Editor’s Comments

Ginny and I were honored and happy to represent Fort Myers at the 2018 Mended Hearts Education and Training Conference this past month in San Antonio, Texas.

Members from at least 100 Mended Hearts and Mended Little Hearts chapters attended, along with the national staff. We also enjoyed talking with corporate partners (Amgen, AstraZeneka, Edwards Lifesciences, Novartis, Sanofi, etc.) who attended the meetings.

Highlights included many excellent presentations by expert speakers from Baylor College of Medicine and the University of Texas Health Sciences Center at San Antonio, as well as useful workshops and luncheon meetings.

There were a number of recurring themes that stood out. First was TAVR (transcatheter aortic valve replacement) The first TAVR was done in 2011, and there are now 550 hospitals in the U.S. doing the procedures. Mended Hearts is encouraging TAVR patient visits within local chapters (primarily by telephone). There are now 45 chapters doing these visits.

The “Survivors Have Heart” campaign – a collaboration between Mended Hearts, AstraZeneca, and Bob Harper (TV personality) was quite successful. We’ll hear more about this.

Vascular disease and diabetes. As most of us know, too much glucose in the blood (diabetes) can damage blood vessels. This can lead to Retinopathy, Neuropathy, Atherosclerosis, Stroke, and/or Peripheral Artery Disease. To reduce this risk, “lifestyle wins.” A cardiologist expert on this topic spoke at the conference and said (repeatedly) “Lose weight and exercise!” He did also indicate that meds in the new Type 2 diabetes drug class known as SGLT2 are effective in helping to remove glucose from the blood, but they are expensive.

The Mended Hearts Patient Advocacy Network now has 400 members who advocate for heart patients and their families. During 2017, they engaged in over 100 opportunities, submitting comments to Medicare and FDA, as well as visits and meetings in Washington, DC and state engagements in FL, AL, PA, and OH.

Visiting Report – June 2018

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Welcome our New Members

Mended Hearts of Fort Myers is happy to welcome the following new members:

Richard Radde
Estero 33928

Kenneth Nettles
Trafalgar, Indiana
**Officers**
President: Ray Ochester 415-4627 ray@ochester.com
Vice President: Ed Siemienas 466-9244 edsiemienas@yahoo.com
Secretary: Joe Jansen 461-0980 jfjansen@aol.com
Treasurers: David Kahn 281-6020 karnut69@gmail.com
Mary McGhee marymcghee@hotmail.com

**Hospital Visitors**
Charles & Faye Norris
Dan & Mandy Beran
David Kahn
David Millington
Dick Scott
Ed Siemienas
Harry Shapiro
Joe Fricker
Joe Jansen
John Ippensen
Kathy Taylor
Marianne Gail
Ray & Anne Ochester
Rich Garcia
Richard Brenner
Skip Marsden
Tom & Mary McGhee

**Telephone Visitors**
Herb Gallop
Kathy Taylor
Marianne Gail
Walter Watkins

**Visitation Committee**
Scheduling – Joe Cramer, 292-7735
Training -- Ray Ochester, Ed Siemienas

**Newsletter Committee**
Jim Plummer, Editor, 337-2721
Assistant Editor (Vacant)

**Programs Committee**
Joe Jansen

**Sunshine Committee**
Patricia Krauss, 482-5523

**Webmaster**
Joe Cramer, 292-7735
Assistant Webmaster (Vacant)

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

To express interest in assisting Mended Hearts, clip out this form and mail to:

Mended Hearts
9190 Southmont Cove #103
Fort Myers, FL 33908

I am interested in these areas of service:
- [ ] Hospital Visitor
- [ ] Phone or Internet Visitor
- [ ] Assistant Webmaster
- [ ] Assistant Newsletter Editor

Name__________________________
Phone________________________
June Guest Speaker — Alana Scalia

It was a pleasure to welcome Alana Scalia as guest speaker at our June 20 chapter meeting. Alana has one of the most exciting and important jobs of anyone living in Lee County. She is a flight nurse serving as a crewmember on 3-person helicopter emergency rescue teams.

