HEARTbeat Newsletter
Mended Hearts of Morris County
2019 Summer EDITION
Volume 12, Issue 3

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

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.

Upcoming Meetings

Gagnon Cardiovascular Institute
Wilf Conference Room, Level C

July - Summer Break
August - Summer Break
Sunday - September 22, 2019

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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:

Robert Pasch
Mended Hearts of Morris County
22 Edward Court
Clifton, NJ 07011

Mended Hearts Team

Executive Committee

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Victor Fabry
fvfabry@gmail.com

Visiting Chairman
Joe Nadler
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Care Giver Chair
Marcy Brooks
harmar8@comcast.net

Online Visiting Chair
Howard Hein
chaimhein@gmail.com

Web Master
Janice Kidney
jpkidney@verizon.net
It’s Summertime!

Dear Heart Patients and Care Givers,

Summer is here and you should be looking forward to taking advantage of warm weather and getting outdoors to enjoy the joys of summer. 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 cardiac rehab program is one hour per visit, three visits a week, over twelve weeks. Your progress is supervised by RN’s, supported by Physical Therapists and a Registered Dietitian. The exercise equipment includes tread mills, arc trainers, stationary bikes, rowing machines and upper body strength machines. After you complete your three month Phase II program, you should continue with your favorite outdoor activities, such as 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 93 members and 17 accredited visitors.

In 2019, three new members joined our visiting team. These accredited team members conduct in-hospital visits with heart patients, 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

Summer is time to Relax and Recover
Heart Valve Innovations

By Philippe Genereux, MD, Co-Director of Gagnon Heart Valve Center

Innovations in the treatment of heart valve disease

February was American Heart Month and we were honored to have Dr. Philippe Généreux as 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 Excerpted from Dr. Philippe Généreux’s presentation on February 24, 2019
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 435,000 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.

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 who provided support and encouragement included Trish O’Keefe, President and Dr. Grant Parr, Chief of Cardiovascular Surgery, Emeritus.

In November 2018, Alcina Fonseca, Gagnon Nurse Manager volunteered her time and her professional experience to assist in interviewing the selected candidates.

For 2019, we increased the award to $1,000 for two exceptional students. 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, student of Seton Hall University’s School of Nursing.

In 2020, we will be adding a third scholarship award for outstanding Physician Assistant (PA) students.

Our scholarship program is supported by generous donations from members and friends of Mended Hearts of Morris County. If you know a family member who is a nursing school or PA graduate student, please have them submit a resume with a cover letter to vfabry@gmail.com to be considered as a candidate for our 2020 scholarship awards.

Our goal is to continue presenting these awards through the 2025 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 Bob Pasch, Treasurer, Mended Hearts of Morris County, 32 West 7th Street, Clifton, NJ 07011

Thank you.
Why is Cardiac Rehab Important?
By Remia “Toto” Arenas BSN, RN-BC

Benefits Cardiac Rehab
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 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

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Berkeley Heights YMCA 550 Springfield Ave, Berkeley Heights, NJ 908-464-8373
Caring for Your Heart, Naturally
By Mary Finckenor, Registered Dietitian

Guideline's for a Heart Healthy Diet

Mary Finckenor is a Registered Dietitian with a Master’s Degree in Nutrition Education. She works as the dietitian and diabetes educator at the Atlantic Rehabilitation Center of the Morristown Medical Center. Mary is also a dietary consultant with Atlantic Sports Health, part of Atlantic Health System.

Healthy Heart Diet Guidelines
The following guidelines are important for all heart patients and open heart surgery survivors:

- Cholesterol is manufactured in the liver and required by the body
  - LDL (Lousy Cholesterol) <70 Optimal, <100 Satisfactory
  - HDL (Healthy Cholesterol) <40 Low for Men; >60 or Higher

Diet and Important Components of your diet
- Fruits and Vegetables (Serving size is one cup = Fist Sized Serving)
- Nuts - Contain Magnesium, Potassium, Fiber and Protein
- Beans - Baked, Hummus, Soy, Edamame
- Drinks - No sugared drinks (Best are Water or Diet soda)
- Fats - Monounsaturated, Polyunsaturated Fats (Do not increase cholesterol)
  - Saturated Fats limited to 20 grams / day (Best - Olive, Sunflower, Canola)
  - Cheese - most types are very high in saturated fat
  - I oz. serving is 130 calories and 6 grams of saturated fat
  - Better - Jarlsberg Light, Cabot Reduced Fat, Baby Bell Light
  - Butter - 100 calories per tbsp.
  - Butter - 7 grams of saturated fat per tbsp.
  - Whipped - 3.5 to 4.0 grams per tbsp.
  - Light Butter - about 4 grams per tbsp.
  - Cream Cheese - 3.5 grams per tbsp.
  - Margarine - No trans-fat as of June 2018 (1 to 2.5 grams per tbsp.)
- Protein - an Important Component of the diet (Go easy with Pork, Beef, Lamb)
  - Best - Chicken, Fish - Worst – Beef, Pork, Dairy Fats, Palm and Coconut oils
- Sodium - Negative effects on the heart (2,000 grams is the daily limit)
  - 85% from Processed Foods, Fast Food and Restaurants (www.lowsaltfoods.com)
- Alcohol - Suggested Limits (12 oz. beer, 5 oz. Wine, 1 ½ oz. Whiskey)
- Exercise - Recommend 150 minutes of aerobic exercise per week (30 minutes x 5 days)
- Evaluate your health metrics and progress every 6 months
  - Weight - Control, Management
  - Stress - Reduction, Management
  - Smoking - Not Recommended (shrinks blood vessels)
- Schedule a consult with your cardiologist every 12 months

© 2019 Excerpted from Mary Finckenor’s presentation on April 28, 2019
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 _____      Date of Surgery _________

Are you a Heart Valve survivor?   Yes ____   SAVR?  _____ TAVR ?______  Date ________

Visiting Team
Are you be interested in visiting patient’s in-hospital?  If you have questions about our visiting program to become a visiting member, please e-mail our visiting Chairman, Joe Nadler at jsnadler55@gmail.com

Mended Little Hearts
Mended Little Hearts is a support group for parents of children with congenital heart defects. This parent-led group provides a forum for parents to talk one-on-one with each other, sharing their experiences, concerns and questions.  If you would like to learn more about Mended Little Hearts, please email Andrea Baer, Vice President of Mended Little Hearts at andrea.baermhl@yahoo.com

Scholarship Award for Medical Students
If you would like to contribute to our Scholarship fund for Nursing, Physician Assistant and CVT students, please include a check made out to Mended Hearts of Morris County Scholarship Fund. Indicate your donation level to the Scholarship Fund ($100.00, $50.00, $25.00)  $_________

Membership dues:
Membership includes an annual subscription to Heartbeat Magazine and a insignia pin for an Individual Membership. For a Family Membership, you'll receive an 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 your completed membership application with your check (s) to:

Robert Pasch, Treasurer
Mended Hearts of Morris County
22 Edward Court
Clifton, NJ 07011
Guidelines after 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, for three months
   - The program is supervised by RN’s and a Registered Dietitian
   - Tread mill, 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, complete application on Page 7

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