Introduction to Transcatheter Aortic Valve Replacement aka TAVR

At our May Chapter Meeting, Tina Orsag, MAS, RCIS, Structural Heart Program Coordinator at Confluence Health introduced us to TAVR, a therapy for the treatment of aortic valve stenosis, which Confluence Health is now doing. Tina came here last year from San Diego, where she had a similar position, to help with the development of the TAVR Program at Confluence Health.

The Central Washington TAVR Team includes Kimberly Skelding, MD, John Rowles, MD and Alexander “Sasha” Kraev, MD. Tina said that Dr. Skelding brings years of experience with TAVRs. Dr. Skelding had hoped to speak at our May meeting but couldn’t because of a scheduling conflict. We are working on rescheduling her for later this year.

Tina showed a video of the TAVR procedure. TAVR is a less invasive therapy for aortic stenosis that is designed to replace a diseased aortic valve. The TAVR doctor makes a small incision and a catheter is inserted into your artery. The doctor will then guide the catheter up to your heart and will replace the valve within your diseased aortic valve. Why TAVR? Outcomes are as good as if not better than open-chest surgery. Down time can be as little as 24 hours & a lower length of hospital stay.

Keep an Eye Out for Cyclists

Warmer weather means more people are riding their bikes. Here are a few tips for drivers on how to share the road:

- Respect bike paths. Don't use them as extra roadway.
- Where there are no bike paths or lanes, remember that a human life is at stake as you pass a rider. Don't pass too close or too fast. Some bike riders claim that drivers purposely "brush" them. These incidents may or may not be intentional, but it's well-known that motorists often just go on their way after such an incident. They are unconcerned or unaware that they have placed another person's life in jeopardy.

Mended Hearts & Mended Little Hearts YouTube Channels

Education Available Anytime

If you are a patient or caregiver looking for information on a particular topic, or a chapter officers looking for a video to play at a member meeting, you should stop by our Mended Hearts YouTube channel. We have a number of informative webinars that have been recorded and can be viewed for free. Go to www.YouTube.com and enter Mended Hearts, or use the link below. You do not have to sign in or be a member of YouTube to view the videos.

https://www.youtube.com/channel/UC4IrrPqkTRqjgivbhn5C-Avvideos

Join Mended Hearts Today

Membership is about how you can help improve the lives of heart patients and their families, beginning with your own. Free memberships are available. To find out more, contact Chris or Chuck Phelps, Membership Chairpersons, at 509-860-4554 or email: membership91@nwi.net.

“HEARTBEAT AWAY”
Greater Wenatchee Mended Hearts - Chapter 91
“Offering hope and encouragement to heart patients, their families and caregivers in North Central Washington”

May 2021

“Our chapter meetings are open to the public and you are always welcome to attend.”

Monday, May 3, 2021
MENDED HEARTS
CHAPTER MEETING VIA ZOOM
11:30 am -1:00 pm
(Sign in 11:15 - 11:30 am)

GUEST SPEAKER
Taro Masuda, Clinical Specialist for Medtronic, will talk about and show samples of “Implantable Cardiac Devices” such as stents, pacemakers, defibrillators and aortic valves.

Directions for Joining Zoom Meeting
- Zoom Link: https://zoom.us/j/8527811204
- To call in by phone: Dial (1) 253-215-8782 and follow the prompts. Meeting ID Number is 8527811204#...
- For more information, contact Gracie Helm, Zoom Host, email: atthehelmsters@hotmail.com or by phone: 509-293-1603

EXECUTIVE BOARD MEETING
10:00 am - 11:00 am
Greater Wenatchee Mended Hearts Chapter 91 meetings are held the 1st Monday of each month by Zoom from 11:30 am to 1:00 pm. Chapter 91 invites heart patients, families and caregivers to attend and meet others who have had similar struggles and experiences. Our meetings offer peer-to-peer support and educational speakers of interest. For more information, call Chuck Phelps, Chapter President, at 509) 264-7159.

2021 CALENDAR OF EVENTS
June 7 - Chapter Meeting
Speaker to be announced.

“It’s great to be alive - and to help others!”
Mended Hearts, Inc. COVID Policy
Hospital Visiting & Meeting In-Person

As more of our members become vaccinated, and hospitals open up to our visitors supporting patients and families in-person again, we would like you to be aware of our MHI COVID-19 policy and statement. Please take a moment to read through our hospital visiting policy, as well as information we recently sent out regarding meeting in-person. You can access both of those on our website at https://mendedhearts.org/coronavirus-covid-19/

Here is the policy regarding meeting in-person and COVID vaccines.

Recently, some of our leaders have posed suggestions and questions related to our groups and chapters requiring attendees of their in-person meetings to have COVID vaccines. The Board understands the concerns about the lack of vaccinations. Here is the status of this as we believe it to be.

- Some states allow employers to require COVID vaccinations before the employee can return to work (with exceptions). Georgia, for example, is one of these states. However, our chapter and group members are not employees of MHI, and thus are not covered under these states’ provisions.

- If a chapter/group holds their in-person meeting in a public location, a restaurant or theatre for example, then that public location’s requirements are in effect. The restaurant or theatre may or may not require vaccinations. The chapter/group members must follow those requirements.

- If a chapter/group holds their in-person meeting in a hospital, then that hospital’s requirements are in effect.

- If a chapter/group holds their in-person meeting in a government-owned facility, then that facility’s requirements are in effect.

- If a chapter/group holds their in-person meeting in a member’s home or property, then that member can set requirements.

- If a state or local government has specific laws stating that meeting attendees are required to have vaccinations, then that government’s requirements are in effect. NOTE: We know of no State or City with this requirement.

- Requiring vaccines at this point is not reasonable since vaccines are not available to the majority of the population. There is a lack of uniformity of proof of vaccinations. In other words, if an in-person chapter or group meeting is held, the attendees must follow the requirements of the location where the meeting is being held. In addition, it is recommended to periodically visit the CDC website and guidelines for holding a meeting. Those guidelines can be found at this link: https://www.cdc.gov/coronavirus/2019-ncov/community/largeevents/considerations-for-events-gatherings.html

- Can the chapter or group allow vaccinated attendees to attend the meeting by Zoom on-air? Yes, recommended, but the chapter or group cannot ban a non-vaccinated attendee from an in-person meeting unless the location does so.

This is an evolving situation, and we will continue to provide you the best information that we have available.

May Birthdays

07 Rita COLEY
14 Jack LEEMAN
17 Mary Beth FERRARO

Give a Gift of Hope
Tax deductible contributions may be made to Greater Wenatchee Mended Hearts by mailing a check made payable to Greater Wenatchee Mended Hearts, P.O. Box 3231, Wenatchee, WA 98807.

“The best time to plant a tree was twenty years ago, the second-best time is right now.” - Chinese Proverb

Newsletter Publication

HEART BEAT AWAY is published monthly by Greater Wenatchee Mended Hearts, Chapter 91 and printed courtesy of Confluence Health. If you have an item you would like to include in the newsletter or would like to receive the newsletter, contact Ann Diede at 509-679-8181 or email: mendedhearts91@frontier.com.

Newsletters are sent each month to our members as a benefit of Greater Wenatchee Mended Hearts membership. We also send complimentary copies for three months to recent heart patients who have requested our newsletter, meeting visitors and others considering membership.

“The best time to plant a tree was twenty years ago, the second-best time is right now.” – Chinese Proverb