

# Healing Hearts

FALL 2019



## President's Message:

We are blessed to be living in the 21<sup>st</sup> century!

**Jeff  
Davidson**

## Memories we cherish.

Heart Disease accounts for about 1 of every 3 deaths in the U.S. and you expect to lose family and friends to this disease as they (and you) get older. What you don't expect, however, is to lose friends who are in their 30's.

For those who knew Courtney, Rebekah, and Nick, three members in their 30s when we lost them, it was especially hard to accept. Heart failure was the issue they shared. That is one reason we host meetings on heart failure every year. See page 2 for the two heart failure meetings coming in the next few months.

Our group also started the "Courtney Williams Fund in Heart Failure Research" at OSU and we've raised \$240,000 since 2016! Please see Courtney's story on page 6.

To continue this fund's life-saving research, our Board is offering a \$5,000 match for donations through November.

Please consider donating to the fund at: <http://give.osu.edu/CourtneyWilliams> and fund heart failure research.

On a personal note, after 10 years of membership in this group, I have benefitted so much by making new friends, learning about heart issues, and visiting patients before and after surgery.

If you'd like to join our group, call or e-mail me. Make friends with people on similar heart journeys, take charge of your disease through education, share your story with others, and help us reach people at risk before they have a serious cardiac event. Seize the opportunity to ease the concerns of patients at the Ross by becoming a patient visitor.

For more information, visit our website at [www.healingheartscentralohio.org](http://www.healingheartscentralohio.org). You can reach me at (614) 580-1561 or [jadavidson@columbus.rr.com](mailto:jadavidson@columbus.rr.com).

Stay healthy!  
Jeff

## OUR SPONSORS:



## Welcome New Members!

**Our Mission:** To inspire, comfort, support, and assist in educating Central Ohio heart patients, caregivers and people at risk for a heart event.

**Our Method:** We partner with local hospitals and rehabilitation clinics to help those affected by heart disease. We help through our heart patient visiting program, heart education meetings, and other outreach.

**Our Members:** We have over 300 members, including medical professionals, heart care administrators, caregivers, and heart patients who can share a variety of “heart success stories” including: growing up with congenital heart defects, valve replacements, aneurysm repairs, stents, bypasses, pacemakers, ICD implants, LVADs and heart transplant surgeries.

### Local Sponsors and Partners:

OSU Wexner Medical Center, Ross Heart Hospital, Alnylam Pharmaceuticals, Boston Scientific, ClearCaptions, Heartland, Hospice of Central Ohio, Interim HealthCare, Kindred, Medtronic, Novartis, St. Jude, Vitas Health Care, YMCAs of Central Ohio

### Newest Members:

Stephanie Blaine, Diane Cook, Gary Dickerson, Henry Feldman, Preston Ford, Juliet Grider, Dean Kauffman, Diane Knepper, Ellen McDonald, Patricia and Luther Ruff, Mrs. C. Shumaker, Betty Smothers.

## Officers and Chairs:

President - Jeff Davidson  
[jadavidson@columbus.rr.com](mailto:jadavidson@columbus.rr.com)

Vice President - Jim Kelly  
[Jimkelly4@gmail.com](mailto:Jimkelly4@gmail.com)

Secretary - Lynne Kelly  
Treasurer - Helen Davidson

Visiting Chair - John Afek  
Newsletter Chair - Open  
Marketing/Development Chair - Ron Keener  
Technology Chair - John Cole

## Educational Meetings

**Thurs. Nov 14<sup>th</sup>:** Dr. Ajay Vallakati will speak on “Diastolic Heart Failure and Cardiac Amyloidosis”

**Thurs., Dec 12<sup>th</sup>:** Members Only “Celebration of Life Dinner” with some of our doctors.

**Thurs., Jan 9<sup>th</sup>:** OSU 4<sup>th</sup> Floor Nurses: “The First 24 Hours After Open-Heart Surgery”:

**Thurs., Feb 13<sup>th</sup>:** Dr. Daniel Martin will speak on “The ER Approach to Diagnosis and Mobilizing Emergency Treatment Teams”

