



HEARTbeat

VOLUME 1, ISSUE 9

JANUARY/FEBRUARY 2010

Celebrating
41 years of
inspiration

The Mended Hearts, Inc.
Morris County Chapter 56, Morristown, NJ
Founded October 16, 1968

About Mended Hearts

Mended Hearts is a national non-profit organization made up of and serving people with heart disease and their loved ones. Mended Hearts welcomes anyone who is interested in learning to help those with heart disease. Supported by a national office, 280 local chapters actively serve across the United States and Canada. The network is made up of heart patients, family members, caregivers and health care professionals who provide information and support to recovering patients and their families during hospital visits, by telephone, through group meetings and via the internet.

Save the Dates—Winter 2010

Please join us for the following upcoming meetings at the Gagnon Cardiovascular Institute. All are welcome to attend. Meetings will be held in the WILF Conference Room, C-Level.

January 24, 2010 1:30 p.m.

Dr. Jay Curwin
Cardiologist/Electrophysiologist

February 28, 2010 1:30 p.m.

Christine Scott
Cardiac Rehab Specialist

The Mended Hearts Inc., Chapter 56

Officers and Chairpersons

President
George F. Pometti
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Vice President
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Victor Fabry
973-897-5647

Visiting Chairman Emeritus
Sandy Sadle
973-539-5728

Fundraising Chairperson
George Pometti, Sr.

Newsletter Editor
Jean Pometti

November Meeting

Guest Speaker — Dr. Barry Cohen, Director, Cardiac Cath Lab

Dr. Cohen provided an exceptional presentation on the topic of "Coronary Stents, Where Arts and Science Meet". In addition to the informative presentation, members enjoyed beautiful piano music played by Dr. Cohen's daughter, Sara Cohen.



Pictured from left to right: Harvey Brooks, Sara Cohen, Dr. Barry Cohen, George Pometti



Sara Cohen (pictured above) will be performing again for Chapter 56 members at our February meeting. Please attend and enjoy.

President's Message

Dear Members,

Happy New Year! I wish everyone a very happy and healthy 2010.

The official visiting numbers for 2009 are in. 2009 was truly outstanding for our chapter. Our visiting volunteers made **1,297 visits** to patients, caregivers and family members. This represents a **29% increase from the previous year!** I

would like to thank Victor Fabry, Visiting Chairman for his leadership in helping our chapter exceed our goals. In addition, I would like to thank all the volunteers who continue to live our mission of inspiring hope in heart disease patients and their families. All of you are truly inspiring!

I am looking forward to an exciting 2010 for Chapter 56 with featured speakers, health fairs, special events and patient support group activities.

Please remember that February is **American Heart Month** and to kick things off for the month, our chapter will be participating

in two cardiovascular health fairs (*please see the upcoming events section of newsletter for additional details*).

In addition, February marks the start of our membership drive. This special effort will be begin in February and continue through April. The membership drive effort is vital to our chapter as we seek to serve more heart patients in our community. I am establishing a membership drive committee to help our chapter attract new members. Please contact me to join this committee and help in this important effort.

Remember...one person can make a difference, and as a team, we can achieve anything.



Best always,

George

Its great to be alive...and to help others



Thank You

Mended Hearts Chapter 56 members would like to take this opportunity to thank the following individuals from the Gagnon Cardiovascular Institute for supporting and attending our visiting volunteer holiday luncheon. Dr. Frank Smart, Chairman, Cardiovascular Medicine for Atlantic Health, Will Neate, Director of Cardiovascular Services, Atlantic Health, Dr. Christopher Magovern, Cardiothoracic Surgeon, Gagnon Cardiovascular Institute, Cyndi Holt, Nurse Manager, Gagnon Cardiovascular Institute, Overlook Hospital, Richard Diegnan, Vice Chairman, Board of Trustees for the Morristown Memorial Health Foundation and Jim Quinn, Chief Development Officer of the Morristown Memorial Health Foundation. Special thanks to Richard Diegnan and Jim Quinn for making the luncheon at the Park Avenue Club possible.

