



# Heart to Heart



Volume IV Issue 3 Good Shepherd Hospital, The Mended Hearts, Inc. Chapter #337

March 2009

*An affiliate of The American Heart Association*

## **Message from our President, Randy Rayborn**

Heart disease is an unhealthy condition or an impairment of a heart function. Isn't it interesting that disdain is the word that precedes disease in the dictionary. Heart patients do feel disdain when they are identified as having heart disease. The term "disease" also has many negative connotations. The heart patient feels diminished by the condition and the reactions to that condition. Some would respond by saying, "Get over it; deal with it." A heart patient does have to get over it and deal with the unhealthy heart. Initially, you may well feel like a leper and be treated as such. What comes to mind are expressions like "Your ship has sailed," "Your time is up," "You are on your way out."

There is a distancing that occurs. The avoidance is an all too human response to trauma. Guess what? You do get past these negative reactions, including your own. If you take a positive approach toward building a new life, your chances for survival are quite good. A heart condition is something that you can manage and have a productive life. Forgive your detractors and embrace your new life.

P.S. You can tack into any headwind and still be sailing.

## **Visitor's Report**

The Mended Hearts welcome Nancy Trujillo.



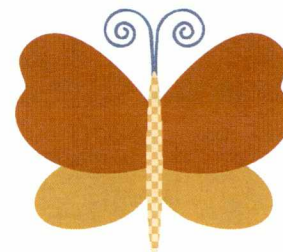
**Nancy Trujillo, RN, BSN, MSM**  
**Director, Cardiovascular Services**

Nancy Trujillo, RN, BSN, MSM, joined Good Shepherd Hospital in 2008, relocating from St. Louis, Missouri. Nancy brings over 22 years of nursing and leadership experience to her position as Director of Cardiovascular Services.

Prior to joining Good Shepherd Hospital, Nancy worked for six years as a clinical nurse working a variety of clinical areas including medicine, surgery, coronary care, and cardiac catheterization lab. Nancy then moved into management and managed a variety of cardiac departments for approximately eight years. Most recently, Nancy was the Director of Cardiopulmonary Services at SSM St. Mary's Health Center in St. Louis for eight years.

Nancy notes "Good Shepherd Hospital is a wonderful place to work and everyone has been very supportive in my transition".

Nancy is a Registered Nurse and has a Masters of Science Degree in Marketing from Lindenwood University, St. Charles, Missouri.



**It's Great to be Alive and to Help Others!**

The Mended Hearts, Inc. website is <http://www.mendedhearts.org/>

The Mended Little Hearts website is <http://www.mendedhearts.org/mlh/frame-mlh.htm>

The American Heart Association website is <http://www.americanheart.com/>



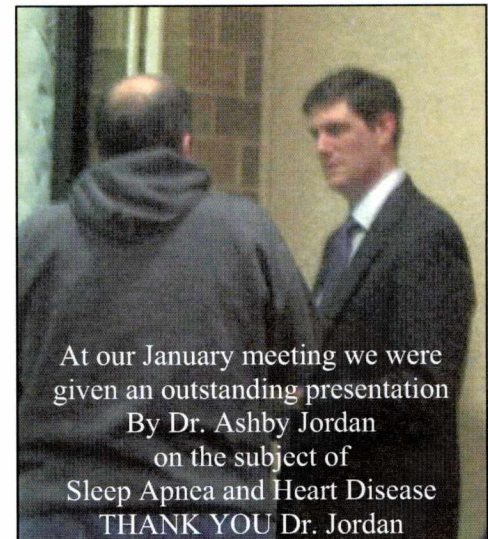
*Tales from the Flock*



On New Year's Eve, one of our friends experienced a TIA, losing part of his memory for about an hour. At the time this occurred, he was able to locate his wife and tell her something was wrong. Oddly, our friend could sing "Happy Birthday," but nothing else. He spent the next three days in the hospital, where (significantly), less than 7 white spots were found on his brain, indicating that this had happened before. Also found — **a hole in his heart.**

The hole in his heart (called a PFO) was most likely a congenital defect as about 20% of the adult population suffer from this defect which permits unfiltered blood (with dust sized clots) to enter the brain. Currently, there is a study going on to definitely prove closure prevents future strokes. Luckily it was an easy fix in which a catheter was threaded up to his heart to close the hole. This procedure will, hopefully, prevent a future stroke.

A scary start to the new year — but happily, he should have many new years ahead!!