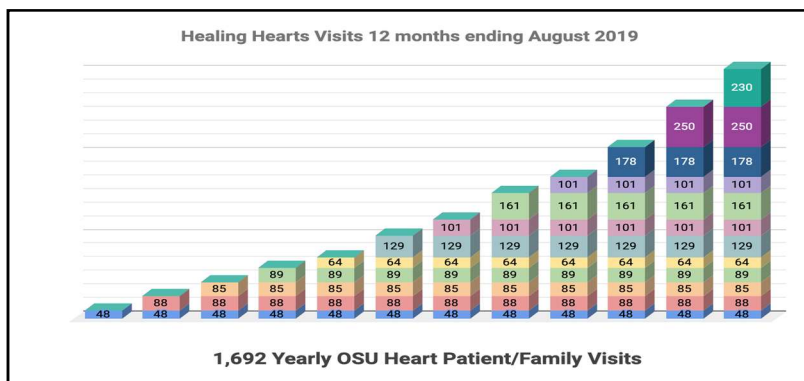
**Thurs., March 12<sup>th</sup>:** Dr. Peter Mohler will speak on “Innovative Cardiovascular Research at Ohio State”

## Patient Visiting Report

We visit at the Ohio State Ross Heart Hospital and University Hospital East (10,000 visits to date).

We need more accredited visitors at each. Requirements to become a Visitor are:

- (1) Be a Healing Hearts member;
- (2) Attend a HH Accreditation class;
- (3) Attend a Hospital volunteer class;
- (4) Pass the OSU Hospital background check.



## In The News



### Having a dog can help your heart - literally

#### Harvard Medical School

Dog lovers know how much warmth and comfort their canine companions add to their lives. But they might not know that a growing body of evidence suggests that having a dog may help improve heart health.

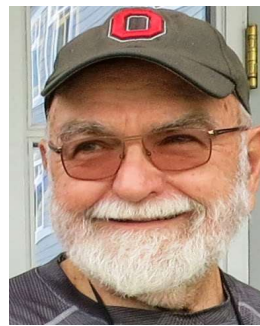
Pet ownership, especially having a dog, is probably associated with a decreased risk of cardiovascular disease. This does not mean that there is a clear cause and effect relationship between the two. But it does mean that pet ownership can be a reasonable part of an overall strategy to lower the risk of heart disease.

Several studies have shown that dog owners have lower blood pressure than non-owners — probably because their pets have a calming effect on them and because dog owners tend to get more exercise. The power of touch also appears to be an important part of this "pet effect." Several studies show that blood pressure goes down when a person pets a dog.

There is some evidence that owning a dog is associated with lower cholesterol and triglyceride levels. A large study focusing on this question found that dog owners had lower cholesterol and triglyceride levels than non-owners, and that these differences weren't explainable by diet, smoking, or body mass index (BMI). However, the reason for these differences is still not clear.

Dogs' calming effect on humans also appears to help people handle stress. For example, some research suggests that people with dogs experience less cardiovascular reactivity during times of stress. That means that their heart rate and blood pressure go up less and return to normal more quickly, dampening the effects of stress on the body.

To learn more about the health benefits of owning a dog, buy *Get Healthy, Get a Dog*, a Special Health Report from Harvard Medical School.



### Your Visiting Whisper

By Jim Kelly

The year: 1967. Rock and Roll: imprinting mind and soul. Teen hormones: raging. Emotions: stuck in high gear. Self-centeredness: YEAH! A couple of struggling Ohio songsmiths: inspired lyrics. Herman's Hermits: propelling tunes up the charts. Jump forward 52 years: a contributor trying to describe our Healing Hearts visiting experience: the song.. "Theres A Kind of Hush" takes center stage:

*There's a kind of hush, all over the world tonight.  
All over the world, you can hear the sounds of lovers in  
love. You know what I mean .....*  
*So listen very carefully  
Closer now and you will see what I mean  
It isn't a dream  
The only sound that you will hear  
Is when I whisper in your ear  
I love you.... forever and ever*

Fifty-two years: a lot changes. We've slowed down. Our hearts show wear and tear, but we are fortunate to have our healings. The teen-age love experience has mellowed by degrees. Some things stay the same. Love changes from intensely-one to expansively-many. These lyrics describe intensity and great emotion of teen love. Expansiveness is love's persistent truth. It is what dominates our motivation in helping a heart patient, even if only for a five minute visit. So here's the whisper in your ear: "Got Love? Come join our Healing Hearts Patient Volunteer Visiting Program." We have visited 1,700 patients or families in the last 12 months.

