



# The Ticker Talker

**MENDED HEARTS ★ DIABLO CHAPTER 254**

*Dedicated to inspiring hope in heart disease patients and their families*  
www.MendedHearts254

June, 2009

## June General Meeting

**SATURDAY, June 27, 1:30 P.M.**

**(NOTE: CHANGE OF ROOM)**

**Kaiser Hospital, Walnut Creek,**

**Dining room, Main floor (between lobby and cafeteria)**

**Dr. Peter Tran,**  
**Kaiser Walnut Creek Cardiologist,**  
**will speak about **PACEMAKERS** at**  
**the June meeting.**

Dr. Tran says, "I began practicing medicine in 2000 and joined Kaiser Permanente in 2007. I chose medicine as a career because I wanted to work with people and be able to have a positive impact on their lives. I enjoy educating patients, helping them improve their lives and learning everyday.

"My philosophy of care is to educate the patient to empower them to make health care decisions. I have a particular clinical interest in prevention and heart failure and am a member of the American College of Cardiology."

Dr. Tran received his medical training at the University of Texas Science Center in Galveston, Texas. He is Board certified by the American Board of Internal medicine and the Cardiovascular Disease American Board of Internal Medicine



## Speaker at May Meeting Updates Medications

Dr. Lynn Deguzman, Kaiser Pharmacist, went over the various medications used to control high blood pressure, and explained what

each one did.

One of the questions often asked, she said, was why patients need more than one medication for high blood pressure. She explained that there is a limit of the amount of single medication, and if the patient needs more medication, then a different one is indicated.

She reminded patients who take statins, to take them at night, and to avoid grapefruit juice. She also said that the final word is not yet out on pomegranate juice for patients who take statins, but suggested that they limit the amount taken. (Continued page 2.)

She emphasized the importance of letting your doctor and pharmacist know about any over-the-counter herbs or medications you are taking. She warned that herbal medicines are not regulated. She mentioned fish oil and some Chinese herbal medications, among others, as having possible detrimental effects on prescription medications patients are taking.

In answer to a question about disposing of unwanted, unused or outdated medications Dr. Deguzman sent the following information:



A collection site for disposal of meds are set up at:

■ Walnut Creek Police Dept., Walnut Creek City Hall: 1666 North Main Street, Walnut Creek

■ Contra Costa Regional Medical Center Sheriff's substation, 2500 Alhambra Avenue, Martinez

■ Sheriff's Field Operations Building, 1980 Muir Road, Martinez

You can drop off unwanted or expired non-controlled medications at the above sites from Monday thru Friday 8:00 A.M. to 5:00 P.M. To ensure privacy, transfer pills to a plastic bag before depositing. Please enclose liquid medication bottles in a sealed plastic bag to prevent spills.

If you have any additional questions, please feel free to email [Lynn.F.Deguzman@kp.org](mailto:Lynn.F.Deguzman@kp.org)

(In addition, Hazel Horti points out that **Rossmoor** residents can dispose of their unwanted medications at a pill disposal site at the Gateway clubhouse.)



## Coming ... in the next few months....

For the meeting on **Saturday, July 25** there is a very special treat in store for the chapter.

### Muttville



"Kris" will represent a rescue group that rescues only Senior dogs. It is called Muttville. She will emphasize how important it is for someone to have an animal to care for. Many Senior Citizens have been adopting

Muttville dogs because they can relate to their physical limitations. Plus, they hope the ending of all their lives might end up being co-coordinated.

*(Editors note: We adopted a senior dog two years ago. He never jumps up, is friendly to all visitors, and lets my toddler great granddaughter climb all over him. And he likes to nap, just like me.)*

In August, we will take a month off — everyone relax and take a vacation.

Then on Saturday, September 26 we will have our Annual Picnic and BBQ.

This is a time to bring your friends and family, and have a pleasant, friendly day, getting to know one another.





## President's Message

I have already talked about several aspects of the heart. However, did you know about all the various classes that are available at Kaiser for helping the heart? Let me give you some idea.

★First of all, there are *Yoga, Feldenkrias, or Tai*

*Chi*. These, coupled with some suggested exercises from a Physical Therapist and an exercise program, can be an immense benefit.

★Additionally, there is a class on *Cholesterol and Your Heart*. This class helps you understand how exercise and a heart healthy diet can lower your risk for heart attack and stroke.