# **ONION RINGS**

Courtesy of HG

## ***Ingredients:***

- 1 large onion
- 1/4 cup original Egg Beaters\*\*
- 1/2 cup crushed Fiber One

Preheat oven to 375 degrees.

Cut edges off onion, and remove outer layer. Cut onion into 1/2 inch wide slices, and separate into rings.

Next, fill a small bowl (just large enough for onion rings to fit in) with Egg Beaters. Using a blender or food processor, grind Fiber One cereal to a bread crumb-like consistency. Pour crumbs onto a small dish. One by one, coat each ring in egg and then crumbs (give each ring a shake after the egg bath).

Place on an oven-safe baking dish sprayed with nonstick spray. Cook for 20-25 minutes, flipping rings over about halfway through



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### **March 18**

**Nancy Trujillo**

Director, Cardiovascular Services

Good Shepherd Hospital (See Front Page)

### **April 15**

**Joan Husak & Sue Grossinger,**

GSH Medicare Advocate (See below)

**Monthly Meetings are held on  
The 3rd Wednesday of the month  
7 pm in The Lake View Room  
Good Shepherd Hospital**

**Heart Healthy Refreshments are served**

### **JOAN HUSAK, GSH Medicare Counselor**

Having trouble understanding your insurance explanations of benefits (EOB's) and Medicare Summary Notices? Confused about Medicare A, B and D or supplemental insurance?

Joan Husak, a Medicare counselor with the Senior Advocate program at Good Shepherd Hospital, will address the process of Insurance and Medicare billing and will explain the bill counseling assistance that is available to people who need help maneuvering through the health care system.



Bring your questions and learn about all that the Senior Advocate program has to offer, such as information referrals to hospital and community resources, educational seminars, health promotions, such as flu shots and other screenings, as well as the the hospital's financial assistance program to qualified individuals that is available through our business office.



**Don't forget to take your prescription medicines !**

***The purpose of The Mended Hearts, Inc. is to offer help,  
support and encouragement to heart  
disease patients and their families and to achieve this objective  
in the following manner:***

1. To visit, with physician approval, and to offer encouragement to heart disease patients and their families.
2. To distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families
3. To establish and maintain a program of assistance to physicians, nurses, medical professionals, and health care organizations in their work with heart disease patients and their families.



**LDL and HDL Cholesterol: What's Bad and What's Good?**

Cholesterol can't dissolve in the blood. It has to be transported to and from the cells by carriers called lipoproteins. Low-density lipoprotein, or LDL, is known as "bad" cholesterol. High-density lipoprotein, or HDL, is known as "good" cholesterol. These two types of lipids, along with triglycerides and Lp(a) cholesterol, make up your total cholesterol count, which can be determined through a [blood test](#).

**LDL (Bad) Cholesterol**

When too much LDL (bad) cholesterol circulates in the blood, it can slowly build up in the inner walls of the arteries that feed the heart and brain. Together with other substances, it can form plaque, a thick, hard deposit that can narrow the arteries and make them less flexible. This condition is known as [atherosclerosis](#). If a clot forms and blocks a narrowed artery, heart attack or stroke can result.

**HDL (good) Cholesterol**

About one-fourth to one-third of blood cholesterol is carried by high-density lipoprotein (HDL). HDL cholesterol is known as "good" cholesterol, because high levels of HDL seem to protect against heart attack. Low levels of HDL (less than 40 mg/dL) also increase the risk of heart disease. Medical experts think that HDL tends to carry cholesterol away from the arteries and back to the liver, where it's passed from the body. Some experts believe that HDL removes excess cholesterol from arterial plaque, slowing its buildup.

**Triglycerides**

Triglyceride is a form of fat made in the body. Elevated triglycerides can be due to overweight/obesity, physical inactivity, cigarette smoking, excess alcohol consumption and a diet very high in carbohydrates (60 percent of total calories or more). People with high triglycerides often have a high total cholesterol level, including a high LDL (bad) level and a low HDL (good) level. Many people with heart disease and/or diabetes also have high triglyceride levels.

**Lp(a) Cholesterol**

Lp(a) is a genetic variation of LDL (bad) cholesterol. A high level of Lp(a) is a significant risk factor for the premature development of fatty deposits in arteries. Lp(a) isn't fully understood, but it may interact with substances found in artery deposits.

American Heart Association

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"Those aren't departure times. That is the time we estimate your flight will be cancelled."