Implantable Cardiac Devices

Taro Masuda, Clinical Specialist for Medtronic, guest speaker at our May Chapter Meeting, talked about the following Medtronic implantable cardiac devices.

Heart Rhythm & Monitoring Devices:
- Micra Pacemaker - This is a small leadless device that is only put in the right ventricular of the heart. It has a 8 - 13 year battery life. The Micra can't be removed, but another one can be added if needed.
- Pacemaker - This is a small device that's placed under the skin in your chest to help control your heartbeat. It's used to help your heart beat more regularly if you have an irregular heartbeat (arrhythmia), particularly a slow one. It can have one or two leads. A two-lead biventricular pacemaker paces both right and left sides at the same time.
- Defibrillator - This operates as a pacemaker and also shocks if the heart goes out of rhythm.
- Insertable Loop Recorder (LINQ) - The Reveal LINQ™ Insertable Cardiac Monitoring System provides long-term heart monitoring.

Other Medtronic Devices:
- Cold Energy Cardiac Ablation using liquid nitrogen
- Drug Alluding Stents
- TAVR Valves

Taro reminded us to talk to our doctors about what devices are best for our needs including products made by other companies. What most people don't know is that Taro is in the operating room when these devices are implanted.

Vaccine Safe for Heart Patients

Heart attack survivors are at much greater risk of complications from the COVID-19 virus than they are from the vaccine, according to the American Heart Association.

While short-term side effects from the vaccine, such as fatigue or soreness at the injection site, may occur, the risk of complications is very slight.

According to the Centers for Disease Control and Prevention, none of the vaccines approved for use in the U.S. contain weakened live virus — another concern for heart disease patients and individuals with weakened immune systems.

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 Chairperson, at 509-860-4554 or email: membership91@nwi.net.

“You Are Not Alone”

Hope and encouragement are just a phone call away. If you or your family would like to talk with one of our Mended Hearts Visitors about your heart condition and concerns, please call Dominick Ferraro, Visiting Program Chair, at 509-421-3641.

“It’s great to be alive - and to help others!”

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

July - Summer Break, No Meetings
August 3 - Chapter Meeting

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

Monday, June 7, 2021
MENDED HEARTS
CHAPTER MEETING VIA ZOOM
11:30 am -1:00 pm
(Sign in 11:15 - 11:30 am)

Guest Speaker
Dr. Kimberly A. Skelding, Intervention and Structural Cardiologist of Confluence Health, who specializes in and has experience with valvular heart disease and TAVR surgery, is looking forward to telling us more about TAVRs.
Small Changes, Big Results

I read this article published by Health Management Resources and thought it was relevant to us as heart patients. Research shows that modest lifestyle changes can have a dramatic effect on overall health. By making small changes in these three areas of health, you could see big results in your quality of life.

- **WEIGHT LOSS:** Research shows that the first few pounds of weight loss can produce the biggest health benefits. You might be surprised to learn how much you gain when you lose a little. Many different areas of health are improved by losing as little as 5-10% of your body weight (for example, if you’re starting out at 200 lbs., a 5% weight loss would be 10 lbs.). Health improvements can include better “good” cholesterol levels, lower triglyceride levels, lower blood pressure, and better management of blood sugar.

- **PHYSICAL ACTIVITY:** The greatest health benefits of physical activity are achieved by those who are at the lowest fitness level. A small increase in exercise can improve your health and lengthen your life. Researchers have concluded that if you don’t exercise regularly, increasing your physical activity, even modestly, is likely to significantly improve your health. One study looking at over 4,300 people for an average of 8.7 years, found that moving from the least-fit group to the next-least-fit group reduced the risk of dying during the study by almost 50%. That’s dramatic. The researchers concluded that the increased mortality rate of the least fit was due to a more sedentary life style.

- **FRUITS & VEGETABLES:** You know fruits and vegetables are healthy, but how much should you eat to impact your health? A study from England followed over 65,000 people for an average of 7.7 years. The big finding from this study was that those eating seven or more half-cup servings of fruits and vegetables daily had the lowest risk of mortality from any cause – they were 42% less likely to die during the study period. This translates to eating about 3½ full-cup servings of fruits and vegetables per day. According to the study, half the mortality reduction came from the first 2 to 2 1/2 cups.

Article was printed with permission from Health Management Resources. Here is the link to the original article: [https://www.hmrprogram/resources/staying-on-track/small-changes-that-impact-your-health](https://www.hmrprogram/resources/staying-on-track/small-changes-that-impact-your-health). The link to the “how it works” page is: [https://www.hmrprogram/how-it-works](https://www.hmrprogram/how-it-works)

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**June Birthday**

15 Pat SAX

**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.

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**A Special Thanks in Honor of National Nurse’s Month**

To show our appreciation for the care and support we receive from the nursing staff at Confluence Health, Ann Diede, from our Mended Hearts Chapter, delivered flower arrangements to the Nursing Staff in the 2nd floor Cardiology Department and to the 3rd floor Progressive Care Hospital Unit. Ann also gave a red rose to Ceci Wood, Volunteer Program Coordinator, and to Kathy Wyles, Practice Manager, Outpatient Cardiovascular Service Line, to thank them for their support and cooperation. The flowers were provided compliments of Kunz Floral - a special thank you to Candy Kunz!

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**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.