Upcoming Events

February is **American Heart Month**

Morristown Memorial Hospital
Community Health

Cardiovascular Health Fair

Saturday, February 13, 2010

8:30 a.m.—1:00 p.m.

Gagnon Cardiovascular Institute

Overlook Hospital

Cardiac Health Fair

Saturday, February 27, 2010

Short Hills Hilton

9:00 a.m.—1:00 p.m.



Your e-mail address!

If you are receiving the newsletter by mail and have an e-mail address, please forward your e-mail address to:

gpometti@optonline.net

We can send you the Mended Hearts Chapter 56 newsletter at no cost to us and you receive the latest information faster!

Thank you to the American Heart Association for mailing the November/December 2009 Newsletter

Its great to be alive...and to help others

This newsletter is not intended to give personal medical advice, please consult your physician regarding any health concerns you may have.



Visiting Chairman's Report

by Victor Fabry

Today, a growing number of patients suffering a heart attack can be treated by using coronary angioplasty to open blockages in the arteries of your heart. This procedure is designed to allow blood to flow more freely, delivering oxygen to your heart muscle to help you breathe easier and feel better.

Commonly known as coronary angioplasty or simply angioplasty, this therapeutic procedure is used to treat the narrowed coronary arteries of the heart found in coronary heart disease. These blocked or narrowed segments are due to the build up of cholesterol-laden plaques that form due to atherosclerosis. Coronary Angioplasty is usually performed by an interventional cardiologist. The implantation of stents is one way of opening narrowed coronary arteries.

But there's something important you need to understand: Your heart isn't cured, **it's mended**. If you have atherosclerosis, or hardening of the arteries, this is a progressive disease that can't be eliminated. That's the bad news.

The good news is that taking your medications and making lifestyle changes will slow the disease's progress and reduce your risk of more problems in the future. There is hope. Just ask any trained and accredited visitor from Mended Hearts, a nationwide network of heart patients supporting other heart patients.

Like you, they are surviving and living productive lives with heart disease. They know what it's like, and they

want to help. The next part of your treatment is up to you, but you are not alone. Your doctors and other members of your healthcare team, and Mended Hearts volunteers are ready to answer your questions and support you.

As a reminder, here are some questions you may have for your cardiologist:

When can I leave the hospital?

What do I need to do after I'm released?

How soon should I see my doctor again?

Why do I need to take all these medications?

What are risk factors?

Why is my diet so important?

Why do I need to exercise?

You've taken a big step toward recovery by having this procedure, but your life is different now. Try to stay positive. Depression creates stress that puts you at greater risk of problems with your heart. People sometimes feel that way after a heart attack or after procedures like angioplasty or surgery. Mended Hearts volunteers can offer you the information and support you need to move on to full recovery.

Daisy's Heart Healthy Recipes

By Daisy Wary



APRICOT CHICKEN

SERVES: 6

- 1 (15 ounce) can apricot halves in juice, undrained
- 2 tablespoons orange juice
- 1 tablespoon honey
- 2 teaspoons chopped fresh rosemary
- 1 teaspoon grated orange zest
- 6 (1/2 pound) whole chicken legs, skinned**

Preheat oven to 350°. Spray a 9 x 13 inch baking pan with nonstick spray.

Place the apricot halves and their juice, orange juice, honey, rosemary and orange zest in a food processor or blender. Pulse until smooth. Place the chicken legs in the pan in a single layer. Spoon the apricot puree over the chicken. Bake, uncovered, approximately 1 hour.

**Rather than legs, I use boneless, skinless chicken breasts.

Based on the recipe from Weight Watchers Cookbook *"Everyone Loves Chicken"*

December Meeting

Holiday Party 2009

Family of Faith Tabernacle Church Children's Choir

Thanks to AuBonPain



Pictured (left to right) George Pometti, Jack Yuppa, Manager of AuBonPain

Our members were treated to a delightful holiday performance from the Family of Faith Tabernacle Church in Morristown, NJ. Special thanks to Janice Wilkerson, of the Cath Lab staff at the Gagnon Cardiovascular Institute, for coordinating with her church to bring the children's choir to our holiday gathering.

