President's Message

Next time you’re having a hard day because you did not succeed, here are a few tidbits of information that may help you find inspiration to press on and try again.

While Albert Einstein is known as a genius, he didn’t always show such promise. He didn’t speak until he was four and didn’t read until he was seven. He was later expelled from school, and surprised everyone by winning the Nobel Prize and changing the face of modern physics.

Walt Disney was fired from a newspaper because he lacked imagination, started several unsuccessful businesses, and even filed bankruptcy. He kept trying regardless of all his failures and eventually found great success doing what he loved.

Thomas Edison had a difficult time learning in school, and was later fired from multiple jobs for not being productive enough. He later made thousands of unsuccessful attempts at inventing the light bulb before creating the design that changed lives.

Here’s the way I see it: Thomas Edison once said, “I have not failed. I’ve just found 10,000 ways that won’t work.” As heart patients, we are all looking for that thing that will work for us. Don’t give up as the answer may just be around the corner.

Last year, I almost gave up bicycle riding. I rode 1600 difficult miles, but I had difficulty on long rides and even more difficulty recovering. With a little more time since my 2nd surgery I am doing much better. I have ridden 2,500 miles and still riding. I am in no way 100%, but because I did not give up, I am feeling much better and enjoying riding again.

Stay well!

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.

4th Wednesday of each month, at Riverview Pointe Care Center, 9027 Columbia Rd. Olmsted Falls 44138

November

Nov 2 Central Region Cluster Meeting
Location: Community North Hospital
Indianapolis, IN
Time: 8:30 a.m.—4:30 p.m.
Contact Scott Eitman if interested

Nov 9 Visiting Accreditation Training
Location: Cleveland Clinic Independence
Family Health Center
Time: 1:00 p.m.—3:30.

Nov 6 Ernie Johnson
National Convention Notes
Location: Lake West Medical Center
Time: 7 p.m

Nov 13 Vidyasagar Kalahasti, MD
CCF Staff Cardiologist
Location: Cleveland Clinic Independence
Family Health Center
Time: 6:30 p.m.

December

Dec 4 Lake West Satellite Program Potluck
(see page 3)

Dec 13 Annual Meeting and Holiday Party
See page 2 for details
**Topic Overview**

Some people who are at risk for endocarditis take preventive (prophylactic) antibiotics before they have certain dental or surgical procedures that could put bacteria or fungi into their blood. The antibiotics lower the risk of getting endocarditis.

Not all people who may have risk factors for endocarditis take antibiotics. The people who take antibiotics have certain heart conditions that make getting endocarditis even more dangerous. If you do not have these conditions, antibiotics are not likely to help you.

These heart conditions include:
- Artificial heart valves.
- Endocarditis in the past.
- Heart defects since birth (congenital heart defects).
- Heart valve problems after a heart transplant.

**Talk to your doctor or dentist**

Your doctor can tell you whether you need to take antibiotics. Before you have any medical, dental, or surgical procedures, tell all other health professionals who may treat you that you are at risk for endocarditis.

If your doctor or dentist recommends that you take preventive antibiotics, the medicine typically is given 30 minutes to 1 hour before the procedure.

### What procedures need antibiotics?

#### Dental procedures
- Tooth removal (extractions), implants, or reimplantation of teeth lost from injury
- Periodontal procedures, such as oral surgery, scaling, root planing, and probing
- Gum surgery
- Removal of stitches
- Initial placement of orthodontic bands (not brackets)
- Teeth cleaning

#### Respiratory tract (airway) procedures
- Tonsil or adenoid removal
  Respiratory tract surgery or biopsy

#### Skin, bone, or tissue procedures
- Surgery that involves infected skin, bone, or muscle tissue, such as surgery to remove infected bone (osteomyelitis) or infected tissue
ELECTED OFFICERS

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MEMBERSHIP APPLICATION

November 2013

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]

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

Accreditation Training

This is an opportunity for those who want to join our visiting program as well as those who need to be re-accredited

Location:  
Cleveland Clinic Independence  
Family Health Center, 5001 Rockside Road, Independence

November 9th - 1 p.m

RSVP: rsvp@mendedhearts138.org

Lake West Satellite

Appetizer/Desert Potluck

Wednesday, December 6 at 7:00 p.m  
Lake West Medical Center  
36000 Euclid Ave., Willoughby

Please bring either a appetizer or a desert.

New at the Cleveland Clinic:

Knowledge Center which is an Online Library for Post-Hospital Care  
clevelandclinic.org/knowledgecenter

The Heart and Vascular Institute has a website section providing links to information about heart and vascular recovery care at home.  
clevelandclinic.org/hearthomerecovery

Hospital Visiting Report

August / September 2013

Cleveland Clinic 367  
EMH 0  
Hillcrest 18  
West Medical Center 19  
Hospital Totals 404  
Internet Visits 14  
TOTAL VISITS 418

Be more up-to-date: visit MendedHearts138.org/Newsletter to sign up for our email lists.
**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.

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Mended Hearts has announced it is partnering with Inspire to create the Inspire/Mended Hearts Online Support Community at www.mendedhearts.org/inspire

It will work with Inspire to expand the focus of the peer-to-peer community to include multiple online discussions.