November 2018 Meeting

Tuesday, November 6th, 2018 at 7:00 PM

SPECIAL NOTE: For November we will meet at Community Memorial Hospital @ 7:00 PM in the auditorium on the 8th floor.

OUR PROGRAM: TAVR is the new, non-surgical procedure for replacing the aortic valve in the heart. John Masterson will share his experience in receiving a TAVR. A video from the manufacturer of the valve will be shown. This will be one more of our outstanding programs. Read more on page 3 of this newsletter.

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<th>Patients Visited</th>
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<th>Year-To-Date</th>
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</tr>
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This Newsletter is printed courtesy of Community Memorial Health System
Where Excellence Begins With Caring
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Assistant Regional Director
Dr. Richard Hatcher

To New Heart Patients

Our monthly newsletter will be sent to you for several months if you wish to receive them.

We hope that your recovery is progressing well and would like to invite you and your family to visit our monthly programs. We have speakers and programs designed to be of interest to heart patients. As heart patients, we know what you are experiencing and we are available to answer non-medical questions.

Mended Hearts is a non-profit service organization of peers with heart disease, including persons recovering from heart attacks, angioplasty, open heart surgery, pace makers, valve repair/replacement, atrial fibrillation or any other cardiovascular condition and their families and caregivers. Members give hope and encouragement to others by providing living proof that persons with heart disease can live full, productive lives.

Medical Advice

This newsletter is not intended to give personal medical advice. Please consult with your medical professional about any systems or health concerns that you may have.

The Mended Hearts Prayer

We ask for Your blessings, Lord.
We ask for strength,
That we may pass it on to others.
We ask for faith,
That we may give hope to others.
We ask for health,
That we may encourage others.
We ask, Lord, for wisdom,
That we may use all Your gifts well.
President’s Message

Ms Jill Waters gave our program for October on “Nutrition For Brain Health.” Not surprisingly, what is good for brain health is also very good for heart health. She gave us some wonderful suggestions in a format that we could take home with us – easy to understand and (relatively) easy to incorporate in our daily meals. She is another voice in the effort to think of our eating habits a way of life and not a “diet.” All too often we think of a “diet” as something we will do for a specific, limited time and then go back to our usual (UN-healthy) selection of foods and the way we prepare/serve them. Great presentation – our group asked a lot of relative questions.

Please remember that we will be back meeting at Community Memorial Hospital for our November program. Because it is election day – DON’T FORGET TO VOTE – the community room at Lemonwood will be used as a poling place so we meet, instead, at the hospital. We will be in the Nichols Auditorium on the 8th floor at 7:00 PM.

Our December gathering will again be the Annual Holiday Dinner. It will be on Tuesday, December 4th in the Community Room of the Lemonwood Mobil Home Estates. Dinner will be at 6:00 PM but you may arrive anytime between 5:00 and 6:00 for a social gathering. More details will be shared at the November program.

Our November Program

TAVR (Transcatheter Aortic Valve Replacement) is a relatively new, non-surgical procedure for replacing a defective aortic valve in the heart. With this method, a patient receiving a valve usually can go home in 36 – 48 hours after the process and can play a round of golf (or other physical activities) the next day! Compare this to a traditional, surgical procedure where the patient is in the hospital for 5 – 7 days! At our November program, John Masterson will relate his experience in how a patient is evaluated to be a candidate for a TAVR, the work-up and the actual procedure. The valve manufacturer, Edwards Life Sciences, has a video that graphically demonstrates how the procedure works. It is an excellent video and we will show it at the program.
Mended Hearts National Has A New Address

Our Mended Hearts National Headquarters has moved – a long way. Their new address is:

The Mended Hearts Inc.
National Resource Center
1500 Dawson Road
Albany, GA 31707

Their web address remains the same: www.mendedhearts.org
Their phone number also remains the same: 1-888-HEART99 (1-888-432-7899)

The move was necessary for financial reasons. The rapidly raising costs of doing business and simply living in the Dallas, TX metropolitan area was becoming prohibitive. Also, two of our major pharmaceutical supporters have had to cut back on contributions to our organization. As a result, most of the wonderful staff we have had the pleasure of working with declined to move with the organization. As of this writing, new staff have been hired and the office is up and running. Fortunately, the Albany Chapter of Mended Hearts is a large Chapter and many of its members stepped forward and have help make the transition as smooth as possible.

Ventricular Assistive Devices

On the next page is and article about a wonderful “little” device that takes the place of the heart to pump blood through the body. Of special interest is that, at the National Conference in San Antonio this last summer, 2 men talked about their experience with this device. One, a relatively young man at 52 years of age, used a device for almost 2 years. That gave his damaged heart time to recover and his own heart is now pumping very well on its own. The other gentleman who was 81 years old was having rapidly increasing congestive heart failure. He lived with a VAD for 11 months until a suitable heart transplant was found. Neither of these 2 men would be with us today were not for this wonderful device. If you want to learn more about them come to our programs and we can give you more details.
Small Pumps Help Failing Hearts

Whether used temporarily or in place of a heart transplant, these implants help the heart pump blood more effectively.