Lee County Department of Public Safety has a unique partnership with a private company, Air Methods, to serve the community with emergency air medical transport, known as LeeFlight. Across the nation, Air Methods operates over 450 helicopters and fixed-wing aircraft at 300 bases in 48 states. For several years, Alana was an executive with Air Methods, but her love for flying and helping patients drew her back into flight nursing. Within Lee County, LeeFlight is based at Page Field in Fort Myers and flies the only twin-engine helicopters in Florida, making them safer to operate. On each mission, the pilot and flight nurse are provided by Air Methods, and the flight paramedic is a specially trained Lee County employee.

Alana described her helicopter missions as a flying emergency room. Space is cramped, with very little head room, and at night it’s dark, so they have to wear night vision goggles. It’s something like a metal tube in which the nurse works autonomously to medically intervene and keep the patient alive. From the time they receive the emergency call, they can be airborne almost immediately and fly to Captiva Island (for example) in seven minutes, and then deliver the patient to a hospital in another seven minutes. She carries many of her “tools” in the pockets of her flight suit, and there is a kit of equipment onboard. They must be ready to handle any medical emergency, day or night, including heart attacks, strokes, or traumatic wounds from major accidents, anywhere in Lee County. On occasion, in certain situations, they may fly as far as Tampa or Miami delivering patients.

She has a great deal of experience and special certifications as an RN and flight nurse and serves as an instructor, in addition to her daily flying duties. Her schedule is similar to a fireman or paramedic, working round the clock shifts. We greatly admire and appreciate her critical skills and sense of adventure. We also thank her for attending our monthly meeting and giving us her personal insight into this critical medical resource.

More Photos from Education & Training Conference in San Antonio
National Mended Hearts Member Portal – Setting Password & Logging In

Mended Hearts launched a new website last October. The new site is powered by a new database, which requires everyone to reset their password to gain access to the Member/Officer area.

If you’ve never logged in to the new site, follow these instructions for setting password:

Got to our Homepage: www.mendedhearts.org
Click on “Member/Officer Login” at the top right.

On the login page, leave everything blank and click “Forgot Password”.

![Forgot password](image)

On the next screen, enter the email address we have on file for you, then click “Send Email”.

![Send email](image)

This will generate an email with a link that will allow you to set a new password. Go to your email, and open the message titled “Your new MH Officer and Member Community Password”.

Click the blue link in that email. This will take you to a screen to set a new password. If your password for the old site was at least 8 characters and contained at least 1 number, you can re-use it. You’ll be asked to enter the new password twice.

![Reset password](image)

Password needs to be at least 8 characters long and contain at least one letter and at least one number.

After entering a new password, you should be automatically logged into the Member/Officer area.

If you are a new member, it’s possible that you’re Username has not been activated yet, which will cause a login error. Contact our office at 888-432-7899 (or email us at info@mendedhearts.org) for activation.
MENDED HEARTS OF FORT MYERS SUMMER LUNCHEON

WEDNESDAY, AUGUST 15, 2018 -- DOC FORD’S RUM BAR & GRILL

SAN CARLOS ISLAND -- FORT MYERS BEACH

Arrive by 11:30

708 Fishermans Wharf, Fort Myers Beach, 239-765-9660

Advance reservations are required by August 12
Contact Joe Jansen to sign-up, or for further information:
239-461-0980
or email at jfjansen@aol.com

Full cost: only $22 per person
Choice of one of four entrees plus non-alcoholic drink
Tax and tip included

Location:
5 miles southwest of HealthPark Medical Center.

Directions:
From Summerlin Rd, turn south on San Carlos Blvd (FL-865)
Just before Matanzas Bridge, turn right on Main St and immediately turn left onto Fishermans Wharf.
At end of road, cross under the bridge, turn left and drive northbound for a short distance
Turn right into parking lot
LET’S SCAN THE JOURNALS

❖ Could Marriage be Good for Cardiovascular Health?

A recent (June 18, 2018) study in the online journal Heart (published by the British Medical Journal), concludes that marital status appears to influence Cardiovascular Disease (CVD) and prognosis after CVD. Researchers analyzed data from 34 studies that were published between 1963 and 2015. They included more than 2 million people between the ages of 42 and 77, in Asia, Europe, the Middle East, North America and Scandinavia.

The investigators found that, compared to married people, those who weren’t (never married, divorced, or widowed) had a higher risk of CVD (42%) and coronary artery disease (16%). Not being married was also associated with a heightened risk of dying from both coronary artery disease (42%) and stroke (55%). Note: This was a retrospective data analysis. The study did not prove a scientific reason why marriage would cause heart risks to drop.