**This is Your Invitation: If you are a heart patient and interested, we have a great visiting opportunity for you: [jimkelly4@gmail.com](mailto:jimkelly4@gmail.com) or 614 859 9365.**



## Heart Spotlight



**Dr. Muhammad “Rizwan” Afzal, MD, FACC** is a cardiac electrophysiologist and clinical assistant professor of internal medicine at the Ohio State University Wexner Medical Center (OSUWMC). Dr. Afzal earned his medical degree from King Edward Medical University in Pakistan and completed a residency in internal medicine at Good Samaritan Hospital in Cincinnati. He completed clinical cardiology fellowship at the University of Kansas Medical Center and a clinical electrophysiology fellowship at OSUWMC. He completed basic and clinical research fellowships at the University of Cincinnati and the University of Kansas Medical Center.

The OSUWMC is home to the largest electrophysiology program in Ohio that provides cutting edge treatment for all heart rhythm disorders. The program is one of the highest volume programs in the country and is at the forefront of clinical research by participation in more than 50 multicenter clinical trials. Besides multicenter studies, the electrophysiologists at OSUWMC are conducting multiple single center studies assessing novel therapeutic approaches to improve the safety and efficacy of electrophysiology procedures. The clinic research section at OSUWMC is very robust with active participation of allied health professionals, nurse practitioners, pharmacists and electrophysiologists. The program is a training center for physicians from neighboring states for various newer procedures such as leadless pacemakers and pacemakers for central sleep apnea.

Dr. Afzal specializes in the management of various types of heart rhythm disorders such as atrial fibrillation and ventricular arrhythmias. He performs various procedures such as catheter ablations and device implantations for prevention and treatment of various heart rhythm conditions. He is actively involved in clinical research and is part of several multicenter trials examining novel device and ablation approaches. He has published more than 100 abstracts and 60 peer reviewed articles. He is an invited speaker at regional and national electrophysiology meetings.

Outside of the hospital, he enjoys spending time with his wife, three daughters and a son. He enjoys playing squash and reading about the history of medicine.

**Dan Leite:** As I approach my fourth anniversary of the heart transplant at The Ross that saved my life in 2015, one thought I often have is the impact heart disease has had on my life. While not genetically related, I watched my father die of a heart attack when I was 6 and he was just 39. Even though I have been a very fit athlete for most of my life (marathon runner and Ironman triathlete), heart disease somehow found a major way back into my life as I approached age 50.

I was first diagnosed with cardio myopathy in 2011 after experiencing a troubling event that I thought was a heart attack. For the next few years, treating me was a struggle, as medications and even a pacemaker could not solve my issues. In September of 2015, Dr. Ayesha Hassan (thankfully) entered my life one early morning in the emergency room at OSU and told my wife and me she thought the next course of action was to list me for a heart transplant. Emily and I had only been married for less than six months and the news that my heart was dying, and I needed a transplant placed a huge wrinkle into a very new marriage.

After being accepted and placed on the heart transplant list, the waiting began. However, my health continued to rapidly deteriorate, and I came to The Ross in mid-December to (hopefully) wait for my miracle. On Christmas Eve, we found out a donor heart had been found and my transplant took place. Miraculously, my new heart took its first beat at 12:07 a.m. on Christmas Day.

As we get closer to this holiday season, Emily and I, as we do every day, think about my donor and the miracle that the amazing team at The Ross created for us on that Christmas Eve and Christmas Day in 2015.

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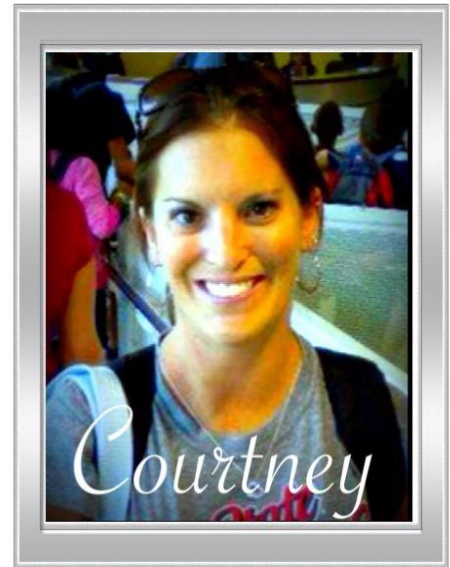
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**"Courtney Williams Fund in Heart Failure Research"**

at Ohio State's Heart & Vascular Center and the  
Davis Heart & Lung Research Institute  
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**There are certain special people who change the world in an incredible way.  
Courtney Williams was one of those people.**

She was just 36 years old, but she impacted and inspired so many people in her short life! Courtney was born with pulmonary and aortic valve stenosis and other congenital defects and she lived her entire life with CHD. Courtney endured six open-heart surgeries, starting at the young age of four. She struggled through countless heart failure issues and hospital admissions.