Mended Hearts Chapter 56 would like to thank AuBonPain for their generous donations of coffee and desserts for our monthly meetings.

Marcy's Caregiver Corner By Marcy Brooks

Lend me your ears caregivers I know I have your heart.

Are you a good listener? There are different types of listening that we do. We listen more attentively than others since our purpose is different. We as caregivers must tune up our listening skills. During a stressful time, learning to listen well is a crucial component of good communication. With stress at times, there is a self imposed deafness and an inability to process too much information at once.

Navigating through the medical maze is often a trip to a foreign land. We are listening to understand the information given by the medical team, and it takes time to make sense of the complex medical system. It often helps to paraphrase to the speaker so that you are clarifying what you heard. Taking notes is allowed and it helps you remember the points discussed and compare previous points. With the understanding of medical terms and treatment, it gives us some control in an often out of control situation.

There are some "no-nos" when you are listening. Do not multitask while listening. Oftentimes when this is done, the two tasks suffer. Try not to have a preconceived

answer to the question you have asked. Be open to the information given. Even though you have thought in advance of the topic, no answers should be formed. Be courteous and do not interrupt. Look at the individual; it is important to be aware of the verbal as well as the non-verbal message. Careful listening requires a conscious effort on your part.



Again you are listening not only to the words, but the tone of voice as well as the body signals. Do not assume how you expect the speaker to act. Often this will bias your listening skills. Make sure you are always on the same wavelength as the speaker and stay on the topic.

You can always improve your listening skills. You not only want to be the listener, but you want the speaker to listen to you as well. When you make the other person feel important and recognized, the same will come back to you. Your goal to good listening is to understand, comprehend and evaluate.

Keep smiling. Stand strong. YOU ARE NEEDED.

Mended Hearts Visiting Volunteer Holiday Luncheon



Pictured from left to right, Victor Fabry, Visiting Chairman, Mended Hearts Visiting Volunteers: Hugh Bailey, Alan Cimbal, Vince Reilly, Richard Diegnan, Vice Chairman, Board of Trustees for the Morristown, Memorial Health Foundation, George Pometti



Pictured from left to right, Richard Diegnan, Vice Chairman, Board of Trustees for the Morristown Memorial Health Foundation, Victor Fabry, Visiting Chairman, George Pometti, Will Neate, Director of Cardiovascular Services, Atlantic Health, Jim Quinn, Chief Development Officer of the Morristown Memorial Health Foundation

Harvey's Tips for Good Health by Dr. Harvey Brooks

We have explored the importance of oral health to overall health in previous articles. Today, I would like to focus on the special needs of people with heart disease.

It would probably be best to wait six months after a heart attack before undergoing any dental treatment. If you are taking any anti-coagulants (blood thinning drugs), you could have excessive bleeding during oral surgery procedures.

Some high blood pressure drugs can cause dry mouth and alter your sense of taste. Calcium channel blockers can cause gingival tissues to swell and become overgrown. This can cause difficulty in chewing. When this occurs, you may need more frequent visits for cleaning or a specific hygiene regimen. In more severe cases of overgrown gum tissue, a gum surgery procedure (gingivectomy) may be required.

If anesthesia is to be used, you should be aware if Epinephrine (a common addition) is included. Using Epinephrine can cause cardiovascular changes in

patients with high blood pressure such as arrhythmias and even higher blood pressure.

Patients with unstable angina (chest pains) should probably not have elective procedures done unless a patient is in a hospital or an office equipped with cardio monitoring capability.

Strokes can impair a patient's ability to produce saliva, resulting in a dry mouth. Artificial saliva may be recommended by their dentists. Dry mouth can also be caused by diuretics or water pills.

Ask your doctor about dry mouth treatments and always remember the three responsibilities of a cardiovascular patient.

1. Maintain a healthy mouth
2. Inform your dentist of your heart problem
3. Follow your physician's and dentist's instructions

