HEARTbeat Newsletter
Mended Hearts of Morris County
2019 Spring EDITION
Volume 12, Issue 2

About Mended Hearts
Mended Hearts is the largest heart patient support network in the world, with 18,000 members and 300 chapters. It’s mission is dedicated to providing support to heart patients before and after their procedures.

Mended Hearts of Morris County is a 501c3 organization which supports patients of the Gagnon Cardiovascular Institute with visits, monthly meetings and nursing scholarship awards.

In 2012, the Chapter was awarded the Mended Hearts National President’s Award for the outstanding chapter nationwide, as measured in number of patients visited, membership growth, hospital recognition and contribution to the community.

Gagnon Ranked as Top Hospital for Heart Surgery

Gagnon Cardiovascular Institute
Wilf Conference Room, Level C
Sunday, April 28 at 1:30 pm
Sunday, May 19 at 1:30 pm
Sunday, June 23 at 1:30 pm

Articles In This Issue
Heart Valve Innovations - Pg. 3
RN Scholarship Awards - Pg. 4
Cardiac Rehab Benefits - Pg. 5
Apple Watch & The Heart - Pg. 6
Guidelines for Recovery - Pg. 8

To join our visiting team, email Joe Nadler, jsnadler55@gmail.com

2020 Scholarship Award
Do you know a deserving nursing School student? To be a candidate for our 2020 scholarship award, please email a resume and cover letter to fvfabry@gmail.com

Please Support our Scholarship Fund for Nursing and Technology Students

Mail your Tax Deductible contribution to our Treasurer:
Dr. Harvey Brooks
Mended Hearts of Morris County
95 Redwood Road
Springfield, NJ 07081

Executive Committee
President
Victor Fabry
fvfabry@gmail.com

Visiting Chairman
Joe Nadler
jsnadler55@gmail.com

Vice President
Position Open
tqdibble@gmail.com

Fund Raising Chair
David Bailin
dprb@openix.com

Treasurer
Harvey Brooks
harmar8@comcast.net

Secretary
Diane Fabry
dianefabry@gmail.com

Hospitality Chair
Daisy Wary
daisywary@optonline.net

Care Giver Chair
Marcy Brooks
harmar8@comcast.net

Online Visiting Chair
Howard Hein
chaimhein@gmail.com

Newsletter Editor
Victor Fabry
fvfabry@gmail.com

There are 620 U.S. Heart Hospitals ranked by U.S. News & World Reports. Morristown Medical Center was ranked 20th in nation for Cardiology & Heart Surgery, putting Gagnon Cardiovascular Institute in the top 4% of heart hospitals.
The President’s Report

It’s Spring!

Dear Heart Patients and Care Givers,

Spring has finally arrived and after a winter of snow and cold temperatures, we are all looking forward to warmer weather, getting outdoors and enjoy the joys of spring.

Whether your interests are walking, biking, golf or tennis, now is the time to consider lifestyle changes that can improve your recovery and extend your life. You should begin by reviewing your diet and exercise goals and objectives. As a heart patient, this is also an excellent time to review lifestyle choices that can have a positive influence on heart disease and expedite your recovery from open heart surgery.

The first step in your recovery program should be participating in a Cardiac Rehab program at your local hospital or rehab clinic. Heart patients who complete Cardiac Rehab after open heart surgery, recover faster and live healthier and longer.

The program consists of three visits a week, one hour per visit, over a period of twelve weeks. The exercise equipment includes tread mills, arc trainers, stationary bikes, rowing machines and upper body strength machines. Your progress is supervised by RN’s, Physical Therapist and a Registered Dietitian.

After you complete your three month Phase II Rehab, you should continue your own favorite activity, whether walking, biking, golf or tennis, Please check page 5 of this newsletter for an article about Cardiac Rehab and Phase III heart health maintenance programs.

About Mended Hearts of Morris County

Our mission is to support heart patients and their families. This is the 50th year as Mended Hearts of Morris County and every year our chapter continues to grow and improve. We now have 92 members and 16 accredited visitors. In 2019, three new members joined our visiting team members who visit heart patients in-hospital before and after their heart surgery or procedure.