But Courtney was MUCH MORE than this disease! Her attitude and joy of life continued through every day that she lived. Despite her struggles, Courtney volunteered endlessly to help others with heart issues. Her positive attitude, faith and courage in the face of so many trials will continue to be an incredible inspiration for anyone who has heart disease and for everyone who is working to find cures for heart issues.



Courtney was a founding member of "Mended Hearts of Central Ohio" (now Healing Hearts of Central Ohio). She was a factor in the growth of our group from 7 members in 2010 to over 300 members today. She was an inspiration to everyone and brought comfort and support to the many heart patients she visited at Ohio State's Ross Heart Hospital as part of the group's mission.

Courtney lost her battle with heart failure on July 23, 2015. Her friends and family are partnering with Ohio State scientists and our heart support group in this fund that will honor Courtney in perpetuity and provide dollars for much needed heart failure research. **Donations to this fund have amounted to \$240,000 as of August 31, 2019. Please continue to donate as a tribute to Courtney's life!**

Thank you,

The Ohio State University Heart & Vascular Center and Davis Heart and Lung Research Institute  
Healing Hearts of Central Ohio

**Donations can be made to: OSU Foundation, P.O. Box 183112, Columbus, OH 43218-3112 or online at: <http://give.osu.edu/CourtneyWilliams>; For more information, please e-mail Jeff Davidson at [jadavidson@columbus.rr.com](mailto:jadavidson@columbus.rr.com) or Emily Christian at [emily.christian@osumc.edu](mailto:emily.christian@osumc.edu).**

# Heart Healthy Recipes

## Pecan Rice



*Recipe By:* Deborah Westbrook

"Pecans sauteed with onion, parsley, basil and ginger make plain brown rice come to life with rich, nutty flavor."

Ready in 45 Minutes  
Serves 4

## Ingredients

- 1 cup brown rice
- 2 tablespoons margarine
- 1/4 cup finely chopped onion
- 1/2 cup finely chopped pecans
- 2 tablespoons minced parsley
- 1/4 teaspoon dried basil
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt

## Directions

1. In a saucepan bring 2 cups water to a boil. Add rice and stir. Reduce heat to low, cover and simmer for 40 minutes.
2. When rice is done, melt margarine in a small skillet over medium heat. Saute onions, pecans, parsley, basil, ginger, pepper and salt. When onions are tender stir mixture into rice and mix well.

Per Serving: 280 calories; 16.1 g fat; 31 g carbohydrates; 4.3 g protein; 0 mg cholesterol; 210 mg sodium

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# Heart Healthy Recipes

## Turkey Veggie Meatloaf Cups



Ready in 50 Minutes  
10 Servings

*Recipe By:* Amy Holmberg

### Ingredients

- 2 cups coarsely chopped zucchini
- 1 1/2 cups coarsely chopped onions
- 1 red bell pepper, coarsely chopped
- 1 pound extra lean ground turkey
- 1/2 cup uncooked couscous
- 1 egg
- 2 tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1/2 cup barbecue sauce, or as needed

### Directions

1. Preheat oven to 400 degrees F (200 degrees C). Spray 20 muffin cups with cooking spray.
2. Place zucchini, onions, and red bell pepper into a food processor, and pulse several times until finely chopped but not liquefied. Place the vegetables into a bowl, and mix in ground turkey, couscous, egg, Worcestershire sauce, and Dijon mustard until thoroughly combined. Fill each prepared muffin cup about 3/4 full. Top each cup with about 1 teaspoon of barbecue sauce.
3. Bake in the preheated oven until juices run clear, about 25 minutes. Internal temperature of a muffin measured by an instant-read meat thermometer should be at least 160 degrees F (70 degrees C). Let stand 5 minutes before serving.

Per Serving: 119 calories; 1 g fat; 13.6 g carbohydrates; 13.2 g protein; 47 mg cholesterol; 244 mg sodium.

