Hearts, Inc.
702-395-3965 lasvegasteve@aol.com

– is missing this month because Steve has recently returned home from Cedars-Sinai where he went for his Mitral Valve repair and/or having a Watchman installed. Recently Steve changed his title from President to Cath Patient Outreach Chair.

Thanks to his daughter, Sandy, for letting us know that Steve is safely back home now. Please join us in sending Steve all good wishes for his recovery. Steve, we hope to see you back “on the job” real soon.



To Steve, from your Mended Hearts Friends



Mended Hearts™

BULLETIN..... BULLETIN..... BULLETIN

WE NEED VOLUNTEERS

- ♥ The Accredited Visitor Program is recognized as the foundation of Mended Hearts
- ♥ Candidates are now being recruited for the Osborn, Shea, Deer Valley, and North Mountain Hospital campuses
- ♥ Candidate training addresses both Mended Hearts and Honor Health Volunteer Program requirements.
- ♥ Accredited Visitors call on and provide support for hospitalized cardiac patients
- ♥ Average time commitment is 2 to 4 hours per week

**BECOME AN ACCREDITED MENDED HEARTS VISITOR
IT'S GOOD FOR YOUR HEART !**

Contact your local chapter's leaders or Warren Peabody, wepeabody@gmail.com, 480-614-8506



Mended Hearts

Chapter 68 Phoenix



President's Corner

We continue to see growth in Chapter 68. Each month new people join us, along with others who have not been at our monthly support meetings for a while. On April 5th we had 48 people crowding the room, including some of the cardiac rehab staff from both John C. Lincoln hospitals. The April presentation by Dr. Mayur Bhakta, Intervention Cardiologist, was very informative and obviously generated much interest. He shared with us a new intervention system that is available (in Arizona) only at the North Mountain hospital. Included are two pictures from our evening.

One of my favorite things each week is visiting with heart patients at the Deer Valley hospital. Patients usually are 48 hours past surgery and always happy to see us (Mended Hearts members who have chosen to be accredited visitors). Maybe some of you recovering heart patients were visited by a MH visitor with a smiling face and a friendly word of encouragement. Yesterday my 2nd visit was with a lady who was very interested in

"giving back" for the excellent care she received. I think she will become an accredited visitor as well.

Perhaps you have time to "give back", too . It is so rewarding and easy. Let us know, and we will get you on track to join the visiting program. As you "give back," you will receive unexpected benefits.

In case you have not heard, JCL Health Network and Scottsdale Healthcare have merged. Gradually all the changes (signs, badges, uniforms, etc.) are being completed. The great care level will continue, with even more opportunities for advancing health care for you and others.

In the next newsletter, I will be featuring two heart-healthy recipes. Yum, yum! Hope to see you on May 7th when Serena Roberts guides us through important information on chronic heart failure.

Heartily,
Beth Augee
ruready@reagan.com.

Phoenix Chapter 68 Mended Hearts 2015 Meeting Dates

Deer Valley Hospital
Medical Office Building 1, #400
19841 North 27th Avenue
Phoenix, Arizona 85027
623-879-1800

May 7
July 2
September 3
November 5

North Mountain Hospital
Cowden Center
9202 North 2nd Street
Phoenix, Arizona 85020
6 to 8:30 p.m.
602-870-6368

June 4
August 6
October 8
December 3



Mended Hearts

Chapter 68 – continued



May 7, 2015

6:30 – 8 p.m.

Deer Valley Hospital

Medical Office Building 1

19841 N. 27th Avenue

Phoenix, AZ 85027

623-879-1800

The May program at Deer Valley will be presented by Serena Roberts, CHF coordinator. She will be joined by a diabetic educator for this presentation.

The June program at North Mountain features both an EMT-P and an MD

**What happens when you call 911 and are transported to the emergency room?
Perspectives of an ER physician and a paramedic who care for heart patients.**

Jeffrey J. Schultz, MD

Dr. Schultz is the Emergency Department Medical Director for John C. Lincoln Medical Center and has practiced emergency medicine with the Lincoln Network for the past eight years. He graduated from the David Geffen School of Medicine at UCLA, then completed post-graduate specialty training in Emergency Medicine at Maricopa Medical Center.

