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.

Upcoming Meetings

Gagnon Cardiovascular Institute
Wilf Conference Room, Level C

Sunday - October 27, 2019
Sunday - November 17, 2019
Friday - December 13, 2019

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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.

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 Edwards Court
Clifton, NJ 07011

Mended Hearts Team

Executive Committee

President
Victor Fabry
fvfabry@gmail.com

Visiting Chairman
Joe Nadler
jsnadler55@gmail

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Howard Hein
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Janice Kidney
jpkidney@verizon.net
The President’s Report

My Favorite Season
Heart Patients and Care Givers,

After the hot, humid days of summer, we all look forward to the crisp days and cool temperatures of the fall season.

It’s the perfect season whether your interests are walking, biking, golf or tennis. As a heart patient, this is an ideal time to review your lifestyle choices which can have a positive effect on heart disease and expedite your recovery from open heart surgery including changes in your lifestyle that can improve your recovery and extend your life.

An important first step in your recovery from open heart surgery would be to participate in a Cardiac Rehab program. Studies have shown that Heart patients who complete Cardiac Rehab after open heart surgery, recover faster and live longer.

The program consists of three visits per week, one hour per visit, over a period of 12 weeks. The exercise equipment includes tread mills, stationary bikes, rowing machines and elliptical training machines. Your progress is supervised by RN’s 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 for an article about Atlantic Health Cardiac Rehab 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 95 members and 16 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 send me an email for more details about how we support recovering heart patients.

Our monthly meetings are held at 1:30 pm on the fourth Sunday of each month in Wilf conference room of the Gagnon Cardiovascular Institute.

Please check the meeting schedule on first page and join us to meet with other patients recovering from open heart and heart procedures.

Sincerely,
Vic Fabry
History of TAVR Procedures

Mid-Atlantic Surgical Associates (MASA) is the largest volume cardiac surgery group in the New York metropolitan area. Since its foundation in 1984, MASA has performed over 24,000 open heart procedures. Our surgeons perform three times more procedures each year than the national average. MASA has consistently had survival results for coronary artery bypass grafting, that have been among the highest in the state of New Jersey and have surpassed the national average.

Dr. John Brown, is the Chief of Cardiovascular Surgery at the Morristown Medical Center. Dr. Brown is a graduate of Cornell University Medical College and completed his training at New York Hospital Cornell Medical Center. Dr. Brown is a principal investigator on three Transcatheter valve trials, including the pivotal CoreValve trial. He has been sought after as a consultant for how to build a practice as well as the development of a heart team. Morristown Medical Center’s Transcatheter valve program valve clinic has been visited by other of institutions for best practices.

The Mid-Atlantic Surgical Associates Cardiothoracic Surgical team includes Dr. Christopher Magovern, Dr. James Slater, Dr. Bledi Zaku and Dr. Benjamin van Boxtel

Transcather Aortic Valves (TAVR)

At our monthly meeting, Dr. Brown’s discussion included Transcather Aortic Valve and Mitral Valve procedures. The onset of atrial valve stenosis is often indicated by angina, syncope and heart failure. Here is a review of the history of TAVR Procedures at Gagnon Cardiovascular Institute:

2002 - First experimental TAVR valve placement

2011 - Morristown Medical Center performed first TAVR procedure

2019 - Today, survival rates 2 years after TAVR are actually higher than a surgical valve in high risk patients. For moderate risk patients, there’s no statistical difference between TAVR and survival rates. Some considerations with the TAVR procedure include valve leakage, pacemaker and stroke rates which are higher than conventional surgery. The most significant benefit of TAVR valve surgery, is that for a 75 year old man or woman, the procedure can expect to add 11.5 years of life expectancy.

Summary

In 2015, the total number of TAVR procedures at MMC surpassing conventional valve surgery. The good news for patients with surgical valves is that they have a prepared “landing zone” which simplifies TAVR procedure and may improve successful outcomes.
2020 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, Fairleigh Dickinson, Ramapo College and County College of Morris.

Two Morristown Medical Center leaders, who provided support and encouragement included Trish O’Keefe, MMC 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 Nursing 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 (MSPA) 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 or MSPA graduate school student, please have them submit a resume with a cover letter to vfabry@gmail.com no later than October 31, 2019, to be considered as a candidate for our 2020 scholarship awards.

Our goal is to continue offering 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, 22 Edwards Court, Clifton, NJ 07011
Our New Cardiac Rehab Center

On October 3, the Atlantic Health Cardiac Rehab Center Medical relocated to a new location directly across from the Morristown Medical Center. Cardiac Rehabilitation is a professionally supervised and 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.

The center is equipped with a complete assortment of aerobic and strength training machines including Treadmills, Arc Trainers and Elliptical Trainers. The multidisciplinary teams include a Board Certified Medical Director, Registered Nurses, an Exercise Physiologist, a Registered Clinical Dietitian and other medical professionals. The center’s staff will monitor and guide your recovery from open heart surgery, aortic valve replacement, TAVR procedures and stent procedures.

Research with Cardiac patients has shown that those who complete this 36 week Cardiac Rehab program recover their strength and endurance, control stress, reduce risk of future heart events, recover quicker and live longer.

The Atlantic Health 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. Toto Arenas has 36 years of nursing experience including clinical and administrative expertise with Morristown Medical Center’s, Outpatient Cardiac Rehab program.

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 cardiologist’s referral will be required. There are the two nearby Atlantic Health Cardiac Rehab sites:

Morristown Medical Center Cardiac Rehabilitation
111 Madison Avenue - Suite 304
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
Why is Walking the best Exercise?

Your cardiologist may give you a prescription to walk. This simple activity is being sponsored and touted as "the closest thing we have to a wonder drug," in the words of Dr. Thomas Frieden, former Director of the Centers for Disease Control and Prevention.

The simple activity of walking has so many powerful health benefits. Done correctly, it can be the key to losing weight, lowering blood pressure and cholesterol, and boosting your memory, as well as reducing your risk for heart disease, diabetes, cancer and more. Here are some benefits of walking, as well a easy ways to incorporate a walk into your daily routine. The following list of five that may surprise you.

1. **It counteracts the effects of weight-promoting genes**
   Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.

2. **It eases joint pain**
   Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.

3. **It helps tame a sweet tooth**
   A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. The latest research confirms that walking can reduce cravings and intake of sugary snacks.

4. **It reduces the risk of developing breast cancer**
   Researchers already know that any kind of physical activity blunts the risk of breast cancer. But an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.

5. **It boosts immune function**
   Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.

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 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 Deborah Wiltshire,
MHoMC Vice President at deborahvw@outlook.com

Scholarship Award for Medical Students
If you would like to contribute to our 2020 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 an 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 to:

Robert Pasch, Treasurer
Mended Hearts of Morris County
22 Edward Court
Clifton, NJ 07011
Post-Cardiac Surgery Guidelines
By Joe Nadler, MHoMC Visiting Chairman

Guidelines after returning home

1. Returning Home
   - No tub baths for at least six weeks
   - Walking is one of the best ways for post-surgery exercise
   - 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
   - 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
   - Complete application on Page 7, to join Mended Hearts of Morris County
   - Go to http://mendedhearts.org for information about Mended Hearts

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