★Then there is a class on *CPR and First Aid*. This class covers breathing and cardiac emergencies.

★For those with smoking habits there is a class, *Freedom from Tobacco*, and a *Quit Tobacco Workshop*. You will learn about nicotine addiction and how to successfully stop smoking.

★For those with other problems there is a class on *Healthier Living - Managing Ongoing Health Conditions*. Here you will learn how to deal with ongoing conditions such as diabetes, heart disease and fatigue.

★Another class on *Healthy Lifestyle and Weight Management Program* provides information on how to make lifestyle changes and get started on a healthy eating and stress management program. Another class, *Managing Your Weight*, teaches you how to eat health-

hy foods and how to prepare them..

★A class on *Medical Advance Planning* can teach you how to deal with a crisis situation, and who will help you. Let's not forget about a class on *Mindful Meditation*. Meditation and gentle *Yoga* help you to cope with stress, pain and illness.

★A class on *Overcoming Depression* can be very important. We are all confronted with depression at one time or another and understanding depression can be a valuable tool. This, coupled with *Depression Overview Class*, can inform you about depression treatment options. A class on *Stress/Mind/Body* medicine can help you with other sources of stress in your life, and techniques to help you manage them.

★Along with these classes, is perhaps the most important class of all, *Ways to a Healthier Heart*. This class is somewhat of an overview of all the other classes discussed and is recommended as the first step for members who have recently had a heart attack, bypass surgery, angina or angioplasty.

These are all wonderful classes and they are there for you to learn and benefit from. Let's all stay healthy!

## 45 LESSONS LIFE HAS TAUGHT ME.

WRITTEN BY REGINA BRETT, 90 YEARS OLD, OF THE PLAIN DEALER, CLEVELAND, OHIO

To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick.  
Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first pay check.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful, beautiful or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.  
Ya'll really gotta try this. It is so much fun!
20. When it comes to going after what you love in life,  
don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion, today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words  
"In five years, will this matter?"
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative -- dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift.

Remember, friends are the family we choose for ourselves.

Amen.

*(Thank you, Kim and Al Johnson for sharing this.)*

## Mended Hearts Most Important Work - Visiting Heart Patients

Every month volunteers go to the hospital to visit heart patients. These supportive visits have made a great difference in many lives, and visitors report that it is gratifying and interesting.

**More visitors are needed. This is a good time to get on board**, as the visiting training, which is necessary before a visitor can be accredited, will be offered this summer. You can talk to either of the Walnut Creek Visitor Chairs, **JoAnn Johnson**, or **B. J. Boone**, about what is involved. A visitor usually visits only twice a month. For Antioch,

**Marietta Poldrack** is currently the only visitor, and could use help from anyone who lives in East County.

For the Month of May we had thirty-three patient visits and one family only visit.

Our visitors were:

**Nancy Baker, Tim Correia, Randy Finn, Al and Kim Johnson, Don and JoAnn Johnson, Anna Lee, Bernie Ward and Leslie Woolums.**

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**The Summer is coming - and in Central Contra Costa we know what heat means.**

✓ Statistics for the 2000s aren't in yet, but in the previous decade, an average of 371 people per year died of heat-related illnesses.

✓ People suffer heat exhaustion or heat stroke when their bodies can't cool themselves enough by sweating. Body temperatures can rise rapidly. A very high body temperature can cause brain damage, according to Centers for Disease Control and Prevention.

✓ In addition to heat, humidity is a factor, because sweat won't evaporate fast enough to allow the body to cool.

✓ At highest risk for heat-related illnesses are children up to age four and the elderly. Also at risk are the obese, people with a fever, and those who have dehydration, heart disease, sunburn, poor circulation, or drinking alcoholic beverages.

✓ Heat exhaustion can lead to heat stroke if not treated. It causes extreme fatigue, muscle aches, nausea and fever. There may be rapid pulse, clammy skin and vomiting. Those with symptoms should move to a cooler place and drink lots of liquids. If not recovered within 30 minutes, they should go to the emergency room.

✓ Heat stroke can be fatal. If treatment is delayed, the death rate is up to 80 percent. With treatment, only 10 percent die. Symptoms include body temperature that can reach up to 110 degrees, confusion, racing pulse, convulsions and loss of consciousness.



✓ Symptoms can develop over several days or strike during a single burst of strenuous activity.

