

# Healing Hearts

WINTER 2019/2020



## President's Message:

Miracles do happen!

**Jeff  
Davidson**

Our 300 member heart support group includes many fortunate people who had medical intervention in a timely manner. From the ambulance ride to the ER to the Cath Lab or operating room—so many success stories!

Members share their experiences, whether they have high cholesterol, a stent or two, a heart attack, or a heart transplant. Three of our members have LVADs and nine members have transplants, some inspiring stories.

But one inspiring story stands out; a miracle story! While on the operating table to receive a heart transplant, doctors discovered Melissa Justice's heart had healed itself!

Melissa's story is featured in our "Heart Spotlight" on page 4. Please read it as it will lift you up! She subsequently wrote a book describing her miracle. You can order the book, **Though My Heart and Flesh May Fail**, at the link [HERE](#).

As some of you know, a primary focus of our group is hosting monthly heart educational meetings in the OSU Ross Heart Hospital Auditorium. Take a look at our upcoming meeting topics on page 2 of this newsletter.

Call or e-mail me about joining our group. Make friends with people on similar heart journeys, take charge of your disease through education, 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, go to [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 host educational meetings in Central Ohio for 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, Anthem BC/BS, Boston Scientific, ClearCaptions, Heartland, Hospice of Central Ohio, Interim HealthCare, Kindred, Novartis, Pfizer, and the YMCAs of Central Ohio

### Newest Members:

Kristina Black, Phil and Elizabeth Bowen, Irene Brink, Ganga Dhital, Marcia and Ruben Kay, Dana Lewis, Shelly Richards, Robert Rideout, and Joe and Sally Zaluski

## 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., Feb 13<sup>th</sup>:** Dr. Daniel Martin will speak on “Saving Lives in the ER—How Doctors Think”

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

**Thurs., Apr 9<sup>th</sup>:** Dr. Timothy Obarski will speak on “Cardiovascular Imaging—The Foundation of the Profession”

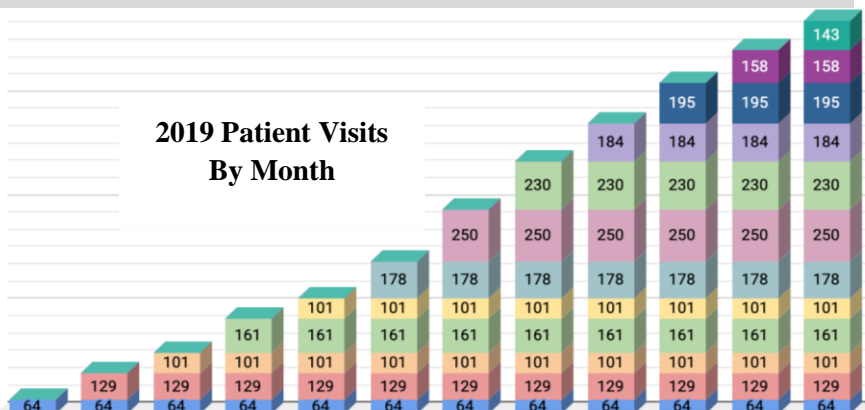
**May, June, July:** Sleep Apnea’s Link to Heart Failure, Diabete’s Link to Heart Disease, and a Heart Healthy Cooking Demonstration.

## Patient Visiting Report

We visit at the Ohio State Ross Heart Hospital and University East Hospital (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) Complete HH accredited visitor training;
- 3) Complete OSU Hospital visitor training;
- 4) Pass the OSU Hospital background check.



1,894 Yearly OSU Heart Patient/Family Visits

### **Sleeping better: How a novel therapy is helping patients with Central Sleep Apnea find relief:**

Sleep apnea is common in patients with heart problems, affecting half of patients with heart failure and/or Atrial Fibrillation<sup>1,2</sup>. Left untreated, sleep apnea may exacerbate some of the symptoms that cardiology patients already suffer from – trouble sleeping, fatigue, daytime sleepiness, and decreased ability to focus<sup>3,4</sup>. Sleep apnea has even been shown to increase the risk of hospitalizations and death for these patients<sup>5,6</sup>.

