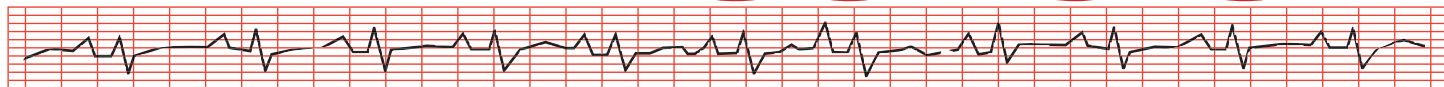


# *The* **BEAT GOES ON**



THE MENDED HEARTS, INC  
Greater Cleveland Chapter 138  
Cleveland, Ohio



*"It's great to be alive – and to help others!"*



Affiliated with the  
American Heart Association  
Cleveland, Ohio

WWW.MENDEHEARTS138.ORG

APRIL 2007

VOLUME 25 NUMBER 4

## PRESIDENT'S MESSAGE

Ah! April, the promise of Springtime and all is right in the land. Time to clear out the flower beds of Winter's debris to get ready for May's palette of bright colors.

For me, getting out of the hospital again is like filling my lungs with sweet Spring air! I usually run into **Rick Dumbrook**, the president of **Grafted Hearts** at **Fairview** who usually remarks, "what, you here again?" (I borrowed the Atrial Fibrillation article on page 2 from him). I had an electrical problem in the right atrium a few weeks ago, but it was more like pvc's. (a couple beats, a skip and a boom). Following an EP study, they loaded up one of my meds and the heart went back in sync Like I said before, it's absolutely amazing how they keep us going, and going like clockwork.

**Dr. David Rosenbaum, M.D.**, an electrophysiologist, who not only is a great guy, but gave a great talk while answering our many questions at our March meeting, commented that an atrial fibrillation problem can lead to stroke. So guess who just spent another week in the hospital getting through a series of small strokes, TaDah! I've been paying good attention at all our meetings. I really don't need all this "hands on" experience!

It is my understanding that all this is followed up by a great season of golf with the "boys of summer".

JOHN KRAEMER

## OUR MISSION

We are dedicated to inspiring hope in heart disease patients and their families

We partner with hospitals and rehabilitation clinics to help those affected by heart disease to have a positive patient-care experience. We provide our services through visiting programs, support group meetings, and educational forums.

We are you! People who have had a heart event and want to learn more about the care and feeding of the heart through our monthly professional speakers and also those who want to visit and encourage other heart patients. We send our newsletter "The Beat Goes On" to those we visit ( if you gave us your name and address) for three months to advise you when, where, and who is speaking in the next months so you may be inclined to come to a meeting, even bring a guest. Everyone who has had a heart event is welcome at our meetings at any time. You may come to like us and what we do and become a member yourself!

Feel free to call any of our listed officers for information.

## APRIL MEETING

Our April 11th Meeting will again be at Southwest General Health Center with our speaker, **Doctor Sanjeev Sharma, MD., FACS**, Assistant Professor of Surgery, Division of Cardiothoracic Surgery of **The University Hospitals Health System**. This meeting will again be in conference room **Williams A** in the basement of the "C" building at 18697 Bagley Rd. west of I-71.

Take the elevator in the "C" building to the basement level and upon exiting walk straight ahead into Williams A.

The Board meeting is at **5:30 PM**, refreshments at **6:30 PM**, and the meeting starts at **7:00 PM**.

You won't want to miss Doctor Sharma's talk on the innovations of heart surgery. He does many "off pump" surgeries. And please come early for refreshments and conversation.

Again, you do not have to be a member to attend. Everyone that has had a heart event is welcome to attend.... Free...and bring a friend!