I am constantly reminded how lucky I am to have been given this second chance, as an open heart survivor to contribute through Mended Hearts. I believe that many of you feel the same way and this is what connects us as a group.

If you would like to learn more about our mission, please drop me an email for more details about how we support recovering heart patients.

Our monthly meetings are held the fourth Sunday of the month, in the Wilf conference room of the Gagnon Cardiovascular Institute. Please check the meeting schedule on first page and join us.

Sincerely,

Vic Fabry

Remember to Think Spring
Innovations in the treatment of heart valve disease

As February is American Heart Month, we were honored that Dr. Philippe Généreux was our guest speaker. Dr. Généreux is an interventional cardiologist, internationally recognized for his investigational clinical research. He is the Co-Director of the Structural Heart Program at the Gagnon Cardiovascular Institute of the Morristown Medical Center.

Dr. Généreux is serving as the primary investigator on more than 20 clinical trials and many of these developments have changed the way interventional cardiology is practiced. Dr. Généreux has been published 300 times in peer-reviewed cardiology journals.

In 2019, Morristown Medical Center is expanding its capability to offer high-quality minimally invasive heart intervention. The goal is to develop a heart valve center, for national and international clinical trials, offering patients the most advanced treatments and interventions available.

Dr. Généreux discussed many findings on recent TAVR clinical studies and research. His discussion covered the risks of cardiac damage for patients with aortic stenosis (a narrowing of the aortic valve opening). Dr. Généreux discussed the four stages and classifications of aortic stenosis indicating the need for aortic valve replacement. He also emphasized the importance of screening the population at risk for aortic stenosis, because of patients age or family history. Clinical research has shown the following populations can benefit from TAVR procedures:

- Aortic Stenosis patients who are high risk for surgical aortic valve replacement.
- An alternative for patients at intermediate risk for surgical aortic valve replacement.

The discussion included the emerging use of Transcather Mitral Valve Repair TMVR and new PASCAL devices to repair the mitral valve. Dr. Généreux also reviewed the anticipated enhancements of Heart Valve Procedures expected by 2022.

For Mended Hearts of Morris County members who wanted to participate in the meeting but who were unable to attend, Tim Luby of Morristown Medical Center’s IT Services made arrangements to provide a Skype video conference link to Dr. Généreux’s presentation.
2019 Annual Scholarship Awards
By Vic Fabry, President Mended Hearts of Morris County

Student Scholarship Awards

An aging baby boomer population, and the growth of chronic health issues like cardiovascular disease, will increase demand for registered nurses. According to The Bureau of Labor Statistics, the need for Registered Nurses (RN’s) and cardiovascular technologists (CVT’s) is expected to grow by 15% from 2016 to 2026.

In 2017, Mended Hearts of Morris County established scholarship program for nursing and CVT students. The purpose of the award is to assist students pursuing a career in health care. In 2019, we increased the award to $1,000 for two exceptional students.

Our goal is to award two Nursing & School of Cardiovascular Technology students, who have demonstrated the scholarship, passion and leadership for a successful career in Health Care. Nursing school candidates were selected from local nursing schools including Caldwell University, Seton Hall University, FDU and the County College of Morris.

Two leaders of Morristown Medical Center provided support and encouragement including Trish O’Keefe, President and Dr. Grant Parr, Chief of Cardiovascular Surgery, Emeritus.

In November 2018, four members of the our scholarship committee, reviewed candidate resumes and selected six students to be interviewed. Alcina Fonseca, Gagnon Nurse Manager volunteered her time and her professional knowledge to the interviewing team.

The CVT award was given to Elisabeth McGovern, Student of the Morristown Medical Center’s School of Cardiovascular Technology and the RN award was given to Patricia Esposito, a student of Seton Hall University’s School of Nursing.

The scholarship program is supported by generous donations from members and friends of Mended Hearts of Morris County. If you have a family member beginning nursing school, please have them submit their resume with a cover letter to me at fvfabry@gmail.com to be considered as a candidate for our 2020 scholarship awards.