To date, the majority of the research has focused on treating the more common Obstructive Sleep Apnea (OSA). However, another variant of sleep apnea – Central Sleep Apnea (CSA) – is particularly common in cardiology patients. Unlike OSA, where a closed or obstructed airway inhibits breathing while sleeping, CSA is a neurological condition that results from the brain's inability to send appropriate signals to the respiratory muscles (i.e. diaphragm) to stimulate breathing<sup>3</sup>.

Because of the unique nature of the disease, a device called the remedē System has been developed specifically to treat patients with moderate to severe CSA. **remedē®** is an implantable pacemaker-like device that activates automatically each night to stimulate your breathing muscles (via the phrenic nerve) as you sleep. **remedē** sends signals that cause your diaphragm to contract, drawing air into your lungs, just as in normal breathing. The result is a more normal breathing rhythm and pattern. **remedē** also monitors breathing signals while you sleep<sup>7</sup>. **For more information, visit [www.respicardia.com](http://www.respicardia.com)**

1 Arzt M, et al. J Am Coll Cardiol 2016; 4:116-125.

2 Bitter T, et al. Dtsch Arztebl Int 2009; 106:164-170.

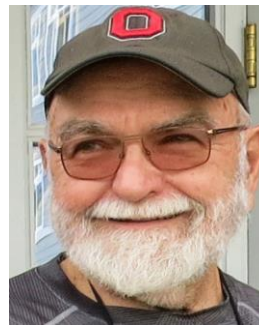
3 Costanzo MR, et al. J Am Coll Cardiol 2015; 65:72-84.

4 Abraham WT, et al. Cardiac Failure Review 2018; 4(1):50-3.

5 Khayat R, et al. J Card Fail 2012; 18:534-540.

6 Khayat R, et al. Eur Heart J 2015;36:1463-9

7 FDA PMA P160039 <https://www.fda.gov/medical-devices/recently-approved-devices/remeder-system-p160039>



**By Jim Kelly**

### **The Visiting Dream**

Gephpetto was the elder woodcarver of the village of Rosspita. He was friendly and sociable but not very energetic because his heart was damaged and weak. He could carve a few simple pickleball racquets for the gaming villagers but not anything more intricate.

Then one day some great surgeons came to Rosspita and repaired Gephpetto's heart giving him new strength. Gephpetto was inspired by his new healing heart to try carving new things and so he carved a puppet that would express his joy. He wanted to share his feelings with the other villagers who needed healing so he took his puppet to visit them and they were enthralled. Everyone wanted to know its name, but Gephpetto, still thinking mostly about his pickleball racquets, suggested maybe "Picklenose?"; "No!" the villagers would not have that. "He should have a warm and friendly name!" they all agreed. "How about Phylnochio?". And so Gephpetto and Phylnochio began their patient visits... until there were so many patients they couldn't visit them all.

"Now what am I to do?" wondered Gephpetto. He was perplexed. He was only one man with one puppet and a growing list of patients all of whom he could not visit. So dejected was he that the visiting stopped, the carving stopped and he just moped around the house. Then his Fairy Godspouse, became exasperated too and finally said "You big Pickle! You just need to carve more puppets, and train other healing heart patients to join in the visiting. Problem Solved!"

And that is how it came to be that today we have a growing corps of Healing Hearts Visitors and we invite you to join us by contacting Gephpetto or [jimkelly4@gmail.com](mailto:jimkelly4@gmail.com)

**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. Sitaramesh Emani, MD** is a dual-trained Interventional and Advanced Heart Failure Cardiologist at the OSU Wexner Medical Center. Dr. Emani earned his medical degree from The Ohio State University College of Medicine and completed his residency in internal medicine at Washington University's Barnes-Jewish Hospital.