Theories on why marriage may be protective include earlier detection and treatment of health problems; better adherence to medication schedules; greater financial security; enhanced well-being; and larger friendship networks.

https://heart.bmj.com/content/early/2018/06/06/heartjnl-2018-313005

❖ What does “Brisk Walking” Mean for Heart Health?

The National Institutes of Health (NIH) and the American Heart Association (AHA) both recommend that American adults need 150 minutes (2.5 hours) per week of moderate-intensity aerobic activity to stay healthy. Aerobic physical activity is activity that speeds up your heart rate and breathing. They both characterize “brisk walking” as an example of moderate-intensity aerobic activity. In other words, walking briskly for 30 minutes a day, 5 days a week, will help us meet the goal of moderate-intensity aerobic activity. But what does “brisk walking” mean?

A new study in the British Journal of Sports Medicine concludes that the answer to this question, for walking speed and health, is about 100 steps per minute. This is equivalent to about 2.7 miles per hour (depending on length of a person’s stride). This pace is more than just a leisurely stroll, but it shouldn’t feel that strenuous for most healthy people, as long as you can keep it up for 30 minutes each day, five days per week (150 minutes per week).

As always, older adults should consult with their physician for clearance and a recommended pace before beginning a “brisk walking” routine. Ref: https://bjsm.bmj.com/content/52/12/776

❖ DASH Diet Ranked as Best Heart-Healthy Diet

For the eighth consecutive year, U.S. News and World Report magazine ranked the National Institutes of Health (NIH)-developed DASH Diet “best overall” diet among the 38 it reviewed. DASH was also named “best heart-healthy diet.” This year, DASH Diet was actually tied for first place in both categories with the Mediterranean Diet. Weight Watchers was awarded the No. 1 spot for “best weight-loss diet” and “best commercial diet.”

Researchers funded by NIH’s National Heart, Lung, and Blood Institute (NHLBI) developed DASH to prevent and treat high blood pressure, but they state that the diet also has proven highly effective in lowering blood cholesterol.

❖ Construction Progress (Cont’d from last month)

**Coconut Point Medical Campus:** Last month we showed a photo of Lee Health’s new 31-acre comprehensive health and wellness campus under construction in Estero, just south of Coconut Point Mall. Since then, it was announced that opening of the 163,000 sq. ft. facility will be in **December 2018.** Included will be a freestanding 24-hour emergency department, primary care and specialty physicians (50 exam rooms), geriatric programs, women’s health services, outpatient surgery, imaging and other diagnostic services, as well as a rehab center.

In related news, media reports indicate that two Collier County health care organizations -- NCH Healthcare System and Physicians Regional Healthcare System -- have filed legal petitions opposing the state’s Agency for Health Care Administration approval of the Lee Health-Coconut Point 82-bed hospital (as well as the HCA hospital also approved for south Lee County). The legal wrangling will mean delays, along with a risk of the project’s approval being overturned. Formal hearings should take place in the next six months.

**Gulf Coast Medical Center:** Construction on the $306 million expansion continues. As shown in the photos below, three floors are being added to the top of the existing structure. The project will add 365,000 sq. ft., 268 additional beds, and much more clinical space. The area’s only Level II Trauma Center will be moved from Lee Memorial Hospital to GCMC as part of the project. Completion is expected in Sept 2021.

**Regional Cancer Center:** A 24,000 sq. ft. addition was officially opened on June 11, 2018 at this facility near the intersection of Colonial Blvd. and I-75. The Regional Cancer Center has seen double-digit growth every year since it opened in 2008. It offers treatment for nearly every aspect of cancer care – now in one convenient location close to home – and strives to be a place of hope and healing. The expansion includes space for a cancer rehabilitation gym, palliative care, medical oncology, and many more physicians’ offices. Especially noteworthy is the Multidisciplinary Breast Clinic, where individualized care plans are developed for each patient.
Shingrix Shingles Vaccine in Short Supply

In the July issue of this newsletter, we described Shingrix, the highly effective new shingles vaccine that the Centers for Disease Control and Prevention (CDC) now recommends for all healthy adults age 50 and older. The 2-dose Shingrix vaccine has proven to be more than 90% effective at protecting against shingles, and it lasts longer than the older single-shot vaccine that has been in use since 2006. There are an estimated 1 million cases of shingles in the United States each year, and the risk of disease increases as people age.

