

# HEART – to – HEART



## Hamilton County Mended Hearts Chapter #350

“It’s great to be alive — and to help others!”

Volume 13, Issue 8

August 2022



### Next Meeting!

August 17, 2022 at 11:30 am at 395 Westfield Rd,  
Noblesville IN. Call (317) 776-7377



**MHI Field Services and  
Communications Manager**

**Interim Central  
Region Director**

Please forward any ideas for the newsletter or information you would like to discuss at the next meeting by the 20<sup>th</sup> of the month to newsletter editor: [lindakm1951@yahoo.com](mailto:lindakm1951@yahoo.com).



[www.mendedhearts350.org](http://www.mendedhearts350.org)

**Mended Hearts, Inc.  
Founded 1951  
Incorporated 1955  
Chartered May 12, 2008**

## SAVE THESE DATES!!!

### MEETING TIMES:

Meeting held at 395 Westfield Rd,  
Noblesville, IN, Classrooms A & B,  
Entrance 4 – 11:30 am.

August 3<sup>rd</sup> – MH Board Meeting

August 4<sup>th</sup> – National Chocolate Chip Cookie Day

August 13<sup>th</sup> – Left Hander’s Day

August 17<sup>th</sup> – Mended Hearts Mtg 11:30 am –  
Mandy Sandkuhler, Interim Central Region  
Director

August 25<sup>th</sup> – National Banana Split Day

September 2<sup>nd</sup> – VJ Day, WWII

September 5<sup>th</sup> – Labor Day

September 7<sup>th</sup> – MH Board Meeting

September 11<sup>th</sup> – 91 Remembrance Day

September 18<sup>th</sup> – National Cheeseburger Day

September 21<sup>st</sup> – Mended Hearts Mtg 11:30  
am –

September 25<sup>th</sup> – National Comic Book Day

September 28<sup>th</sup> – Ask a Stupid Question Day

October 5<sup>th</sup> – MH Board Meeting

October 19<sup>th</sup> – Mended Hearts Mtg 11:30 am -

Board of Directors meetings are on the 1<sup>st</sup> Wednesday of each month at 11:30 am at Riverview Health on 4 South. All members are welcome to attend.

## Marv's Musings

August 2022

Mandy Sandkuhler is filling in as the interim Regional Director of our Central Region and will be speaking to Chapter 350 and other Central Regional Chapters that are able to attend.

Chapter 350 is fortunate in that Riverview Health is open to us whereas some chapters are still restricted from their hospitals.

The fact that Riverview Health is open and that our chapter members are supporting us, is making our chapter a success story.

We are visiting and encouraging heart patients in the hospital and having some of them join our chapter.

We are working with and encouraging Cardiac Rehab patients and welcoming them into membership of Mended Hearts.

Last Summer we won the National contest to add the most new members.

Last year we won 6 first place awards in our region.

The challenge is to continue our good works and to have more people use their talents to make our chapter even more successful.

**IT'S GREAT TO BE  
ALIVE...AND TO HELP OTHERS**  
**Thank you for helping!**

*Marv Norman  
President  
Hamilton County Mended Hearts  
Chapter 350*



The Mended Hearts, Inc.

### **INTERNATIONAL EDUCATION AND EMPOWERMENT CONFERENCE JUNE 23-28, 2023 ALBANY, GEORGIA**



Registration Fee is \$100 from June 2022 thru December 31<sup>st</sup> (\$150 starting January 1<sup>st</sup>). Includes 5 lunches and 5 dinners

Recommended hotels (to be announced later) approximately \$100-\$125 per night

Conference will be held at the Albany James H Gray Sr Civic Center Shuttles provided from hotels to Civic Center



## HEAT EXHAUSTION

OR

## HEAT STROKE

Faint or dizzy



Throbbing headache



Excessive sweating



No sweating



Cool, pale,  
clammy skin

Body temperature  
above 103°  
Red, hot, dry skin



Nausea or vomiting



Nausea or vomiting

Rapid, weak pulse



Rapid, strong pulse



Muscle cramps



May lose  
consciousness



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

# CALL 9-1-1

- Take immediate action to cool the person until help arrives



[Weather.gov/socialmedia](https://www.weather.gov/socialmedia)  
[Weather.gov/heat](https://www.weather.gov/heat)



[@SacramentoOES](https://twitter.com/SacramentoOES)  
[SacramentoReady.org](https://www.sacramento-ready.org)

## Replacing Cardiac Device Wires: A Growing Need

By Judy F. Minkove on 05/09/2018

PUBLISHED IN **CARDIOVASCULAR  
REPORT SPRING 2018**

Whether designing electronic circuit boards or repairing cars, Charles Love has always enjoyed tinkering. Over time, that passion extended to repairing and replacing implantable cardiac devices. In 1994, Love was the first cardiac electrophysiologist in the world to remove a pacemaker wire from a person's heart, using a laser catheter. Its energy releases the wire through a small tube.