He then completed fellowships at the OSU University Hospital in Cardiovascular Disease, Advanced Heart Failure and Cardiac Transplantation, and Interventional Cardiology. Of note, he is one of only a handful of dual-trained Interventional & HF docs in the country. Dr. Emani is the Director of Heart Failure Clinical Research and the lead of OSU's new Cardiogenic Shock Team.

Dr. Emani's clinical and research interests include: device therapy for the treatment of heart failure, mechanical circulatory support, remote hemodynamic monitoring, and cardiogenic shock. He is board certified in Internal Medicine, Cardiology, and Advanced Heart Failure and Transplant Cardiology and has published many papers in this field.

Dr. Emani commented on Ohio State's care: "We have many treatments and technologies available for patients, so we take the time to understand each patient in order to find the best possible treatment." "In doing so, we make our patients and their families a valuable part of our care team."

"The collaborative environment at Ohio State allows experts from many fields to work together for the successful treatment of every patient". "Because we are an academic medical center, we have access to resources and research that aren't available elsewhere".

Outside of the hospital, he enjoys basketball (playing and watching), running, and traveling the globe with his wife.

**Melissa Justice:** In March 2009, I quickly became unable to walk the six blocks from my office building to the parking lot without gasping for air and clutching my chest. At 31 years old, I was diagnosed with cardiomyopathy - Congestive Heart Failure. Within two months, it progressed to end-stage. June brought us the news that the best chance at surviving was a heart transplant; however, the pressures in my heart and lungs were too high. So, in August 2009 I had a Left Ventricular Assist Device (LVAD or mechanical heart pump) implanted through open-heart surgery to help my heart pump blood. After going in and out of the hospital for five months, I was finally well enough to be placed on the heart transplant list.

On January 11, 2010, a heart became available for me and I was taken to the operating room. While on the table, the surgeons did one last scan of my heart and found that my own heart had begun to heal. I was amazed that I learned an incredible lesson first-hand: **MIRACLES DO HAPPEN!** A few months later, in September 2010, I became the first person at my hospital to have their LVAD removed to their recovered heart. It took several months after the explant to get back on my feet, but I was so grateful for a life without the LVAD.

I just celebrated ten years from that fateful day of the transplant that I did not need. Since then, my husband and I have adopted two little boys that make our lives so very full of life and love. Each day I wake up with an appreciation for life and gratefulness to God for walking us through such a difficult time! Also, I have authored a book, along with my mother, that tells of my heart journey titled, "Though My Heart and Flesh May Fail." I hope it encourages others to stay strong and hold on through the struggles of heart disease because you never know when healing may come.

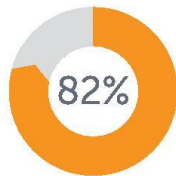


**remedē**  
System

## IMPROVING SLEEP FOR PATIENTS WITH CENTRAL SLEEP APNEA

The **remedē**® System is a breakthrough treatment that has been shown to reduce the severity of central sleep apnea (CSA) and improve sleep, breathing, and quality of life.<sup>1</sup>

In a clinical study, the **remedē** System has been shown to reduce the effects of CSA<sup>1</sup>



82% of patients experienced an improvement in their quality of life at 12 months\*



93% mean reduction in the central apnea index from baseline to 12 months



95% of implanted patients would "elect to have the medical procedure again"

Learn more about how **remedē** can improve sleep for your CSA patients

Visit [respicardia.com/clinicians/about-remede](http://respicardia.com/clinicians/about-remede)

\*At 6 months, 13% of the control group had an improvement in quality of life.  
1 Costanzo MR, et al. *Am J Cardiol* 2018; 121:1400-1408.

### Important Safety Information

The **remedē**® System is indicated for moderate to severe Central Sleep Apnea in adult patients. A doctor will need to evaluate the patient's condition to determine if the **remedē** System is appropriate. Patients will not be able to have an MRI or diathermy (special heat therapies) if the **remedē** system implanted. The **remedē** System may be used with another stimulation device such as a heart pacemaker or defibrillator; special testing will be needed to ensure the devices are not interacting.

As with any surgically implanted device, there are risks related to the surgical procedure itself which may include, but are not limited to, pain, swelling, and infection.

