



Mended Hearts

FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369

www.MendedHeartsStCharles.org

Issue No.38

Winter 2020 Newsletter – January, February, March.

Welcome to Mended Hearts, Chapter 369! This chapter became official on August 10th 2010. Mended Hearts began in 1951 in Boston and has been providing support to heart patients and their families for 66 years with the theme that there is life with heart disease. There are over 230 chapters nationwide.

President – Larry Mantle
Vice President – Vacant
Treasurer - Charlotte Mantle
Secretary – Marla Fix
Visiting Chairperson – Neal Fix
Facilitators - Susan Dreckshage RN (BJC), Donna Feuerstine RN (SSM)
Newsletter Editor –Bill Fix
Membership – Neal and Marla Fix

Contact Information

Interested in finding out more information about Chapter 369? Contact Neal Fix @ 636-947-8730.

Message to Recent Heart Patients

We hope you received some comfort and encouragement from our Mended Hearts visitors during your hospital stay. As you become active again, we invite you, your family and friends to attend our meeting as guests. We invite speakers that should interest heart patients and their families. We hope that you will become a member of our organization. Then you, too, can join in sharing the real meaning of our motto. "It's great to be alive"- and to help others.

Winter Birthdays

Neal Fix 2/4,

Fall Heart Event Anniversaries

Bill Vehige 2/2003,

Please consider becoming a visitor it is a rewarding experience, patients are encouraged by your success in overcoming heart disease.

Upcoming Meetings

Mended Hearts Chapter 369 meets on the second Tuesday of the month alternating between BJC St. Peters and SSM St. Joseph's in St. Charles. Join us for a light meal before the meeting

Meetings at St Josephs will be at 5:00 pm. All other meetings will be at 6:30 pm.

The upcoming meetings are:

January 14th. @: Barnes-Jewish St Peters in the medical building #6 Jungermann Circle. We meet in the Conference room. Subject: Visitor training.

February 11th. St. Joseph's St. Charles. In the Doctors Dining Room on the ground floor. Subject: TBT

March 10th @: Barnes-Jewish St Peters in the medical building #6 Jungermann Circle. We meet in the Conference room. Subject:TBT

Devices to aid heart function

Left ventricular assist device (LVAD)

A left ventricular assist device (LVAD) is implanted in your chest. It helps pump blood from the left ventricle of your heart and on to the rest of your body. A control unit and battery pack are worn outside your body and are connected to the LVAD through a port in your skin.

Right ventricular assist device RVAD

A (RVAD) helps support the right ventricle's function. A ventricular assist device helps your heart pump blood when the pumping muscle has become weak. A right ventricular assist device (RVAD) pumps blood from your right ventricle or right atrium into your pulmonary artery and to the lungs.

Pacemakers, defibrillator

A dual chamber pacemaker paces the atrium and ventricle. A biventricular pacemaker paces both ventricles. An implantable cardioverter-defibrillator can function as a pacemaker would. In addition, if it detects ventricular tachycardia or ventricular fibrillation, it sends out a shock to reset the heart to a normal rhythm.

Artificial Heart Valves

Artificial heart valves can be biological or mechanical. Biological valves are made of human or animal tissue (cow and pig hearts are often used) and usually have a shorter life span than mechanical valves. Mechanical valves, however, require the patient to take anti-coagulant medication continually to prevent blood clots. If you're a younger patient it's likely your doctor will recommend a mechanical valve because of its durability. The exception to this rule is younger patients who are seeking to get pregnant or are highly active and prone to injuries that could result in bleeding. In either case, the blood-thinning medications used after replacing a valve with a mechanical device could pose problems which would make a biological valve a better choice.

Life Vest Wearable Defibrillator

The LifeVest® wearable cardioverter defibrillator (WCD) is worn by patients at risk of sudden cardiac death (SCD). A defibrillator is a device that is used to control dangerously fast heart rhythms by applying an electrical shock to the heart. While some defibrillator devices are implanted under the skin, the LifeVest WCD is worn directly against the patient's skin. When worn as directed, the device can provide a constant safeguard against SCD.

Cardiac Event Recorder

A cardiac event recorder is a battery-powered portable device that you control to tape-record your heart's electrical activity (ECG) when you have symptoms. There are two types of event recorders: a loop memory monitor and a symptom event monitor.

Cardiac event recorders and other devices that record your ECG as you go about your daily activities are also called ambulatory electrocardiographic monitors.

Quick facts:

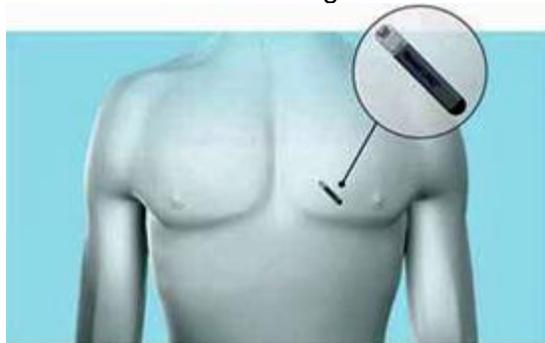
A cardiac event recorder makes a record of your electrocardiogram (ECG or EKG) when you have fast or slow heartbeats, or feel dizzy or like you want to faint. It can also be used to see how you respond to medicines.

Some cardiac event recorders store your ECG in memory in the monitor. Your ECG can be sent by telephone to a receiving center or to your doctor.

There are no risks when using a cardiac event recorder.

New Heart Monitoring Device Size of Paper Clip

The Medtronic Reveal LINQ device is approximately one-third the size of an AAA battery. Although small, this device is part of a powerful system that allows physicians to wirelessly monitor a patient's heart for up to three years, perhaps longer, it's like having a mobile electrocardiogram (EKG) everywhere you go that can record abnormal heart rhythms as they occur for later review. The device is implanted just under the skin in the upper chest area using a small incision, taking less than five minutes from start to finish and eliminating the need for sedative medication. Patients with a heart arrhythmia, palpitations or those with numerous fainting episodes for unknown reasons are candidates for the device. An external wand is waved over the area the device is implanted to determine if there was a heart rhythm abnormality during a symptomatic event. The system also includes a bedside monitor for at-home service with wireless capabilities not currently available with standard heart monitoring devices.



Mended Hearts Prayer

We ask for your blessing, 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.
Amen.