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

August 3 - Chapter Meeting Speaker - Matt Slagle, Cardiology Integrated Pharmaceutical of Confluence Health, “Cardiology Clinical Pharmacist Services: The Newest Prescription from your Cardiologist”

September - No Chapter Meeting

October 4 - Chapter Meeting

When will we meet again in person?

We know many of you are wondering about this. The Chapter Executive Board is waiting for Confluence Health to give us the go ahead to have our meetings again at the hospital. In the meantime, we will continue to hold our chapter and board meetings via Zoom. We realize it’s been a long time since we’ve been able to get together. Hopefully it won’t be too much longer. We appreciate your continuing support and patience.

More About TAVR - Transcatheter Aortic Valve Replacement from Dr. Kimberly Skelding

Dr. Kimberly A. Skelding, Intervention and Structural Cardiologist of Confluence Health, who specializes in and has experience with valvular heart disease and TAVR surgery, was guest speaker at our June Chapter Meeting. She said she came to Confluence Health last year to develop a TAVR program here. This is the 3rd program she has started since 2005. She started here with the development of a TAVR medical team approach and involving heart patients in the decision-making process, referred to as “shared decision-making.” A heart team meeting is held with the heart patient before the procedure with the patient making the decision after being provided education. Dr. Skelding said, “My goal is to help people get back to the life they want to live.” To help her do this, she likes to learn about patients’ interests and lifestyles.

She has done 25 TAVR procedures since coming here and there are 25 more in process. She does the procedure under the guidance of x-rays which requires a lot of up front work. She said the valve starts working right away after it is installed. Dr. Skelding explained that it’s the flow of blood that causes the valve to open and closed - kind of like a canal and locks. The usual hospital stay after the procedure is overnight and maybe two, depending on whether or not a pacemaker is needed.

Dr. Skelding gave us a brief history of TAVRs. She said the procedure started in Europe in the early 2000’s and came to the U.S. in 2009. At first, they were only done on patients at high risk for surgery needing a non-surgery approach. They started with balloon plasty but that didn’t last. The two different valves now used for TAVRs are Edward and Medtronic. The Medtronic valve is currently being used at Confluence Health. Dr. Skelding explained that the TAVR procedure is now available to all patients needing an aortic valve replacement, not just for those at high surgical risk.

As we look into the future, Dr. Skelding said other valves are in development for transcatheter replacement.

Uncle Sam Brain Teaser Word Game

Using the letters within the phrase UNCLE SAM, there are 12 five-letter words that do not end with the letter “S.” How many can you find?

Answer to Uncle Sam Word Game:

AMUSE LANCE SAUCE UNCLE CAMEL LUMEN SCALE CAUSE MANSE MENSA SUMAC CLEAN

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!”
Take Excessive Heat Precautions
The Washington State Department of Health (DOH) is urging people to take precautions, stay cool, and protect themselves ahead of record-breaking heat.

- **Stay indoors and in an air-conditioned environment as much as possible.** If air conditioning is not available to you, pulling window shades closed throughout the day when the sun is on the windows will help keep the inside cooler. Do not rely on a fan as your only cooling source. While fans might provide some comfort, they won’t prevent heat-related illness when temperatures are very hot. Use your stove and oven less to maintain a cooler temperature in your home.
- **Stay hydrated.** Drink plenty of fluids but avoid beverages that contain alcohol, caffeine or a lot of sugar. Carry water with you and don’t wait until you’re thirsty to drink.
- **Help those who are vulnerable or at higher risk.** Check in frequently with family, friends and neighbors who are elderly, ill or may need help. Avoid dressing babies and children in heavy clothing or wrapping them in warm blankets. Keep outdoor pets safe in the heat, make sure they have protection from heat and sun and access to cold, fresh water. Asphalt gets very hot and can burn your pet’s paws, walk on grass if possible. Never leave any person or pet in a parked vehicle.
- **If you notice symptoms of heat illness (dizziness, nausea, headaches, muscle cramps), act immediately.** Move to a cooler location to rest for a few minutes & seek medical attention immediately if you don’t feel better.
- **If you are working outside, try to plan strenuous activities for early or late in the day when temperatures are cooler.**
- **Avoid extreme temperature changes.** Taking a cold shower right after coming in from the heat or jumping into cold water when swimming outside can cause rapid changes in your breathing, heart rate and blood pressure and even cause hypothermia.
- **Use the cooling centers in your community for heat relief if needed.**

How mRNA Technology May Transform Medicine

You might be forgiven for thinking that synthetic messenger RNA (mRNA) vaccines are a new technology. After all, the Moderna and Pfizer-BioNTech COVID-19 vaccines are the first authorized vaccines in history to use mRNA technology. But according to National Public Radio (NPR), this technology has been in the works for more than 30 years, and the future looks brighter than ever.

Unlike traditional vaccines, which use weakened or inactivated viruses or pieces of viruses, synthetic mRNA vaccines act like computer code, teaching cells how to make a protein to trigger an immune response if someone is infected, according to Memorial Sloan Kettering Cancer Center.

The benefits, according to Harvard Health, are numerous. mRNA can be easily made in large amounts in laboratories, and researchers found that mRNA vaccines can actually generate a stronger immune response than many traditional vaccines. And enormous potential exists for preventing other deadly diseases -- mRNA vaccines are already being tested for Ebola, Zika virus and influenza. mRNA vaccines may even be used to create vaccines for some cancers. According to the MIT Technology Review, vaccines for herpes, sickle-cell disease and perhaps even HIV might be on the horizon. mRNA technology might also be used to make complex and expensive gene therapy treatments more affordable and accessible to people around the globe. PagesMag07/2021