President’s Message

Even if you’ve heard this story before, it's still an inspirational reminder for us all.

A man was driving home from work one day and decided to stop and watch a local little league baseball game in a nearby park. As he sat down behind the bench on the first-base line, he asked one of the boys what the score was. "We're behind 14 to nothing," the little boy answered with a smile. "Really?" the man asked. "I'm impressed... I have to say you don't look very discouraged." "Discouraged?" the boy asked with a puzzled look on his face. "Why should we be discouraged? We haven't been up to bat yet.

Here's the way I see it: George Schultz once said, "The minute you start talking about what you're going to do if you lose, you have lost." It's never too late to develop a winning attitude.

As a heart patient, it is easy to get discouraged and sometimes a little depressed. We need to keep in mind that the game has a ways to go. We have many options and many others have walked in our shoes. If you have not been to a Mended Hearts program or maybe just haven't been in awhile, please make the time to attend.

Life is just a little better when we are optimistic and take time to share it with others.

Stay well!

Seth

Chapter Programs and Events

Unless otherwise noted.

1st Wednesday of each month at Lake West Medical Center, 36000 Euclid Ave., Willoughby.

2nd Wednesday of each month, at the Cleveland Clinic Independence Family Health Center, 5001 Rockside Road, Independence, in the lower level conference center.

November

November 7 Tai chi: A gentle way to fight stress
Class taught by Debbie from the Wellness Institute at Lake West Medical Center
Location: Lake West Medical Center
Time: 7 p.m

November 14: TBD
(check www.mendedhearts138.org for updates)
Location: Independence Family Health Center.
Time: 6:30 p.m. with speaker at 7 p.m.

December

December 5: Lake West Satellite Program Potluck
(see page 3)

December 13: Annual Meeting, Anniversary Celebration & Holiday Party

Annual Meeting, 30 Year Anniversary Celebration & Holiday Party

Thursday, December 13 at 6:30 p.m
Marbella Restaurant, 29425 Chagrin Boulevard, Pepper Pike

Please bring a $5 gift for the white elephant gift exchange
The price per person is $24, including gratuity.

Family style dinner including chorizo, shrimp garlic, fried calamari, mussels fradiaudo, stuffed mushrooms, chicken fingers, banana peppers, saffron rice, Spanish potatoes and mixed vegetables.
Desert is chocolate or rum cake
Includes soda, tea and coffee.

RSVP by December 11 to RSVP@MendedHearts138.org or leave a message at 216-264-0138

"The Beat Goes On" is printed and mailed through the generosity of the Cleveland Clinic Foundation (www.ccf.org). The Mended Hearts of Greater Cleveland membership is very thankful for their support.

This newsletter is a publication of the Greater Cleveland Chapter #138 of Mended Hearts, Inc. It is a benefit of membership and distributed to the heart patients we visit.
Physicians today have an arsenal of medications they can prescribe to help their patients in the battle against heart disease. If you are a heart patient, you can expect to be taking one or more of these highly effective medications.

As a heart patient, it’s important to understand what each medication does and how to use them safely, often in combination. When used appropriately and according to the proper prescription, these medications extend both quantity and quality of life by preventing heart attacks and strokes.

Modern heart drug therapy includes the following “big six” medications:

1. **Statins — to lower LDL cholesterol**

   Statins were first introduced in 1987 and doctors now have seven different medications from which to choose depending on a patient’s needs. They lower the “bad” LDL cholesterol levels by 20 to 60 percent and also reduce inflammation. Most people who have had a heart attack or stroke, bypass surgery, stents, or diabetes should be taking statins. Some patients with a high LDL level, but without heart disease, should also take statins.

2. **Aspirin — to prevent blood clots**

   Aspirin has been around for a long time and was first discovered to have cardiovascular benefits in the 1960s. Aspirin can help to keep arteries open because of its anti-clotting and anti-platelet effects. A standard dosage for heart patients is 81 mg a day, which is one baby aspirin. Aspirin makes sense for people who already have heart disease, but not necessarily for people who just have risk factors.

3. **Clopidogrel — to prevent blood clots**

   This drug is considered a “super-aspirin” because of its effectiveness in preventing platelet clumping and it is often used in combination with aspirin. For some patients there is an increased risk of bleeding and doctors will weigh the benefits versus the risks of this drug. However, for patients with stents, the combination of aspirin and clopidogrel is essential to preventing clotting. It is also often used for patients with worsening angina.

4. **Warfarin — to prevent blood clots**

   This drug is a stronger anti-clotting agent than aspirin and clopidogrel. It works as an anticoagulant — or blood thinner. Warfarin is widely used to prevent the formation of clots for patients with atrial fibrillation, those with artificial heart valves and those who have formed blood clots in veins of the legs. Because it interacts with other medications and diet, it requires close monitoring by a physician.

5. **Beta-blockers — to treat heart attack and heart failure and sometimes used to lower blood pressure**

   Beta-blockers block the effects of adrenaline, which comes on in response to stressful situations. Beta-blockers are prescribed in the treatment of these four conditions—angina, heart attack, congestive heart failure and abnormal heart rhythms. Dosage must be adjusted for the desired response and doctors will monitor for dizziness (due to low heart rate), and kidney and liver problems.

6. **ACE inhibitors — to treat heart failure and lower blood pressure**

   ACE (angiotensin-converting enzyme) inhibitors prevent the body from producing the artery-constricting hormone angiotensin. Arteries relax with ACE inhibitors and this lowers blood pressure. They are prescribed for patients with congestive heart failure, a recent heart attack, and those with hypertension.