To date, the Pittsburgh native has inserted more than 9,000 pacemakers and has extracted more than 3,000 wires, also known as leads.

Since joining Johns Hopkins in 2017 as director of Cardiac Rhythm Device Services, Love says he feels empowered to help a growing number of patients with infections or problems caused by faulty leads. "As people live longer, they're more likely to end up with a broken wire that might need to be replaced," he says. Or, they may need a device upgrade (most last between 10 and 15 years, says Love.)

The Johns Hopkins Hospital remains a high-volume leads extraction center, and is, by far, the busiest in the region, says Love. Experts at the hospital's Heart and Vascular Institute will perform well over 100 extractions this year, he adds. Most patients are in their 60s or 70s and arrive with malfunctioning or infected devices.

Roughly 10 percent of these patients will have a blockage in a vein, he notes. Leads must be removed when the pacemaker or

defibrillator system becomes infected. In addition, there may be a manufacturer's recall that requires that a lead be replaced.

"It can be a challenge to remove them," says Love, "and one must always be careful not to tear a hole in a blood vessel or heart. But our success rate—99.5 percent—and low complication rates—under 1 percent—bode well for patients."

Procedures take place in a hybrid operating room, which can serve both as a well-equipped minimally invasive electrophysiology lab or cardiac operating room. In the rare event that heart tissue is torn, surgeons can immediately perform open-heart surgery without losing valuable time.

Most of these surgeries, says Love, are routine, and the hospital's cardiac team performs many without incident, under general anesthesia. The lead extraction procedure is typically performed through a small incision in the chest, where the pacemaker has been implanted.

Once the leads are surgically exposed, the surgeon places a sheath (tube) over the lead that needs to be removed and advances it inside the vein. Using laser or mechanical energy frees the wire from the scar tissue in the vein and heart. The wire is then removed through the sheath. The process usually takes only a few minutes, but older wires can take several hours. Typically, patients stay in the hospital just one night from the time the leads are removed, depending on the reason for their extraction. Patients with infections will stay longer.

Still, misconceptions about wire removal persist, he says. One fallacy is that an infection, other than a superficial skin infection, can be cured using antibiotics. It

cannot, he says. “It is critical that a patient with an infected device have the system removed as soon as possible.” Another misconception is that leads extraction is extremely dangerous. “Actually,” says Love, “there’s only a 0.3 percent mortality, and that number is getting lower with new techniques that we recently adopted.”

“Combine that with superb cardiac surgeons, infectious disease experts, interventional radiologists, cardiac anesthesiologists, imaging experts, nurses and technicians,” says Love, “and Johns Hopkins is an ideal place for this kind of procedure.”

Love and his colleagues also offer consultation on other implant device issues. One patient recently arrived at the clinic feeling miserable because the timed settings between the chambers of the heart were not ideal. “We were able to adjust the algorithms and make her feel normal again and return her to her regular activities without operating,” recalls Love.

There’s also a “Nonresponder Clinic” for those patients who have a cardiac resynchronization device but have not improved since the implant. “We work with the heart failure group to ensure that both the device and medical therapy are optimized. In many cases, we can improve the patient’s symptoms noninvasively,” says Love.

“Occasionally, some physicians can’t get a pacing wire to where it needs to go to provide the best outcome for the patient. We have some tricks to allow us to get it there.” And, he adds, “Our heart failure group can offer advanced therapies for eligible patients when these interventions do not work.”

Nevertheless, says Love, as devices become more sophisticated, wires can pose a challenge. “But we continually research new device therapies, extraction tools and techniques.” Leadless pacemakers—entirely without wires—for example, are now available. “They’re very cool,” says Love. “Though they currently can pace only one chamber, they have the potential to pace two and possibly three chambers of the heart in the not-too-distant future.”

## Cafeteria Sloppy Joes



1 lb ground beef  
1 pkg onion soup mix (or 1 chopped onion)  
3 chopped garlic cloves  
2 tsp ground cumin  
2 tsp smoked paprika  
1 cup ketchup  
2 Tbs yellow mustard  
2 Tbs apple cider vinegar  
1 Tbs brown sugar  
1 tsp Worcestershire Sauce  
1/2 cup water

In large skillet, brown ground beef. Add onion soup mix, garlic, cumin and paprika. Cook 1 minute. Stir in ketchup, mustard, vinegar, brown sugar, Worcestershire sauce, and water. Simmer 15 minutes, until thick. Check seasonings. Serve on buns of your choice.

