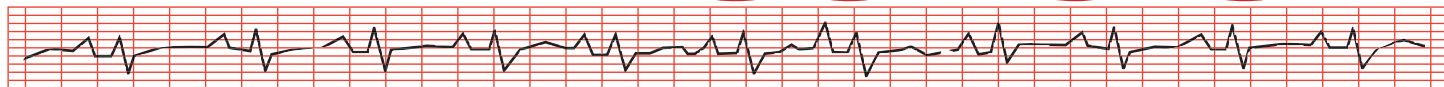


The **BEAT GOES ON**



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.MENDEDEARTS138.ORG

MAY 2007

VOLUME 25 NUMBER 5

PRESIDENT'S MESSAGE

My last president's message! Boy, doesn't two years go by in a wink? I don't know if I accomplished anything. I felt like I held my finger in the dam a lot and my messages were starting to sound like "**John Faces Life**." But, the outfit is still intact and maybe I did no harm. Of course I want to thank everyone for hanging in there and not throwing rocks but especially I want to thank our loyal board members for their dedication to our chapter.

Joyce will be back as your visiting chairman and new president. **Bart** will remain your treasurer. **Gloria**, our hall of fame secretary, who I thank for not kicking and screaming as she was pulled out of retirement for yet another term, will now be allowed back into retirement while she is still able to bless us with her wonderful smile. **Arden**, who has now been our vice president for as long as he is allowed consecutively, will be our new secretary.

Two of our hospital coordinators who have both done fantastic jobs as liaisons of Mended Hearts Chapter 138 and have endeared themselves to the staff at their respective hospitals are stepping down, **Tom Huth** at Cleveland Clinic and **Tony Sajovic** at Parma Community. We sincerely thank these fine men for representing us in such a caring and professional manner. You make us proud.

You probably noticed that at this time I have no names for our two vice president positions. I sincerely hope someone will step forward and give us a hand in keeping this worthy organization at full staff.

I want to thank the backbone of Mended Hearts, our visitors, for all the hours you put in making each patient you visit a little more comfortable with their situation.

We are fortunate to have ten hospitals in the Cleveland area welcome us to visit their heart patients. Many also give us meeting space, refreshments, parking, and wonderful speakers to further our knowledge and visiting skills. Thank you for your gracious hospitality and allowing us to work with you in your cardiac care program. *So long.*

JOHN KRAEMER

ELECTION OF OFFICERS

Open positions are Vice President & Membership Chairman and Vice President & Program Chairman.

We also need new coordinators at The Cleveland Clinic and at Parma Community Hospital.

Call John Kraus at 330-664-0916, Marty Fried at 216-464-0669, or Louise Chesler at 440-449-8381

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.

MAY DINNER MEETING

Our May meeting is our
ANNUAL INSTALLATION DINNER!
Friday, May 18th. Social Hour at 6:00PM
Dinner at 7:00PM

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 Roughy
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!

JUNE MEETING

Our Wednesday, June 13th meeting will be at Hillcrest Hospital in Ross Auditorium A. The board meeting will be at 5:30 PM. Refreshments and social at 6:30PM, and the Meeting will begin at 7:00PM. Our speaker has not been determined at this time but the topic will be on fitness; how to get there and stay there.

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 March

Hospital

Cleveland Clinic.....	570
Elyria Memorial.....	8
Hillcrest.....	163
Lake West.....	12
Lakewood.....	2
MetroHealth.....	15
Parma General.....	10
Southwest General.....	36
St. John Westshore.....	21
University Hospital.....	23
Hospital Totals.....	858
Internet Visits.....	19
Telephone Visits.....	4
Total Visits.....	881

HEART EVENT ANNIVERSARIES

Irwin Dinn	5/01/96
Donna Hintz	5/01/94
Charles Stiles	5/01/83
Joyce Thompson Russo	5/01/95
Richard Phillips	5/05/05
Robert J. Darden	5/06/03
Thomas Huth	5/06/01
Joseph Keough	5/06/98
Leona Smith	5/06/00
Margaretann Thomas	5/10/96
Joseph Jancsurak	5/11/00
Helen Homik Kuligowski	5/13/02
Lansing E. Williams	5/17/99
Steve Cayne	5/21/04
Joyce Walters	5/21/03
Sharon Guttman	5/22/97
John Kraus	5/22/03
Rita Webb	5/24/95
Robert McCarraher	5/29/92
Schuyler Haskell	5/30/93
Thaddeus Bizon	5/31/96

DONATIONS

Donations to our chapter in memory of *Al Meglan* were received from *Myrt & Robert Jira, Marian & Dick Singer, Tony Sajovic, Marion Mateczynski, Joyce Thompson Russo, John Kraemer, David & Ellen Wilke, Gary Bishop, and The Anheuser Busch Packaging Group.*

IN MEMORY OF

Lou Gorze

Lou was a Mended Hearts visitor and shared with us what it was like to be a heart transplant. We will miss him. Our sympathy goes out to his family.

APRIL MEETING

Dr. Sanjeev Sharma, MD, FACS, Assistant Professor of Surgery, Division of Cardiothoracic Surgery of **The University Hospitals Health System**, addressed our members at **Southwest General Health Center**. We were also pleased to have *Marietta Joyce RN*, Nurse Clinician / Cardiac Rehab and our Mended Hearts liaison to Southwest General, in attendance.

Dr. Sharma performs over 80% of his heart surgeries “off pump” and thus eliminates the problems associated with the heart lung machine making the procedures easier on his patients. (Editor note: It has been my personal experience in visiting many post surgery patients that those who had “off pump” surgeries seemed to do better, faster.