Dr. Schultz is active in research for hospital and emergency department process improvement. He is affiliated with the University of Arizona College of Medicine as a Research Mentor and currently is working on a project to improve the way emergency departments manage low risk chest pain. He is active in resident education, training the general surgery residents in areas related to emergency medicine and trauma.

Wayde Kline, RN, EMT-P

Mr. Kline has been a member of the Phoenix Fire Department for 20 years. He has been a captain for the past ten years and a paramedic for 18 years. All this while being a nurse since 1984. He recently completed a refresher program to reactivate his nursing license.

He is married to wife Kimberly, and they have seven grown children. They both are physical fitness buffs and love hiking and exploring the Grand Canyon.

June 4, 2015

6:30 – 8 p.m.

North Mountain Hospital

Cowden Center

9202 North 2nd Street

Phoenix, AZ 85020

602-870-6368



Ask the Pharmacist

by Bob Oberfield, R.Ph.



Blood Pressure Drugs with Additional Benefits

Two classes of drugs are widely used for blood pressure reduction. They are ace inhibitors and ARBS (angiotensin-receptor blockers). They are available as name brand as well as generic. Most of these drugs are reasonably priced and covered by insurance plans. Frequently they are used for people with diabetes, a condition that often goes along with elevated blood pressure. These drugs may help to prevent heart attacks in people with diabetes. They can be helpful for people with weakened hearts and kidneys.

These drugs, like many blood pressure drugs, may make people feel dizzy or lightheaded. The ace inhibitors cause a dry cough in approximately ten percent of the people who take them. If you develop a dry cough with these drugs, check with your doctor about changing the medication. Lisinopril, Enalapril, and Benazepril are three of the most popular of the ace inhibitors. Valsartan and Olmesartan are two of the more widely used ARBS drugs.

A significant amount of studies have been done on both of these classes of drugs over almost twenty years. The results have shown long-term benefits for

the heart and kidneys while controlling blood pressure. If you experience side effects, consult with your doctor or pharmacist. There are many different blood pressure medications and combinations of drugs that can be used to control blood pressure.

What happens when your drugs look different? When it comes to generics, the same drug and strength can come in different shapes and colors. Different manufacturers use different colors and shapes. If you find that your refill prescription does not look the same as the last filling, call your pharmacy and have it verified. There are several identifiers that can easily be checked on each tablet or capsule. Call if there is any question. It is always better to be safe than to be sorry.

Remember to check with your doctor or pharmacist to ensure that all of your immunizations are up to date. The shingles and new pneumonia vaccines are highly recommended.

What information would you like to see in future newsletters? Let us know. Feel free to contact me with your questions and suggestions. Email RxPlus@cox.net or phone 480-203-5631.

FDA Updates

The U.S. Food and Drug Administration (FDA) has approved the Impella 2.5 System for high-risk percutaneous coronary intervention procedures, such as balloon angioplasty and stenting. The system functions as a miniature blood pump that aids certain coronary artery disease patients in maintaining a stable heart function and circulation during these procedures. The FDA also issued a warning against taking the antiarrhythmic drug amiodarone in combination with hepatitis C drug treatments and another direct acting antiviral due to the potential for symptomatic bradycardia.

The FDA expanded the approval of Medtronic's CoreValve System to include "valve-in-valve" replacement for patients in need of a second tissue aortic valve replacement after undergoing a previous one. This expanded approval is for patients who are at high or extreme risk of complications during traditional open heart surgery.

Special thanks to Annie Skoglund
Arizona Chapter of the
American College of Cardiology
for providing this information



The Mended Hearts, Inc.
National Office
Phone: 888-HEART99 (432-7899)
www.mendedhearts.org

MEMBER ENROLLMENT

Member Information (please print or type)

Name (Mr/Mrs/Ms) _____
 Address (line 1) _____
 Address (line 2) _____
 City/State/Zip _____
 Email address _____
 Family member (must reside at same address; please name):
 (Mr/Mrs/Ms) _____
 May Mended Hearts staff or volunteers contact you regarding local chapter opportunities? Yes No

Date _____
 Chapter _____ Member-At-Large _____
 Phone (_____) _____
 Alt Phone (_____) _____
 Retired: Yes No
 Occupation _____
 Preferred Contact: Phone Email Mail

Family Member Email _____

Medical Info/Demographics (Optional for Mended Hearts reporting purposes in aggregate only)