✓ Call an ambulance. While waiting for it, get the person out of the heat, cool him by fanning with a towel or newspaper, sprinkle him with water, and elevate the feet to direct blood back toward the head. If the person is conscious, offer fluids.

### PREVENTION

If you will be working or exercising in a hot environment, the CDC says: Pace yourself. Start slowly and pick up the pace gradually.

If your heart begins to pound and you are short of breath, stop all activity. Get into a cool area or at least into the shade. Rest, especially if you are light-headed or confused and feel faint. Drink liquids.

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Please take a look at our Web site,  
[www.MendedHearts254.org](http://www.MendedHearts254.org)

Also look at the Web site for the  
National Mended Hearts Web site,  
[wwwMendedHearts.org](http://wwwMendedHearts.org). You will  
find articles of information about  
the organization and what it does.

Diablo Chapter usually meets  
on the fourth Saturday of each  
month, except in August and No-  
vember. **All meetings are open to  
both members and friends.**



## Sunshine by Nancy Baker

Our Sunshine Chair, who is also a visitor,  
wants us to know about some remarks she  
has heard from patients. When you read  
them, you will understand the importance of  
the EDUCATIONAL work Mended Hearts

has to do. **Be a volunteer. Visit patients. Come to the meetings,  
learn about heart related problems and the life changes needed.  
Bring your friends. Education is important!**

- (1) "I don't know why I am in the hospital, there is nothing wrong with me."
- (2) "My children made me come in to emergency. I kept telling them that I am fine."
- (3) "I sent my family down to get something to eat because they are driving me crazy - I need peace and quiet."
- (4) "I never exercise because I really hate it."
- (5) "I am not giving up meat or all those other things I am not supposed to eat - I haven't died yet from eating them."
- (6) "My weight is fine - I don't have to lose any weight," heard from a person with a very large stomach.
- (7) "I don't mind not eating meat but I hate drinking that blue milk that you can see through."
- (8) And, says Nancy, "I almost forgot to include mine. When the advice nurse told me to come into emergency, I said, I will go in there and they will find that there is nothing wrong. Then, I'm going to go next door and have pie and coffee at the Hickory Pit. I still haven't made it to the Hickory Pit for pie and coffee."

Nancy also tells us that **Hazel Horti** is recovering from her recent surgery. She was able to come to the May meeting, but it left her very tired. And Nancy has one more request - **Paul Prigge** and **Wenshen Wang**, please get in touch with her.

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## Facts about Mended Hearts

Mended Hearts, Affiliated with the American Heart Association, is a national nonprofit organization offering the gift of hope to heart patients, their families and care givers for more than fifty years.

■ **PERSON TO PERSON VISITING PROGRAM** - Because Mended Hearts members represent the very kind of people they serve — those impacted by heart disease — they draw on personal experience as they inspire and help others. The heart patient and family gain hope by seeing other patients who have survived heart disease and are healthy.

Last year Mended Heart trained volunteers made more than 162,122 in-person visits to heart patients and 25,061 in-person visits to family members and care givers.

Kaiser Permanente Medical Center  
Mended Hearts Diablo Chapter 254  
Volunteer Services  
1425 South Main Street  
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**Thank You**  
to Kaiser Permanente  
Volunteer services  
who provide the facilities for printing this newsletter and the postage to mail it. We are very grateful for your help.

PLEASE CHECK OUR  
WEBSITE  
WWW.  
[Mendedhearts254.org](http://Mendedhearts254.org)  
for more information  
about our chapter

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*For those of you who have undergone a heart condition or procedure or know of a relative who has, we hope you seriously consider joining our organization, Mended Hearts, Inc.*

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*Mended Hearts is affiliated with the American Heart Association*

**Visitors are welcome to attend our meetings.**

**All meetings are open to everyone.**

**Next Meeting: Saturday, June 27, 1:30 P.M.**

**Kaiser Hospital Dining Room, First Floor**

**Cardiologist Dr. Peter Tran will speak about Pacemakers.**

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We hope you enjoy reading our Diablo Chapter's *Ticker Talker* newsletter. Our monthly meetings have speakers with information of interest to heart patients and their families. Most of our speakers are health professionals, doctors, pharmacists, dieticians and others. Some give specific information about heart problems, function and treatment. Other speakers talk about life style changes to improve the health of heart patents. Come and learn more about how to live and thrive despite your heart condition.

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