## MAY MEETING

Our May meeting is our  
**ANNUAL INSTALLATION DINNER!**  
**Friday, May 18<sup>th</sup>, Social Hour at 6:00 PM**  
**Dinner at 7:00 PM**

**In Wasmer Auditorium of Lakewood Hospital**  
**14519 Detroit Ave., Lakewood, Ohio**

All inclusive cost is \$ **15.00** per person  
Please make reservations and send checks to **Gloria Herr.**  
**440-248-4263**, 6363 Glenallen Ave., Solon, OH 44139

Give Gloria your choice of entrée  
**Beef Tenderloin, Chicken Piccata,**  
**or Baked Orange Rough**  
**YES!**

There will be entertainment !!! Gloria has arranged for  
**MAGIC by PAUL GERBER** and **Ventriloquism by BRIAN**

*Come join us for a fun evening among friends!*

## ELECTION OF OFFICERS

Open positions are President, Vice President & Membership Chairman, Vice President & Program Chairman, and Secretary. Call **John Kraus** at 330-664-0916, **Marty Fried** at 216-464-0669, or **Louise Chesler** at 440-449-8381.

The Greater Cleveland Chapter #138 of Mended Hearts, Inc. wishes to express our sincere appreciation for the generous support of the Cleveland Clinic.

This newsletter is a publication of the Greater Cleveland Chapter of Mended Hearts Inc. It is available to anyone who is interested in joining this organization which was formed to support and encourage heart disease patients and their families.

## VISITING REPORT

2007 February

### Hospital

Cleveland Clinic .....	231
Elyria Memorial .....	15
Hillcrest .....	106
Lake West .....	8
Lakewood .....	2
MetroHealth .....	8
Parma General.....	6
Southwest General .....	42
St. John Westshore .....	25
University Hospital .....	8
VA Wade Park.....	5
Hospital Totals .....	456
Internet Visits.....	20
Telephone Visits.....	2
Total Visits .....	478

## HEART EVENT ANNIVERSARIES

Eleanor Carter	4/01/04
Patricia G. Gunter	4/01/03
Polly Miller	4/02/97
Richard Cass	4/09/93
Marguerite Gilbert	4/10/98
Leonard Torok	4/10/90
Gordon McRitchie	4/11/91
Michael Wojtowicz	4/14/98
Don Lear	4/16/01
John Slovonick	4/17/98
Patricia Jacobs	4/19/95
David Deiomia	4/26/97
Douglas Gonda	4/29/94
William Muloin	4/29/92

## IN MEMORY OF

*Albert C. Meglan*

1916 - 2007

Beloved husband of the late *Paula*.

Our deepest sympathies to their sons, *Vaughn and Wayne*, and their families.

Al, always deeply supportive of Paula, shared her enthusiasm for Mended Hearts and as a blessing to us, became one of our family.

Al and Paula, you will always be with us.

## MARCH MEETING

We had the very good fortune of having *Dr. David S Rosenbaum, M.D.* Director of the Heart and Vascular Center for the MetroHealth System and Professor of Medicine & Biomedical Engineering for the MetroHealth Campus of Case Western Reserve University, address our members in an "Ask the Cardiologist" meeting on March 14<sup>th</sup> at MetroHealth.

As always, our thanks to *Jose Estremera*, Community Relations Specialist at MetroHealth, for supplying the excellent refreshments and room accommodations.

Dr. Rosenbaum tells it like it is. His first comment on arrhythmias – most people die of arrhythmias. Arrhythmias are electrical problems and are often treated by the insertion of pacemakers and internal cardiac defibrillators, (ICD's) The first pacemaker was the size of a large TV and had to be plugged in wherever the patient went. Dr. Beck applied the first battery to the chest at Metro. He also did the first catheterization there. Dr. Rosenbaum had many past generation pacemakers to compare with the sleek modern versions. Medtronic is mounting a nationwide campaign for direct marketing to help people understand these devices

Dr. Rosenbaum touched on gene and stem cell therapy that actually gets the heart to repair itself. To distribute the good genetic material to the heart, they infect the heart with an inclusive virus. The liver can rebuild cells and the skin can regenerate them, but the heart cannot. In stem cell therapy the cells must be injected into the heart.

Dr. Rosenbaum graciously promised to be back again. Thanks for a really great meeting..

## ATRIAL FIBRILLATION BASICS

With permission from Grafted Hearts, Fairview Hospital

The heart has four chambers, or areas. During each heartbeat, the two upper chambers (atria) contract, followed by the two lower chambers (ventricles). This action is directed by the heart's electrical system. The electrical impulse begins in an area called the sinoatrial (SA), located in the upper part of the right atrium. When the sinoatrial node fires, an impulse of electrical activity spreads through the left and right atria, causing them to contract, forcing blood out of the atria into the ventricles.