Name of Heart Patient _____
 Date of Surgery/Procedure _____
 Type of Surgery/Procedure _____
 Angioplasty Heart attack Diabetes
 Atrial Septal Defect Pacemaker Valve-Surgery
 Aneurysm Transplant Valve Transcath
 CABG (Bypass) AFib arrhythmia ICD (Defibrillator)
 Stent Other arrhythmia Other

Name of Caregiver _____
 Phone _____
 Alt Phone _____

Many chapter newsletters include surgery/treatment anniversaries of members.
 Please indicate here if you agree to having your name published in this way.
 Yes No _____
 Patient signature

Check here if also Heart Patient
 Procedure- specify: _____

Optional info: Date of birth _____ Please check below:
 Race: Caucasian Black Asian Am.Indian Other _____
 Gender: Male Female

Add my email to monthly national email updates

Yes No _____
 Family member signature

Optional info Date of birth _____ Please check below:
 Race: Caucasian Black Asian Am. Indian Other _____
 Gender: Male Female

National Membership Dues: Includes subscription to *Heartbeat* magazine and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National dues are tax deductible less \$10.00; Chapter and Lifetime dues are 100% deductible.

In United States national member-at-large dues

Individual \$20.00
 Family \$30.00
 Life – Individual Dues (if applicable) \$150.00
 Life – Family Dues (if applicable) \$210.00

Chapter dues

Individual \$ _____
 Family \$ _____
 Life – Individual Dues (if applicable) \$ _____
 Life – Family Dues (if applicable) \$ _____

Dues Summary: National dues \$ _____
 Chapter dues \$ _____
TOTAL \$ _____

I am joining as a non-heart patient: Physician RN
 Health Admin Other _____
 I would like to make a tax-deductible contribution of \$ _____

Donation to national \$ _____
 Donation to chapter \$ _____ Chapter # _____ Chapter Name _____ City _____ State _____ Zip _____

Please send payment with enrollment form to MHI Chapter Treasurer

For member-at-large, send to:

The Mended Hearts, Inc.
 9140 East Hillery Drive
 Scottsdale, AZ 85260

The Mended Hearts, Inc. National Office
 8150 N. Central Expressway, M-2248
 Dallas, TX 75206

Inquiries: info@mendedhearts.org

ACC Pushes for CDC Funding

The American College of Cardiology and other members of the Centers for Disease Control and Prevention (CDC) Coalition sent a letter to congressional leaders urging them to provide \$7.8 billion for the CDC's programs in the fiscal year (FY) 2016 for the Labor, Health and Human Services, Education and Related Agencies Appropriations bill. President Obama's FY 2016 budget request would add \$141 million in funding for CDC's programs over FY 2015, but the coalition doesn't think the request goes far enough. "While this additional

funding provides some resources for new and important initiatives and increased funding for some programs, other important programs would be cut or are completely eliminated under the president's request," the letter noted. Pointing out that the CDC faces unprecedented challenges including chronic disease prevention and combatting tobacco and obesity, the coalition stressed that "...Congress should prioritize funding for all of the activities and programs supported by CDC that are essential to protect the health of the American people."

"It's great to be alive – and to help others!"

♥ Feel free to use the rest of this page to take notes.

“It’s great to be alive – and to help others!”

Dedicated to inspiring hope in patients
with heart disease and their families.

OBJECTIVES of The Mended Hearts, Inc.

The purpose of this organization is to offer help, support, and encouragement to heart disease patients and their families and to achieve this in the following manner:

- ♥ To visit with physician approval, and to offer encouragement to heart disease patients and their families.
- ♥ To distribute information of specific educational value to members of The Mended Hearts, Inc., and to heart disease patients and their families.
- ♥ To establish and maintain a program of assistance to physicians, nurses, medical professionals, and health organizations in their work with heart disease patients and their families.
- ♥ To cooperate with other organizations in education and research activities pertaining to heart disease.
- ♥ To assist established heart disease rehabilitation programs for members and their families.
- ♥ To plan and conduct suitable programs of social and educational interest for members and heart disease patients and their families.

CONTACTS



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406-721-5288
5topofhill@bresnan.net



Bob Oberfield
Assistant Regional Director
480-203-5631
rxplus@cox.net



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