Demand for the Shingrix vaccine, manufactured by GlaxoSmithKline (GSK), has soared since the CDC recommendation, and supply has not kept pace. Almost all pharmacies are reporting shortages of the vaccine, and waiting lists are common.

The CDC online list of current vaccine shortages (https://www.cdc.gov/vaccines/hcp/clinical-resources/shortages.html) now includes Shingrix. A note on the site states: “Due to high levels of demand for GSK’s Shingrix vaccine, GSK has implemented order limits and providers have experienced shipping delays.” CDC anticipates shipping delays to continue throughout 2018. You can always call your local pharmacy or health provider to see if the vaccine is in stock, or to get on a waiting list.

Stopping Long-Term Aspirin is Risky for Heart Patients

A daily low-dose (81mg) aspirin is often recommended for anyone who has had a heart attack or stroke, to lower the risk of recurrent heart disease. Aspirin inhibits clotting, lowering the risk of cardiovascular events. Unfortunately, patients often skip aspirin doses or stop taking the drug without telling their doctor. A study published in the American Heart Association journal Circulation shows just how risky this can be. Ref: http://circ.ahajournals.org/content/136/13/1183

Researchers in Sweden followed more than 601,000 low-dose aspirin users who adhered to the regimen at least 80 percent of the time. Three years after the study began, people who stopped taking aspirin for whatever reason had a 37% higher rate of heart problems including heart attack and stroke, compared to those who continued regularly taking the drug. This corresponded to an additional cardiovascular event observed per year in 1 of every 74 patients who discontinue aspirin. The risk increased shortly after discontinuation and did not appear to diminish over time.

Even though this was an observational (retrospective) study, the results highlight how dramatically dangerous stopping low-dose aspirin therapy can be.

The American Heart Association recommends that people at high risk of heart attack should take a daily low-dose of aspirin (if told to by their healthcare provider) and that heart attack survivors follow doctors’ advice and take low-dose aspirin regularly.
**WebMD Quiz on Bananas**

We’ve read that Americans consume more bananas than apples and oranges combined. Eating them is said to help lower blood pressure and reduce the risks of cancer and asthma.

This fun quiz (© 2017 WebMD, LLC. All rights reserved) will open your eyes to facts on bananas. Answers are shown at bottom of the page. For more answer info, go to this site: [https://www.webmd.com/food-recipes/rm-quiz-bananas](https://www.webmd.com/food-recipes/rm-quiz-bananas)

1. The banana plant is:
   a. A tree
   b. A bush
   c. An herb

2. The “trunk” of a banana plant is made of:
   a. Leaves
   b. Petals
   c. Wood

3. Bananas have lots of:
   a. Iron
   b. Potassium
   c. Vitamin D

4. The potassium in bananas is mildly radioactive.
   a. True
   b. False

5. A typical banana has this much fat:
   a. Less than a gram
   b. 5 grams
   c. 10 grams

6. Ripe bananas have lots of starch.
   a. True
   b. False

7. Bananas get ripe faster if you keep them:
   a. On a windowsill
   b. In a paper bag
   c. In the refrigerator

8. Banana peels may help heal wounds by:
   a. Getting blood to flow to the area
   b. Killing bacteria
   c. Helping blood clot faster

9. Which of these is the banana’s bigger, starchier cousin?
   a. Durian
   b. Plantain
   c. Breadfruit

10. What’s the biggest threat to banana plants?
    a. Soil erosion
    b. A fungus
    c. Banana Weevils

**Words of Wisdom from Dolly Parton**

− “The way I see it, if you want the rainbow, you gotta put up with the rain.”
− “Storms make trees take deeper roots.”
− “You’ll never do a whole lot unless you’re brave enough to try.”
❖ **Upcoming Meeting Schedule and Guest Speakers**

**Wednesday**
- **Aug 15, 2018**
  - Summer Luncheon Social
- **Sep 19, 2018**
  - Wyatt Hilderbrand
- **Oct 17, 2018**
  - Dr Michael DeFrain
- **Doc Ford's San Carlos Island**
- **Foot & Ankle Pain**
- **Cardio-thoracic Surgery**

*Sep. & Oct. meetings – HealthPark Medical Center in Sanibel-Captiva Room, beginning at 6:30 p.m.*

*August Luncheon—See page 5 for details*

❖ **Procedure for Monthly Meetings**

Lee Health prepares complimentary heart-healthy meals for our meetings, available at **5:45 p.m.** (45 minutes before the meeting). If you plan to join us for the meal, notify Joe Jansen at [jjansen@aol.com](mailto:jjansen@aol.com) or 461-0980 – at least five days in advance.