Patients with heart failure rely on multiple medications to keep their heart pumping as efficiently as possible. For many, medications slow the progression of heart failure long enough so they can live a normal length and quality of life. But when maximum medical therapy no longer controls the symptoms of heart failure, other measures may be necessary. These options include ventricular assist devices (VADs), which provide new hope for selected patients with advanced heart failure.

More Effective than Expected
VADs were developed to keep patients with end-stage heart failure alive during their wait for a heart transplant ("bridge to transplant"). They are still used for this purpose today. They are also used as a permanent treatment in patients who are not eligible for transplantation ("destination therapy").

Improvements in VAD design, coupled with experience in large VAD centers like Cleveland Clinic, have resulted in an exciting, yet unexpected new use for these devices as a "bridge to recovery."

"We, and others, have encountered patients with a VAD on optimal heart-failure medications who recover enough heart function that the VAD can be removed," says Cleveland Clinic heart failure specialist David O. Taylor, M.D.

Cleveland Clinic and VADs: A long history
Cleveland Clinic has one of the oldest and most active VAD programs in the country, routinely implanting 80 to 100 VADs a year. It is one of the few programs working with a variety of FDA-approved VADs, primarily for systolic heart failure.

What VADs Are Designed to Do
VADs support a heart by increasing the amount of oxygenated blood pumped throughout the body. This often allows extremely weak patients with very advanced or end-stage heart failure to become more active, improving their health and fitness. This enables patients waiting for a heart transplant to become stronger and better able to withstand the stress of surgery when a donor heart becomes available.

No matter the intention, however, VADs help patients feel better, have more energy and enjoy a better quality of life.

An Evolving Technology
VAD design has changed dramatically since the first devices were pioneered in the 1970s. Those devices imitated a beating heart and were powered by an external battery back connected by a cable that exited through the skin. These early VADs were prone to infection and blood clots, which caused strokes.

Over time, more biocompatible materials and innovative designs have overcome many complications. They have also allowed devices to become much smaller. Several different VADs are available today, with the HeartMate II being one of the most successful. Since its approval by the FDA in 2008, the one-year survival rate with the HeartMate II has remained steady at 85 percent.

Today's VAD Is More Durable
The most advanced VADs have a single moving part that propels blood with a rotating turbine, which is its only moving part. Suspended by magnets, the turbine creates no friction and has no parts to wear out. This design avoids the complexity of having to mimic a beating heart with four chambers.

Two of these "third-generation VADs," the HeartMate 3" Left Ventricular Assist Device (LVAD) and HeartWare VAD, are highly biocompatible and are resistant to wear and corrosion, making them ideal for permanent use. Battery power packs enable the VAD to be worn for many hours before being recharged using household current.

"These advanced devices are allowing us to provide the technology to a much larger group of patients. Success rates are near those of heart transplantation, which remains a limited option due to the severe shortage of donor organs. We expect the number of VAD implants each year to continue to increase," says Dr. Taylor.
Many of you will recall that we had a Periodontist as our program about a year ago. Then, with our food-for-health program for October, I thought the following article that appears on WebMD was of special interest.

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**Mouth health can be a sign of overall wellness**

Taking care of your mouth health can also mean a healthier heart. Many illnesses such as diabetes, heart disease, respiratory disease, rheumatoid arthritis, and osteoporosis have been linked to gum disease. In fact, those suffering from periodontitis are three times as likely to have a stroke and twice as likely to suffer a fatal heart attack.

The connection between the mouth and the heart lies within the incredible amount of bacteria commonly found inside the human mouth, according to the Mayo Clinic. Most of these bacteria are harmless and can be controlled with daily flossing and brushing, but a lack of dental hygiene can allow them to get out of control and cause oral infections, tooth decay, and gum disease.

Certain medications, such as antihistamines and painkillers, can also slow the flow of saliva which is one of the most significant natural defenses in the mouth against harmful microbes. Bacteria can move through the bloodstream to places like the heart, potentially leading to endocarditis and other issues.

Elsewhere in the body, oral health can show that something else is wrong inside the body such as through lesions for HIV/AIDS and through its ongoing link with chronic diseases such as diabetes. Because diabetes lowers the body’s resistance to infections, gum disease is more frequent among those patients. People living with Alzheimer’s have shown a similar tendency as the condition worsens.

The American Dental Association recommends regular dental checkups to protect overall health and they urge immediate attention for bleeding, red, or swollen gums, loose or separating teeth, persistent bad breath, or any changes to how the teeth feel in the mouth.

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Since you will receive this newsletter before Halloween I thought you might like a little spooky images.
## Member Enrollment

**Member Information (please print or type)**

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**Family member (must reside at same address):**

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<td>(Mr/Mrs/Ms)</td>
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<td>Family Member Email</td>
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**Preferred Contact:**

- Phone
- Email
- Mail

**Member-At-Large:**

- Phone (_______)
- Alt Phone (_______)

**Retired:**

- Yes
- No

**Occupation:**

- -------------------------

**May Mended Hearts staff or volunteers contact you regarding local chapter opportunities?**

- Yes
- No

### Medical Info/Demographics

(End of page will be continued on back)