## **Mended Hearts volunteers make a difference every day!**

Each year Mended Hearts volunteers make a difference in many lives. Patients newly diagnosed with heart disease can have many questions that can be best answered by someone who has “been there”. Consider taking a few hours a month to make a difference. If you would like to be a Mended Hearts volunteer, contact any Chapter 350 member listed below.

***Our Mission Statement:  
To inspire hope and improve the  
quality of life for heart patients  
and their families through on-  
going peer-to-peer support,  
education, and advocacy.***



## **HAMILTON COUNTY MENDED HEARTS CHAPTER #350 OFFICERS AND CHAIRPERSONS**

**President – Marv Norman**

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**Secretary – Barb Ryberg**

**Program Chairman – Stan Gurka**

[s.gurka@comcast.net](mailto:s.gurka@comcast.net)

(317) 374-1021

**Internet Visitor – Stan Gurka**

[s.gurka@comcast.net](mailto:s.gurka@comcast.net)

**Phone Follow-up Visitor –**

**Maureen Price**

**Bertie Gilster**

**Central Regional Director**

**National President – Ron Manriquez**

**Executive Vice President – Denise Duch Widzowski**

**Secretary/Treasurer – Al Voss**

**Director of Programs – Jodi Smith**

## **The Mended Hearts Prayer**

**The Mended Hearts, Inc.**

We ask for your blessings, Lord.

We ask for strength.

That we may pass it on to others.

We ask for faith,

That we may give hope to others.

We ask for health,

That we may encourage others.

We ask, Lord, for wisdom,

That we may use all your gifts well.

**Vice President – Jim Grabowski**

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**Past Presidents**

**Elwood Reams**

**Dick Kontos**

**Stan Gurka**

**Warren Manchess**

**Hospital Liaison – Melinda Nash**

**Asst RD Central Region – Linda Mason**

[lindakm1951@yahoo.com](mailto:lindakm1951@yahoo.com)

(317) 407-8300

**Executive Director – Andrea Baer**

**Vice President – Marvin Keyser**

**MLH Vice President – Angel Olivera**

**Field Services & Comm Mgr – Mandy Sandkuhler**

# Benefits of Mended Hearts Membership

**Connection.** Being a member offers opportunity for connection with the nation's largest community-based heart patient organization providing hope and encouragement to heart patients and their families.

**Relationships.** Membership provides many opportunities to personally connect with fellow heart patients, family members and caregivers in your community and nationwide. When you open your heart to a Mended Hearts membership, you have an opportunity to create life-long friendships at home and across the country with people from all walks of life.

**Giving Back.** Our accredited visiting program enables survivors and caregivers to "give back" to other patients what they've learned from their experiences.

**Chapter Activities.** We encourage all members to participate in chapter activities -- which can include ongoing informational meetings, support group sessions, social activities, community health events, and a hospital-based visiting program, to name a few.

**In the Know.** Membership offers internal organizational communications via the Internet--providing the latest organizational updates and important heart-health information.

**National Conference.** Members have the opportunity to attend annual national conference featuring nationally recognized speakers on the latest topics of highest interest to the heart-patient community; professional development skills building sessions; networking and social activities.

**Website.** Membership offers access to a password-protected members-only site on the Mended Hearts Website.

**Branded Items.** Members receive access to a wide variety of Mended Hearts-branded wearables and other items to show off your Mended Hearts pride!

**Leadership.** As a volunteer organization run by and for volunteer heart patients and their caregivers, Mended Hearts offers many leadership opportunities to impact change for the betterment of the heart patient community at the local, regional and national levels.

**Mended Little Hearts.** Connection with Mended Little Hearts, the Mended Hearts program in communities nationwide that provides support to the "littlest heart patients of all" and their families.

Local discounts for members.

## Additional Benefits Received by Members of Hamilton County Mended Hearts Chapter #350

1. Location! Location! Location! The location at Riverview Health is convenient for Mended Hearts Visitors, as well as members who exercise in the Cardiac Rehab Gym.
2. Riverview Health provides the paper and cost of printing for Chapter #350 newsletter, and provides lunch for Mended Hearts monthly meetings.
3. Riverview Health provides Hamilton County Mended Hearts Chapter #350 with office space and meeting rooms for both Board of Directors meetings and the regularly scheduled Chapter monthly meetings.
4. The speakers at the Chapter monthly meetings provide the members with up-to-date information on a number of topics and answer a variety of questions.
5. Hamilton County Mended Hearts Chapter #350 Visitors get discounts on food in the Riverview Health cafeteria, merchandise at both gift shops in the hospital, Culver's, lunch at Michaelangelo's and other businesses.