Our goal is to continue presenting these awards through the 2023 calendar year. Your tax deductible donations, will enable Mended Hearts of Morris County to reach this milestone. If you would like to contribute to our scholarship fund, please mail your check, in any amount, to Dr. Harvey Brooks, Treasurer, Mended Hearts of Morris County, 95 Redwood Road, Springfield NJ 07081. Thank you.

© 2019 Mended Hearts of Morris County - January 27, 2019
Why is Cardiac Rehab Important?

Medical studies have shown that patients who complete Cardiac Rehab have better control of their stress, feel more energy, reduce risk of future heart events and improve overall health and well-being and live longer. Our multidisciplinary teams include: a Board Certified Medical Director, Registered Nurses, an Exercise Physiologist, a Registered Clinical Dietitian and other medical professionals.

Cardiac Rehabilitation is a professionally supervised monitored exercise program for those who have had a cardiac event. The Cardiac Rehab Center, provides an individualized approach to your care in a safe environment to make the most effective and appropriate lifestyle changes. In addition to a monitored exercise, we offer nutrition education, diet modification and stress management classes.

Our Cardiac Rehab program has received national certification from the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) for superior cardiac rehab services. The center’s staff has extensive cardiac backgrounds; BLS & ACLS certified. I have 36 years of nursing experience in clinical and administrative expertise with 18 years at Morristown Medical Center’s, Outpatient Cardiac Rehab.

Phase II Cardiac Rehab Programs
These are scheduled three times per week for twelve weeks and the cost is covered by most insurance plans. Your cardiologists referral will be required. There are the two nearby Atlantic Health Cardiac Rehab sites:

Morristown Medical Center Outpatient Cardiac Rehabilitation
Atlantic Rehabilitation Institute
95 Mount Kemble Avenue - 4th Floor
Morristown, NJ 07960
Phone: 973-971-7230

Overlook Medical Center Cardiac Rehab at New Providence
571 Central Avenue - Suite 118
New Providence, NJ 07974
Phone: 908-522-2945

Phase III Cardiac Rehab - Maintenance Programs
Health Maintenance programs encourage heart patients to continue exercising to maintain cardiovascular health. There are two nearby free programs, directed by nationally certified trainers which are held two times per week for twelve weeks.

Summit Area YMCA 67 Maple Street, Summit, NJ Susan Guber, 908-273-3330
Berkeley Heights YMCA 550 Springfield Ave, Berkeley Heights, NJ 908-464-8373
New Apple Watch can diagnose tachycardia

Apple is expanding the health-monitoring features of its Watch line with a focus on the heart. The Apple Watch is getting an improved heart-rate monitoring system that allows users to raise their wrists to see their heart rates and fresh metrics, among a raft of other new features. The Watch will also notify wearers if their heart rate jumps up when they’re not actually exercising, signaling a potential problem. You get a heart rate credit when you use the Breathe app and when you use the Watch’s Workout app. And the resting heart rate has been analyzed by plenty of Watch wearers as an approximate guide to heart health. Now, the Watch is calculating new metrics as well as showing them more visibly.

The Health app makes it easy to learn about your health and start reaching your goals. It consolidates health data from iPhone, Apple Watch, and third-party apps you already use, so you can view all your progress in one convenient place. And it recommends other helpful apps to round out your collection making it simpler than ever to move your health forward. The Health app highlights four categories: Activity, Sleep, Mindfulness, and Nutrition.

Each plays an important role in your overall health and in the app. Health suggests great apps from each category to get you going, and the Today view shows all your stats at a glance to help you stay on track.

Doctors issued a diagnosis of tachycardia, a condition when the heart rate exceeds the normal resting rate, which for most adults would be a resting heart rate of over 100 beats per minute. While such rates could be normal, as in cases where the person regularly exercises, it can also be deemed abnormal for a variety of problems, including electrical issues within the heart itself.

The introduction of functions in watch OS 5.1.2, including enabling the electrocardiogram function in the Apple Watch Series 4 in the United States and the Irregular Rhythm Notification for all models, has been credited with saving numerous lives since the start of the year.