Then the electrical impulses travel in an orderly manner to another area called the atrio-ventricular (AV) node and HIS-Purkinje network. The AV node is the electrical bridge that allows the impulse to go from the atria to the ventricles. The HIS-Purkinje network carries the impulses throughout the ventricles. The impulse then travels through the walls of the ventricles, causing them to contract. This forces blood out of the heart to the lungs and body. The pulmonary veins empty oxygenated blood from the lungs to the left atrium. A normal heart beats in a constant rhythm—about 60 to 100 times per minute at rest

### What is Atrial Fibrillation?

Atrial Fibrillation (AF or Afib) is the most common type of irregular heartbeat. It is found in about 2.2 million Americans. If you have AF, the impulse does not travel in an orderly fashion through the atria. Instead, many impulses begin simultaneously and spread through the atria and compete for a chance to travel through the AV node.

The firing of these impulses results in a very rapid and disorganized heartbeat. The rate of impulses through the atria can range from 300 to 600 beats per minute. Luckily, the AV node limits the number of impulses it allows to travel to the ventricles. As a result, the pulse rate is often less than 150 beats per minute, but this is often fast enough to cause symptoms.

### Why is Atrial Fibrillation Dangerous?

Many people live for years with atrial fibrillation without problems. However, because the atria are beating rapidly and irregularly, blood does not flow through them as quickly. This makes the blood more likely to clot. If the clot is pumped out of the heart, it can travel to the brain, resulting in a stroke. The likelihood of a stroke in people with AF is 5 to 7 times higher than in the general population. Although about half of all blood clots related to AF result in stroke, clots can travel to other parts of the body (kidneys, heart, intestines), causing problems.

*(to be continued)*

Larry The Cab Driver's  
Philosophy Of Life  
*Submitted by Marty Fried*

42.7 percent of all statistics are made  
up on the spot.

Remember, half the people you  
know are below average.

The early bird may get the worm, but the  
second mouse gets the cheese in the trap.

Support bacteria. They're the only culture  
some people have.

Change is inevitable, except  
from vending machines.

OK, so what's the speed of dark?

How much deeper would  
the ocean be without sponges?

Inside every older person is a younger  
person wondering,  
"What the heck happened?"

## OFFICERS & COMMITTEES 2006/07

### ELECTED OFFICERS

President: John Kraemer 440.845.2089  
7192 Greenleaf Avenue, Parma OH 44130  
Briz.3@juno.com

Vice President & Membership Chair: Arden Swanson  
Aswanson6596@wowway.com 440.777.8910

Vice President & Program Director: Vacancy

Treasurer: Bart Slak 440.639.9363  
Bslak@sbcglobal.net

Secretary: Gloria Herr 440.248.4263  
Gloevan@worldnet.att.net

### COMMITTEE CHAIRMEN

Newsletter Editor: John Kraemer  
Briz.3@juno.com 440.845.2089

Nursing Scholarship: John Ackerman 440.356.2349

Sunshine: Gladys Bergson 216.321.7422  
Gladson30@aol.com

Visiting Chairman: Joyce Thompson 216.749.4131  
smileymoxi@yahoo.com

Chapter Adviser: Rosemarie Pierson, RN, BA  
hrtmndr@hotmail.com 440.236.3410

Chaplain: Walter Heber 440.716.9066

Data Processing Mgr: Tom Short 216.291.0769  
shortth@aol.com

Last Past President: Joyce Thompson 216.749.4131  
smileymoxi@yahoo.com

Historian: Jim Gosline 440.974.1048  
Jgosline@aol.cm

### HOSPITAL COORDINATORS

Cleveland Clinic: Tom Huth 216.382.0470  
or leave message at 216.444.4190

EMH Regional Med. Ctr.: Bill Crowell  
Av\_iv30@yahoo.com 440.323.7770

Hillcrest: Dick Singer, leave a message at  
msinger247@sbcglobal.net 216.444.4190