Once the therapy is turned on, some patients may experience discomfort from stimulation and/or from the presence of the device. The majority of these events are resolved either on their own or by adjusting the therapy settings. The **remedē** System may not work for everyone. There are additional risks associated with removing your system. If it is decided to remove the system, another surgery will be required.

Be sure to understand all of the risks and benefits associated with the implantation of the **remedē** System.

For further information, please visit [www.respicardia.com](http://www.respicardia.com), call +1-952-540-4470 or email [info@respicardia.com](mailto:info@respicardia.com).

**Indication for use:** The **remedē**® System is an implantable phrenic nerve stimulator indicated for the treatment of moderate to severe central sleep apnea (CSA) in adult patients.

**Contraindications:** The **remedē** System is contraindicated for use in patients with an active infection or patients known to require magnetic resonance imaging (MRI). See the Instructions for Use for complete information regarding the procedure, indications for use, contraindications, warnings, precautions, and potential adverse events.

### Rx Only.

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MKT 0000, Rev A



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Let's talk! We'll find the plan that's right for you.



**Kristina Black**

an authorized licensed insurance agent for  
Anthem Blue Cross and Blue Shield in Ohio  
License number: 768575

**1-614-558-1949**

**TTY: 711**

8 a.m. to 8 p.m., 7 days a week  
[kristina.black@anthem.com](mailto:kristina.black@anthem.com)





# Heart Healthy Recipes

## Balsamic Chicken with Apple, Lentil and Spinach Salad



This dish is full of flavor (and heart-healthy fiber) thanks to the balanced combination of tart balsamic chicken and a lightly sweet and crunchy salad made with celery, green apple and lemon juice.

Ready in 30 Minutes  
Serves 4

### Ingredients

- 3 tbsp. olive oil
- 4 boneless, skinless chicken breasts
- Kosher salt and pepper
- 2 tbsp. balsamic vinegar
- 2 scallions
- 1 green apple
- 1 stalk celery
- 2 tbsp. fresh lemon juice
- 1 can lentils
- 2 c. baby spinach
- 1/2 c. fresh flat-leaf parsley

### Directions

1. Heat 1 Tbsp oil in a large skillet over medium heat. Season the chicken with 1/2 tsp each salt and pepper and cook until golden brown and cooked through, 8 to 10 minutes per side. Remove from heat and add the vinegar. Turn the chicken to coat.
2. Meanwhile, in a large bowl, toss the scallions, apple, celery, lemon juice, remaining 2 Tbsp oil, 1/2 tsp salt and 1/4 tsp pepper. Fold in the lentils, spinach and parsley (if using). Serve with the chicken.

Per Serving: 394 calories

# Heart Healthy Recipes

## Chickpea and Red Pepper Soup with Quinoa



Quinoa cooks fast, has a delicious nutty flavor and is an excellent vegetarian source of protein.

Ready in 30 Minutes  
4 Servings

### Ingredients

- 1/2 c. quinoa
- 2 tbsp. olive oil
- 1 medium onion
- 1 carrot
- 2 stalk celery
- 3 clove garlic
- 1 tbsp. smoked paprika
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 yellow pepper
- 1 red pepper
- 2 can low-sodium chickpeas
- 2 c. low-sodium vegetable broth
- 2 tbsp. red wine vinegar
- chopped fresh parsley

### Directions

1. Cook the quinoa according to package directions.
2. Meanwhile, heat the oil in a Dutch oven or large heavy-bottomed pot. Add the onion, carrot, and celery and cook, covered, stirring occasionally, for 6 minutes.
3. Add the garlic, paprika, salt and pepper. Cook, stirring occasionally, for 1 minute. Add the peppers and cook, stirring occasionally, for 5 minutes.
4. Add the chickpeas, broth, and 1 cup water and bring to a boil. Reduce heat and simmer until the vegetables are tender, 5 to 8 minutes. Stir in the vinegar and cooked quinoa. Serve topped with parsley, if desired.

Per Serving: 412 calories





## 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 addtl 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".*