The Apple Watch Series 4 has been credited with saving a patient’s life due to its heart rate monitoring functionality, with the wearable device detecting an unusual pulse rate and a suggestion to go to hospital, ultimately leading to a diagnosis of tachycardia.
Mended Hearts of Morris County

Membership Application

Gagnon Cardiovascular Institute
Morristown Medical Center
100 Madison Avenue
Morristown, NJ 07960

(Mr., Mrs., Ms.) _______________________________________________________________
Address ____________________________________________________________________
City/State ______________________________________________ Zip Code ____________
Email ______________________________________________________________________
Mobile_____________________________  Home Phone_____________________________
Name of Family Member / Care Giver Residing at same address _______________________
Are You an Open Heart Surgery Survivor ?    Yes__________                         No ___________
Would you be interested in visiting patient’s in-hospital for 2 hours per week?  _____________
Please e-mail our visiting Chairman, Joe Nadler at jsnadler55@gmail.com, if you have questions about our visiting program or becoming a visiting member.

Are you planning to attend our 50th Anniversary Celebration on Sunday, October 28, 2018?
Yes, I plan to attend ______  Number planning to attend _______
Please email details on location, guest speakers and special Mended Hearts guests _______

I you like to support our Scholarship fund for Nursing students and School of CVT students Please select a Scholarship Fund donation level  ($100.00, $50.00, $25.00, $10.00, $5.00)
My Donation $_________

Membership dues:
Includes a subscription to Heartbeat Magazine and one insignia pin for an Individual Membership and for a Family Membership, one additional pin for a family member residing in the same household.

PLEASE SELECT ONE:
Individual:  $30.00            ($20 National, $10 Chapter)
Family:      $45.00            ($30 National, $15 Chapter)
Life-Individual  $225.00      ($150 National, $75 Chapter)
Life-Family    $315.00          ($210 National, $105 Chapter)

Please mail this membership application with your check to:

Dr. Harvey Brooks, Treasurer
Mended Hearts of Morris County
95 Redwood Road
Springfield, NJ 07081
Guidelines when returning home

1. Returning Home
   - No tub baths for at least six weeks
   - Walk carefully on level surfaces and if possible, avoid stairs
   - Take your medications exactly as your cardiologist prescribed
   - If you have had leg incisions, wash gently with antibacterial soap
   - Shower with warm water; letting water gently run over the incision
   - Keep a list of medications in your wallet, including dosages and times

2. First Two Weeks
   - Do not sleep on your slide; Sleep on your back using pillows for support
   - If you were prescribed elastic stockings, wear for two weeks after surgery
   - If you're tired, take short naps as necessary or sit resting for 20 to 30 minutes
   - Continue using your spirometer (blue breathing device) every two to four hours
   - Walk as much as you can manage, gradually increasing your time and distance

3. First Six Weeks
   - Do not lift over 10 pounds for the first six weeks
   - Avoid any activities that might cause you to strain
   - No driving during your first six weeks after surgery
   - Ask your cardiologist for a prescription for Cardiac Rehab
   - Increase your walking distance as your endurance improves
   - Follow instructions to avoid the air bag, in case of an accident

4. Cardiac Rehab Program
   - The program is covered by Medicare and most insurance plans
   - Cardiac Rehab includes 36 one hour sessions, over three months
   - The program is supervised by RN’s including a Registered Dietitian
   - Includes treadmill, stationary bike, elliptical trainer, rowing machine

5. First Twelve Months
   - Schedule visits with your cardiologist on a regular basis
   - Continue your compliance with prescribed medications
   - Maintain a healthy diet; low in salt, fat and cholesterol
   - Keep exercising; both aerobic and strength training
   - Attend a support group to share your experiences

In Summary
Follow your Cardiologist’s recommendations on medications and exercise.
   - Go to http://mendedhearts.org for information about Mended Hearts
   - To join Mended Hearts of Morris County, go to application on Page 7

© 2018 Excerpted from “The Road to Recovery” by Gagnon Cardiovascular Institute