LakeWest: Katherine Fagan 440.639.9418  
Lakewood: Scott Thompson 440.331.1001  
Thompsons@yahoo.comw

MetroHealth Med. Ctr.: Joyce Thompson  
smileymoxi@yahoo.com 216.749.4131

Parma Community: Tony Sajovic 440.842.3698

Southwest General: John Kraemer 440.845.2089

St. John Westshore: Vera Ercegovic  
Erce20@juno.com 440.331.1427

University Hospital: Bill Behrens  
behrensw@adelphia.net 216.831.7775

VA Med. Ctr., Wade Park Charles Stiles  
Chas80@sbcglobal.net 440.331.8862

### OTHER VISITING CHAIRMEN

Internet Visiting: Marty Fried 216.464.0669  
MartinF956@aol.com

Telephone Visiting: Bob Pfeifer  
Rpfel04675@aol.com 216.831.5042

## MEMBERSHIP APPLICATION

April 2007

Anyone can become a member of MENDED HEARTS and will enjoy all the benefits of membership.  
Members of MENDED HEARTS can become ACCREDITED VISITORS by completing our specialized training  
courses. Being a member of MENDED HEARTS is truly a rewarding experience.

### Please Print

Mr/Mrs/Ms \_\_\_\_\_ Date \_\_\_\_\_ Birthday \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_ Date and type of heart procedure \_\_\_\_\_

Name of Spouse \_\_\_\_\_ Spouse's birthday \_\_\_\_\_ Retired  Yes  No

Interests or Hobbies \_\_\_\_\_ Vocation \_\_\_\_\_

Would you like to visit other heart patients?  Yes  No. Help in other ways? \_\_\_\_\_

When you join a chapter you also become a member of the National MENDED HEARTS organization and receive their quarterly publication plus the local chapter newsletter and a red heart shaped pin.

### NEW MEMBERSHIP DUES – FIRST YEAR ONLY

Individual National and Chapter Dues	\$22.00
Family National and Chapter Dues	\$29.00
Individual National Life Membership	\$155.00
Family National Life Membership	\$220.00

### MEMBERSHIP RENEWAL

Individual Yearly National and Chapter Dues	\$17.00
Family Yearly National & Chapter Dues	\$27.00
Individual Life Chapter Dues Only	\$5.00
Family Life Chapter Dues Only	\$10.00

### NATIONAL LIFE MEMBERSHIP IS A ONE-TIME PAYMENT – CHAPTER DUES ARE PAID ANNUALLY.

Please make checks payable to: **MENDED HEARTS CHAPTER 138**, and mail to:

Bart Slak, Treasurer, 7471 Brenel Drive, Concord Twp., OH 44060

We accept and acknowledge donations which are tax deductible.

If undeliverable return to:  
Tom Short  
1361 Grantleigh Road  
South Euclid OH, 44121

**THE MENDED HEARTS, INC.**  
Greater Cleveland Chapter 138

**DATED MATERIAL**



*"It's great to be alive – and  
to help others!"*

## ABOUT MENDED HEARTS

*Mended Hearts is an international volunteer support organization dedicated to helping heart disease patients and their families as you cope with heart events being experienced. Our trained and dedicated members visit patients, with doctor's approval, while you are hospitalized. We provide literature related to Mended Hearts and to heart disease and are affiliated with the American Heart Association. We also try to visit you by telephone and on the internet and we send you the next three issues of our chapter newsletter. For more information about us please contact any of our officers listed in this newsletter.*



*For further information please contact:*

**THE MENDED HEARTS, INC.**

Greater Cleveland Chapter 138

Mr. John Kraemer, President

7192 Greenleaf Avenue

Parma, Ohio 44130

*or any of the officers of the chapter listed on the previous page. We would like to hear from you!*

*Please visit us at [www.mendedhearts138.org](http://www.mendedhearts138.org)*

*Dedicated to inspiring hope in heart disease patients and their families.*

*When you finish reading this newsletter, please do not throw it away. Pass it along to a friend, a relative, a neighbor, or drop it off in someone's waiting room. This way more people will get the Mended Hearts message...*

*"It's great to be alive – and to help others!"*

**MENDED HEARTS**