Dr. Sharma began with a description of Atrial Fibrillation and a minimally invasive ablation procedure where a wire is placed around the heart, surrounding the pulmonary veins, to burn and create a linear scar to prevent the tissue from reacting with the electrical signal from the SA node and thus interfering with normal sinus rhythm. Other surgery was described where the beating heart is actually lifted and positioned for repair.

Dr. Sharma is perfecting techniques using robotic assisted surgery which offers many, more intricate, minimal invasive surgery possibilities.

What is the better arterial repair? By-pass or stents? Dr. Sharma says it depends on the number of the three main arteries affected. If multiple repair is required but all in the same main artery and it's branches, stents are the usual choice. However, if multiple main arteries are affected by heart disease, the arterial by-pass is a better, longer lasting repair.

Dr. Sharma cautions patients that have the newer drug eluding or “coated” stents to remain on their clot preventing medicines regularly unless directed by their doctor. After some time, the bare metal stents became covered by the tissue of the artery lining, and that was a good thing. But, sometimes a problem called restenosis occurred where the tissue continued to cover the stent until it tended to close the vessel. To combat this, drugs were coated on the stents to retard this process. However the drugs may retard this process too much and not allow the tissue to cover the stent and thus blood components can stick to the stents causing clots. That's why it is important to remain on your anti-clotting medicine.

Thank you for a most instructive meeting! Dr. Sharma has agreed to speak with us at a future time. I would advise that you don't miss him.

ATRIAL FIBRILLATION BASICS (Part 2, conclusion)

With permission from Grafted Hearts, Fairview Hospital

Atrial Fibrillation is treated by medication, lifestyle changes, and procedures and surgery based on heart rhythm and symptoms. The goals of AF treatment are to:

- Regain normal heart rhythm (sinus rhythm)
- Control the heart rate
- Prevent blood clots
- Reduce the risk of stroke

Medications are prescribed in the management of AF depending on the overall treatment goal. To restore normal heart rhythm, an anti-arrhythmic is prescribed. If that's not possible, doctors will try to manage your disease by slowing down the heart rate. In both cases, your doctor will give you medications called anti-coagulants to decrease blood clot formation.

- Many medications are available to restore and maintain a normal heart rhythm. You may have to stay in the hospital when you first start taking these drugs so that your heart rhythm can be carefully monitored. You may need to try several medications so your doctor can find the best one for you.
- Heart rate control medications are used to help slow the heart rate during atrial fibrillation. These medications do not control the heart rhythm.

Blood Thinners or Anti-coagulation Drugs reduce the risk of blood clots and stroke. However, tests are required to evaluate the effectiveness and minimize the risks of the drug.

In addition to taking medications, there are some lifestyle changes you can make to improve your heart health; stop smoking, limit alcohol, caffeine, and stimulants.

Continued on page 3

Continued from page 2

When medications do not work or are not tolerated, a procedure may be necessary, such as: electrical cardioversion, pulmonary vein isolation, catheter ablation of the AVnode, or device therapy.

Many of these approaches can also be performed with minimally invasive (endoscopic or “key-hole”) surgical techniques.

Surgical pulmonary vein isolation is a modification of the Maze procedure in which the surgeon uses alternative energy sources instead of incisions to create lesions. The alternative energy sources used during surgical pulmonary vein isolation include radiofrequency, cryotherapy, microwave, and laser. The goal of all four energy sources is to produce lesions and ultimately scar tissue to block the abnormal impulses from being conducted through the heart and promote the normal conduction of impulses through the proper pathway.

Some patients may have atrial fibrillation in addition to other heart problems (such as valve or coronary artery disease) which require surgery. In these cases, the surgeon may combine the surgical treatment for atrial fibrillation with other surgical therapies to correct the atrial fibrillation and the coexisting heart condition.

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 440.845.2089
Briz.3@juno.com
Nursing Scholarship: John Ackerman 440.356.2349

Sunshine: Gladys Bergson 216.321.7422
Gladson30@aol.com

Visiting Chairman: Joyce Thompson Russo 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
shorth@aol.com

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

Historian: Jim Gosline 440.974.1048
Jgosline@aol.com

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
Rpfe104675@aol.com 216.831.5042

QUICKIES

My wife and I had words,
but I didn't get to use mine.

Every morning is the dawn of a new
error.

Frustration is trying to find your
glasses without your glasses.

I was always taught to respect my
elders,
but it keeps getting harder to find
one.

Ever wonder about those people that
spend \$2.00 apiece on those little
bottles of Evian water?
(Evian spelled backwards is naïve)

If a pig loses its voice,
is it disgruntled?

MEMBERSHIP APPLICATION

May 2007

*Being a member of MENDED HEARTS is a truly rewarding experience
Anyone can be a member Everyone is Welcome!*

Please print

Mr/Mrs/Ms _____

Date ____/____/____ Birthdate ____/____/____

Street _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Cell Phone _____ E-Mail _____

Date and type of heart procedure _____

Name of Spouse _____ Spouse Birthday _____

Interests or Hobbies _____

_____ Vocation _____

Would you like to visit other heart patients? Yes No

When you join our Chapter you also become a National Member, receive a red heart shaped pin, national quarterly magazine, and local chapter newsletters.

NEW MEMBERSHIP DUES, (FIRST YEAR ONLY)

Individual \$ 22.00

Family \$29.00

Individual Life Member \$155.00

Family Life Member \$220.00

YEARLY RENUAL DUES

\$17.00

\$27.00

\$5.00

\$10.00

***Please make check out to Mended Hearts Chapter 138 and mail to:
Bart Slak, Treasurer, 7471 Brenel Dr. Concord Twp., OH 44060***

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

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