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## MEMBER ENROLLMENT FORM

### MEMBER INFORMATION

Date:

Name (Mr/Mrs/Ms):

Address:

City:

State:

ZIP Code:

Email:

Phone:

Birthdate:

Occupation:

☐ I am interested in visiting heart patients in the hospital

### SPOUSE INFORMATION IF JOINT MEMBERSHIP

Name (Mr/Mrs/Ms):

Email:

Phone:

Birthdate:

Occupation:

☐ I am interested in visiting heart patients in the hospital

### MEDICAL INFO (OPTIONAL, FOR MEMBERSHIP CLASSIFICATION ONLY)

#### APPLICANT INFO (CHECK ALL THAT APPLY)

- |  |   |  |  |   |
|--|---|--|--|---|
| <input type="checkbox"/> Angioplasty         | <input type="checkbox"/> Heart attack         | <input type="checkbox"/> Valve-Surgery | <input type="checkbox"/> Valve Transcath | <input type="checkbox"/> Congenital Heart Disease |
| <input type="checkbox"/> CABG (Bypass)       | <input type="checkbox"/> Pacemaker            | <input type="checkbox"/> Stent         | <input type="checkbox"/> AFib arrhythmia | <input type="checkbox"/> Other arrhythmia         |
| <input type="checkbox"/> ICD (Defibrillator) | <input type="checkbox"/> Transplant           | <input type="checkbox"/> Aneurysm      | <input type="checkbox"/> Diabetes        | <input type="checkbox"/> Other _____              |
| <input type="checkbox"/> Caregiver           | <input type="checkbox"/> Medical Professional | <input type="checkbox"/> Sponsor       |  |   |

#### SPOUSE INFO IF JOINT MEMBERSHIP (CHECK ALL THAT APPLY)

- |  |   |  |  |   |
|--|---|--|--|---|
| <input type="checkbox"/> Angioplasty         | <input type="checkbox"/> Heart attack         | <input type="checkbox"/> Valve-Surgery | <input type="checkbox"/> Valve Transcath | <input type="checkbox"/> Congenital Heart Disease |
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| <input type="checkbox"/> ICD (Defibrillator) | <input type="checkbox"/> Transplant           | <input type="checkbox"/> Aneurysm      | <input type="checkbox"/> Diabetes        | <input type="checkbox"/> Other _____              |
| <input type="checkbox"/> Caregiver           | <input type="checkbox"/> Medical Professional | <input type="checkbox"/> Sponsor       |  |   |

### ANNUAL MEMBERSHIP DUES

Individual ☐ \$25.00 annual dues -or- ☐ \$250.00 lifetime dues

-or-

Couple ☐ \$40.00 annual dues -or- ☐ \$400.00 lifetime dues

I would like to make an add'l tax-deductible contribution of \$ \_\_\_\_\_

**Total Payment Enclosed \$** \_\_\_\_\_

**Please send payment with enrollment form to:**

Healing Hearts of Central Ohio  
10499 Elderberry Drive  
Plain City, Ohio 43064

If undeliverable return to:

Jeff Davidson

Healing Hearts of Central Ohio

10499 Elderberry Drive

Plain City, Ohio 43064

#### **ABOUT HEALING HEARTS OF CENTRAL OHIO**

*We are a central Ohio heart support group dedicated to helping heart disease patients and their families cope with heart events. Our trained and dedicated members visit patients, with doctor and hospital approvals, while they are hospitalized and in most need of comfort, support and inspiration. We provide literature related to Healing Hearts and to heart disease and we inspire each other at our monthly meetings. We also visit by telephone and on the internet and we send a heart patient we visit the next three issues of our chapter newsletter. For more information about us, please contact Jeff Davidson at (614) 580-1561 or at [jadavidson@columbus.rr.com](mailto:jadavidson@columbus.rr.com) ...OR Jim Kelly at (614) 859-9365 or at [jimkelly4@gmail.com](mailto:jimkelly4@gmail.com)*

#### **Healing Hearts of Central Ohio**

Jeff Davidson, President

10499 Elderberry Drive

Plain City, Ohio 43064

*Please visit us at [www.healingheartscentralohio.org](http://www.healingheartscentralohio.org)*

*We are dedicated to inspiring heart disease patients and their families.*

*When you finish reading this newsletter, please do not throw it away. Pass it along to a friend, a relative, a neighbor, or drop it off in someone's waiting room. This way more people will get OUR Healing Hearts message ...."That there can be a great life after a heart event".*