

Your Heart's Connection

A publication from
ADVANCED HEART FAILURE AND TRANSPLANT TREATMENT CENTER



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FREE Events at UC Health:

Walk with the Docs

1st Saturday of the month
10:30 a.m. Meet in the UCMC lobby.

Heart Failure Group Visit/ Education Class

2nd Wed. of each month, 1 - 3 p.m.
UCMC Heart Failure Clinic

Mini Sessions

February 10th & 13th
Odd hours from 9 a.m. - 3 p.m.
UCMC Heart Failure Clinic

Heart Failure Support Group Kickoff

February 12th, 1 - 3 p.m.
UCMC Cafeteria across from Starbucks

NEW Heart Failure Clinic Open House

February 28th, 1 - 3 p.m.
3rd Floor, Hoxworth Blood Center
3130 Highland

If you would like us to add you to our mailing list, please email us at cardioinfo@uchealth.com.

The Heart Failure Clinic is on the Move!

By Christine Netzell, Advanced Heart Failure and Transplant Treatment Center Business Manager

We're MOVING!!! The Advanced Heart Failure and Transplant Treatment Center is moving to a brand new space at the end of February. Our new address will be **3130 Highland Avenue, Cincinnati, Ohio 45219** (also known as the Hoxworth Blood Center building). The office will be on the third floor directly off the internal elevators. All of our phone numbers and fax numbers will remain the same. **The office will be closed February 26-28th** for the move.

We are excited about our new space and cannot wait to share it with all of our patients. In addition to 15 new exam rooms, we will offer new services such as ultrafiltration, ECP (external counterpulsation therapy), VO2 testing, and echo within the new center. Our new waiting room has a television, coffee, magazines, and much more seating space. **Our first day in our new office will be March 3rd, 2014. Patients should park in the Goodman Garage and utilize the skywalk** to reach the Hoxworth Building. The office will have parking tickets that allow free exit from the Goodman Garage. All other parking areas and valet services are not reimbursable.

We will host an **open house February 28th from 1-3 p.m.** to show off our new space and offer education, raffles, prizes and light refreshments. Please join us in celebrating our new space. We hope to see you there!

Get Schooled in Heart Failure

By Lindsey Neese, Heart Failure Coordinator

We will offer LOTS of educational opportunities to kick off Heart Month in February. Not only are we opening a brand new clinic, we will start a **support group for Heart Failure and VAD patients on Wed., February 12th from 1-3 p.m. behind the UCMC cafeteria, across from Starbucks**. Learn about medications, palliative care, and VAD awareness. Meet fellow heart failure patients and enjoy light refreshments. We welcome all patients.

On **Mon., February 10th and Thurs., February 13th**, we will host "mini sessions" featuring Dr. Attari with a yoga presentation. Chaplain services, pharmacy, dietary, cardiac rehab, and pet therapy will also be there. The events are **inside the Heart Failure Clinic on the 2nd floor of UCMC 9 a.m., 11 a.m., 1 p.m., and 3 p.m. on both days**. All heart failure patients are welcome. Receive raffle tickets for a chance to win prizes!

Fact: Heart disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's about one woman every minute! Show your support and **GO RED on February 7th!**



Success Stories

My heart problems started in 1990. At the time, I was a teacher involved with Boy Scouts and Eastern Star, and had (and still do) an Amateur Radio License. I stayed busy.

In August of 2012, I started having severe breathing problems and I slept all the time. My cardiologist told me there was nothing more he could do for me, but he knew a doctor who might be able to help—Dr. Louis (formerly at UCMC). After many tests, Dr. Louis determined I needed a left ventricular assist device (LVAD).

While waiting for insurance approval, I got worse. In early October I was admitted to the hospital again. I was put on a medication to help my blood circulate better. After a few days they tried to take me off the medication but my heart wouldn't let them, which convinced the insurance company I truly needed the LVAD.

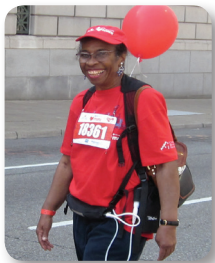
I don't remember the surgery or the next several days but I do remember my nurse's voice. She convinced me to sit up in a chair and she pushed me to get better. My nurses were awesome. We shared a lot of good times and I was treated like a queen.

At times I thought about giving up but I knew I couldn't because my family needed me and are always there when I need them. My recovery was hard work but I went home the day before Thanksgiving.

God saved my life through these beautiful people- those in the Clinic, Home Health Care providers, the nurses at Cardiac Rehab, my family and so many more who encouraged me. God gave me a chance to share my experiences with others and for that I am thankful.

—Phyllis Neal, age 64

About 20 years ago I started having breathing problems and could barely function. I was diagnosed with allergies (despite not having any tests run) and put on medications. The next week, I barely made it to the office for a follow-up visit. But after a few more weeks, the shortness of breath went away and I was fine for a few months.



I went through this cycle again and again. Eventually, I went to a cardiologist for high blood pressure. The shortness of breath still came and went. He diagnosed my condition as cardiomyopathy and congestive heart failure.

Over the next few years, any activity would wear me out- even vacuuming! I had an ICD pacemaker inserted to regulate my heartbeat. Initially, my heartbeat only got off track twice a year but eventually, that changed to several times a week. Each time the ICD regulated my heartbeat, it felt like an elephant had kicked me in the chest. When this occurred several times a day, I told my cardiologist I couldn't handle it any more. He recommended UC Health, and having the LVAD surgery. I have been on the mend ever since.

—Antonia Glosby, age 66



Heart Healthy Recipe: Buffalo Chicken Bites

From *Kraftrecipes.com*

Serving Size: 3 crackers

Ingredients:

- 1 Boneless skinless chicken breast half (4 oz.), cooked, finely chopped
- 3 Tbsp. Reduced Fat or Light Sour Cream
- 1 tsp. Hot pepper sauce
- 48 RITZ Low Sodium Crackers
- ¼ cup Crumbled Blue Cheese

Directions:

COMBINE first 3 ingredients; spoon ¾ tsp onto each cracker.

TOP each cracker with ¼ tsp cheese.

SERVE immediately.

Special Extra

If you like Buffalo chicken "inferno style," top each appetizer with an extra dash of hot pepper sauce before serving. Better yet, use celery instead of crackers for an even healthier treat!

Nutrition Facts: Calories 70, Fat 3.5 grams, Sodium 60mg, Carb 7 grams

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