The Mended Hearts, Inc.  
 International Headquarters and Resource Center 1500  
 Dawson Road  
 Albany, GA 31707  
 Phone: 1-888-HEART99 Email: info@mendedhearts.org

**MEMBERSHIP FORM**

NEW MENDED HEARTS  NEW MENDED *LITTLE* HEARTS  RENEWAL  DATE \_\_\_\_\_  
 Name (Mr. /Mrs./Ms.) \_\_\_\_\_ Chapter/Group \_\_\_\_\_ Member-at-large \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 City / ST / Zip \_\_\_\_\_ I want to be a MH support volunteer:  Yes  No  
 Email address \_\_\_\_\_ I am interested in CHD Parent Matching:  Yes  No  
 (Please check all that apply) I am a  Heart Patient  Caregiver  CHD Parent  Physician  RN  Healthcare Employee

**OPTIONAL INFORMATION:** Race:  Caucasian;  Black;  Asian;  Am. Indian;  Other \_\_\_\_\_ Gender:  Male  Female

**Membership Levels:** All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

**INDIVIDUAL MEMBERSHIP**

**FAMILY MEMBERSHIP**

- Associate Member --- FREE**  
 Can attend any chapter meeting for MH or MLH  
 Can join online communities  
 Can access Member Portal  
 Receives the National e-newsletter
- Individual Member --- \$20 annual donation per person**  
 All of the benefits of an Associate Member, PLUS  
 Membership Card  
 Car Decal – Select \_\_\_\_\_ MH or \_\_\_\_\_ MLH  
 One-time 5% off coupon for purchase from the MH store  
 One year annual subscription to Heartbeat magazine (\$30 value)
- Bronze Member --- \$45 annual donation per person**  
 All the benefits of a Full Individual Member, PLUS  
 Membership Pin  
 Choice of MLH Drawstring Backpack or MH/MLH Notecards (10 pk)  
 5% off registration of any National (not regional) MH/MLH Conference or Symposia
- Silver Member --- \$100 annual donation per person**  
 All the benefits of a Bronze Member, PLUS  
 A Stainless Steel Mended Hearts Travel Mug
- Gold Member --- \$250 annual donation per person**  
 All the benefits of a Silver Member, PLUS  
 A Red Fleece Blanket  
 10% off registration of any National Conference or CHD Symposium
- Heart of Gold Lifetime Sponsor --- \$1500 donation**  
**A one-time donation per individual**  
 All the benefits of a Gold member FOR LIFE, PLUS

- \* 15% off registration fees at National MH/MLH Conferences / Symposia
- \* Recognition in the next *Heartbeat* magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors

**FAMILY MEMBERSHIP**

For members of one household with one mailing address only

- Family Membership --- \$40 annual donation**  
 \* All of the benefits of an Associate Membership, PLUS  
 \* One year annual subscription to Heartbeat magazine (\$30 value)  
 \* Membership Cards for all members of the family  
 \* 2 Car Decals – Select \_\_\_\_\_ MH or \_\_\_\_\_ MLH  
 \* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

**Bronze Family Membership --- \$75 annual donation**

- \* All the benefits of a Family Membership, PLUS
- \* One Membership Pin per member
- \* Choice of MLH Drawstring Backpack or MH/MLH Notecards (10 pk)
- \* 5% off registration of any National (not regional) MH/MLH Conference or Symposia

Family Members: \_\_\_\_\_

Spouse\_\_Child\_\_Heart Patient Spouse\_\_Child\_\_Heart Patient Spouse \_\_\_\_\_

Child\_\_Heart Patient \_\_\_\_\_

**ALL Donations are tax deductible**

**PAYMENT INFORMATION:**

Membership Level \_\_\_\_\_ \$ \_\_\_\_\_  
 Additional tax-deductible Donation to  
 Mended Hearts  Mended *Little* Hearts \$ \_\_\_\_\_

**TOTAL TO NATIONAL** \$ \_\_\_\_\_

**ADDITIONAL CHAPTER/GROUP DONATION:**

Chapter/Group Name: \_\_\_\_\_  
 Amount: \$ \_\_\_\_\_

**TOTAL TO CHAPTER** \$ \_\_\_\_\_

**\*\*Please note: To be a member of a Mended Hearts Chapter or Mended *Little* Hearts Group, you must be a member of The Mended Hearts, Inc.**