You are always invited to attend the **6:30** meeting without advance notice.

❖ **Note to Recent Heart Patients**

We hope our visitors were able to give you some reassurance and encouragement during your hospital stay. We’re not physicians; however, we know what you’re experiencing, as we’ve been there ourselves.

If you need someone to talk to as you recover, don’t hesitate to call any of us. Our numbers are on page 2 of this newsletter.

❖ **Interested in Becoming a member?**

We welcome you to join Mended Hearts. You’ll be able to interact with other members through our monthly meetings, volunteer opportunities, and special events. It’s easy to join. Simply print and fill out the application form found later in this newsletter and send it to the address shown on the form.
Member Information (please print or type)

Name (Mr/Mrs/Ms) ____________________________  Chapter ____ OR Member-At-Large ____
Address (line 1) _______________________________  Phone ( ____ ) ______________________
Address (line 2) _______________________________  Alt Phone ( ____ ) ______________________
City _________________________________________  Retired: ☐ Yes ☐ No
State/Zip _____________________________________  Occupation _______________________
Email address __________________________________  Preferred Contact: ☐ Phone ☐ Email ☐ Mail

Family member (must reside at same address; please name): (Mr/Mrs/Ms) ____________________________
Family member Email address __________________________________
May Mended Hearts staff or volunteers contact you regarding local chapter opportunities?  ☐ Yes  ☐ No

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

Name of Heart Patient ____________________________  Name of Caregiver ____________________________
Date of Surgery/Procedure __________________________  Phone ____________________________
Type of Surgery/Procedure __________________________  Alt Phone ____________________________
☐ Angioplasty  ☐ Heart attack  ☐ Cath
☐ Atrial Septal Defect  ☐ Pacemaker  ☐ Valve-Surgery
☐ Aneurysm  ☐ Transplant  ☐ Valve - TAVR
☐ CABG (Bypass)  ☐ AFib arrhythmia  ☐ ICD (Defibrillator)
☐ Stent  ☐ Other arrhythmia  ☐ Other___________

Many chapter newsletters include surgery/procedure anniversaries of members.  

Please indicate here if you are agreeable to having your name published in this way.
☐ Yes  ☐ No

Add my email to monthly national email updates?
☐ Yes  ☐ No

Optional info:  Date of birth _________
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% tax deductible.

Within United States

Individual $35.00 ☐ I am joining as a non-heart patient: ☐ Physician ☐ RN
Family $50.00 ☐ ☐ Health Admin ☐ Other Interested Party ☐ Other___________
Life – Individual Dues $210.00 ☐
Life – Family Dues $290.00 ☐
A tax-deductible contribution $_____ to ☐ National OR ☐ Chapter

Dues Summary: National dues $_____

TOTAL $_____

New chapter members: Please send payment with enrollment form to chapter Treasurer:

Or, if joining as a member-at-large, send to:

The Mended Hearts, Inc.
National Office
8150 N. Central Expressway, M2248
Dallas, TX 75206

Treasurer Name: David Kahn
8700 Paseo De Valencia Street
Fort Myers, FL 33908
ABOUT MENDED HEARTS

We are an international volunteer organization dedicated to helping heart patients and their families. Our trained volunteers visit patients, with doctor’s approval, while you are hospitalized. We provide literature on heart disease and your recovery from surgery.

OUR MISSION is dedicated to Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.

OUR PURPOSE is to offer help, support and encouragement to heart patients and their families.

OUR METHOD is to partner with medical and hospital staff to help the patient have a positive experience. Everyone who has had a heart procedure and their families are welcome at our meetings. You don’t have to join Mended Hearts to hear our speakers, but we would love it if you do join. We will send you the next three issues of our chapter newsletter following your surgery.