   Collectively, these drugs are saving lives by preventing heart attacks and strokes. Chances are you will take one or more these medications if you are at risk for or have coronary heart disease. Be sure to know your medications and follow your doctor’s instructions. You will want to work with him or her to get the safe and effective combination for you.

The information in this article is summarized from the book *Heart 411* by Marc Gillinov, MD, and Steven Nissen, MD, of Cleveland Clinic’s Heart & Vascular Institute and printed with permission, HealthHub, 9/5/12.

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**CardioSmart National Care Initiative**

The CardioSmart National Care Initiative delivers healthy living messages and tools to consumers and patients to enable them to take ownership of their lifestyle choices and medical treatments. The goal of the initiative is to facilitate patient-provider partnerships to achieve positive heart health outcomes.

The CardioSmart National Care Initiative focuses on everyday strategies for heart health and educating consumers on the daily choices — diet, exercise, habits, medication — that impact their health and wellness.

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**About the American College of Cardiology**

The mission of the American College of Cardiology is to transform cardiovascular care and improve heart health. The College is a 40,000-member nonprofit medical society comprised of physicians, surgeons, nurses, physician assistants, pharmacists and practice managers, and bestows credentials upon cardiovascular specialists who meet its stringent qualifications. The College is a leader in the formulation of health policy, standards and guidelines, and is a staunch supporter of cardiovascular research. The ACC provides professional education and operates national registries for the measurement and improvement of quality care. More information about the association is available online at [www.cardiosource.org/ACC](http://www.cardiosource.org/ACC).
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Hospital Visiting Report

August 2012

Cleveland Clinic 154
EMH 0
Hillcrest 20
West Medical Center 7
Parma Hospital 0
UH, St John & Ahuja 0
Hospital Totals 181
Internet Visits 0
Telephone Visits

TOTAL VISITS 181

October Program

Randi Lackritz, Perfusionist, with the Cleveland Clinic spoke to us about surgical teams. Yes, we learned about her training and expertise, but Randi made the discussion extremely interesting by giving insights into the entire surgical team. She made this even better by including great pictures to help us visualize each person’s role.

Included in the pictures were shots of the construction developing in the operating room area.

Lake West Satellite Appetizer/Desert Potluck

Wednesday, December 5 at 7:00 p.m
Lake West Medical Center
36000 Euclid Ave., Willoughby

Please bring either a appetizer or a desert.

MEMBERSHIP APPLICATION November 2012

Mr / Mrs / Ms

Address

City __________________________ State _____________ Zip __________

Phone __________________________ Birthdate __________________________

E-mail __________________________

Retired ☐ Yes ☐ No ☐

Vocation __________________________

Family member __________________________

Birthdate __________________________

Medical Information/Demographics (Optional - No application is denied based on medical)

Procedure One

Patient __________________________ Procedure Date __________________________

Procedure __________________________

Procedure Two

Patient __________________________ Procedure Date __________________________

Procedure __________________________

National Membership Dues: Includes subscription to HEARTBEAT and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership which includes chapter dues (unless you wish to become a member-at-large). National Dues are tax deductible less $10.00; Chapter and Lifetime Dues are 100% tax deductible.

1st Year Renewal I am joining as a non-heart patient:

Individual ☐ $22.00 ☐ $22.00 ☐ Physician ☐ RN

Family ☐ $34.00 ☐ $34.00 ☐ Health Admin

Individual Life ☐ $155.00 ☐ $5.00 ☐ Other Health Party

Family Life ☐ $220.00 ☐ $10.00 ☐ Other Interested Party

Please make check out to Mended Hearts Chapter 138 and mail to:

Mended Hearts of Greater Cleveland
C/O Bill Goellner
10620 Alyssa Court
Concord, OH 44077
OUR MISSION
Dedicated to inspiring hope and improving the quality of life for heart disease patients and their families through ongoing peer-to-peer support.

OUR MEMBERS
We’re like the very people we serve – heart patients and families – sharing our experiences as we offer hope. Healthcare professionals also join our mission by providing their expertise and support.

OUR METHOD
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 programs and educational forums.

VISITING PROGRAM
Accredited visitors, with support of hospitals and clinics, serve heart patients by listening, sharing their experiences and empathizing with their anxieties and concerns. Heart patients and families gain hope by meeting our members, who have survived heart disease and are healthy.

GROUP PROGRAMS
After diagnosis, treatment or surgery for heart disease, patients and families have serious concerns and strong feelings – often questioning why they became ill and how to prevent future problems. Communication is key to coping. That’s why Mended Hearts of Greater Cleveland offers monthly group programs where heart patients and families can support one another.

BECOME A MEMBER
You’ll learn more about heart disease and interact with members through local chapter programs, volunteer activities and special events.

Mended Hearts membership entitles you to:
- Receive our quarterly magazine, “Heartbeat,” and this monthly newsletter.
- Participate in the visiting program for heart patients and their families (chapter members only).
- Access the “members only” area of our national Website.
- Most importantly, help ensure that many heart disease patients and families get support and encouragement.

So please join us now. Simply fill in the membership enrollment form on page 3 of this newsletter, and mail it to the address at the bottom of the form.

The Mended Hearts, Inc. is a nonprofit educational, tax deductible organization, under IRS 501(c)(3).