Welcome to your April 2018 Mended Heart Chapter Newsletter….

I hope you are all enjoying Spring and the beautiful weather we have been having with lots of warm days (no humidity) and cool nights.

The flowers and trees are bursting open with vivid colors and vibrant greens. Go out and enjoy Mother Nature’s table of beauty.

March’s meeting was cancelled due to terrible weather including tornado activities in the area. Our speaker was to be from Mended Little Hearts. As you may recall we were collecting items for our Mended Little Hearts people. So please bring any items you have to our April 17th meeting. Thanks in advance for your donations to this noble cause.

Some of your Chapter 296 members attended this year’s American College of Cardiologists Conference recently held at the Orange County Convention Center. I was one of those representing Mended Hearts National at a table set up to educate and present what Mended Hearts does for cardiac patients. We had a number of doctors and others stop by the table.

This year’s National Mended Hearts Conference is being held July 14-18 in the city of San Antonio. If interested in attending the time to act is now. Registration and more information can be found online at the National Mended Hearts website.

Hope to see you at the April 17th meeting which will be held at Florida Hospital at the Barker Conference Center where our guest speaker will be Beverly Mansker, Nurse Navigator for TAVR at Florida Hospital.

Till then stay safe, healthy and happy.

Peace & Love,

Larry
Please join us at our monthly meeting and be part of this self-help organization for those who have had any heart problems.

**Speaker:** Beverly Mansker, Nurse Navigator for TAVR  
**Topic:** Transcatheter Aortic Valve Replacement

**Florida Hospital Orlando Campus**  
**601 East Rollins Street**  
**Orlando, FL 32804**

**Location:** Barker Conference Center (Basement level, under the Welch Cafeteria)  
**Date:** Tuesday, April 17, 2018  
**Time:** 7:00-8:30 pm

**Directions:** Take Orange Avenue North and turn on to King Street. Turn into the King St parking garage on the right. Park on any floor with available spots and take elevator/stairs to third floor. Use the crosswalk located on 3rd floor to cross the railroad tracks. Take the elevator at the end of the crosswalk down to the basement level for the Barker Conference Center. There will be signs directing you to the conference room once in the basement level. Parking vouchers for the parking garages are available at the meeting.

Due to possible changes for future meetings call the contact person or check our local web site listed below to confirm that no change has occurred before coming to any meeting. Call the National Office to locate a chapter near you if you do not live in the Central Florida area.

1-888-432-7899 or 214-206-9259 [http://www.mendedhearts.org](http://www.mendedhearts.org)  
Our local web address is [www.mendedheartsorlando.org](http://www.mendedheartsorlando.org)
National Education and Training Conference 2018
2018 National Education and Training Conference and CHD Symposium
Join us in San Antonio: along the Riverwalk!
July 14 – 18, 2018
Hyatt Regency San Antonio Riverwalk
123 Losoya Street, San Antonio, TX 78205

Mended Hearts Education & Training Conference will be held July 15-18
Conference will begin on Sun. at 4:00 PM and run until Wed. at 1:00 PM
To register for the Mended Hearts Education & Training Conference
please click HERE

Or type in the following URL - https://mendedhearts.org/national-education-training-conference-2018/
Mended Little Hearts Bravery Bag Item Drive

Due to inclement weather, the March Mended Hearts meeting was cancelled. Therefore, we were unable to collect items for the Mended Little Hearts families. If you desire, please bring an item (or items) for donation to the April meeting to help the families of our Mended Little Hearts. Many items can be found in the dollar sections of your local stores.

- Tote bags
- Disposable cameras
- Toothbrushes and toothpaste
- Hair brushes and combs
- Soap
- Hand lotion
- Pens
- Magazines
- Travel-sized games
- Crossword puzzles or Sudoku
- Play Dough or Silly Putty
- Non-expiring phone cards
- Cup of Soup
- Water bottles (they can fill)
- Individually packaged snacks
- Laundry detergent (single use)
- Deodorant
- Hand sanitizer
- Mints and chewing gum
- Journals
- Notepads
- Coloring books and crayons
- Small/medium stuffed animals
- Pre-paid credit cards
- Gas cards
Let’s Celebrate

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Birthday</td>
<td>Inger Lemmens</td>
<td>4/13</td>
</tr>
<tr>
<td>Birthday</td>
<td>Corine Weber</td>
<td>4/27</td>
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<tr>
<td>Cardiac Event</td>
<td>Lynn Brubach</td>
<td>4/2002</td>
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What a fantastic event this was. Informative, educational and interactive. We met lots of wonderful cardiologists and medical technology experts from all over the world and spent a lot of great face time with national leaders Donnette Smith, Millie Henn, Marcia Baker, Norm Linsky and others as well as our AstraZeneca angel Gabrielle King.
Are Medicare Cuts Fair to TAVR?
Cheaper than surgery but dropping in reimbursement

Amid falling reimbursements for transcatheter aortic valve replacement (TAVR) hospitalizations in the U.S., researchers showed in a retrospective study that the procedure is indeed cheaper than the surgical alternative.

TAVR hospitalizations cost Medicare $57,702 each on average in 2012-2014 compared with $61,792 for surgical aortic valve replacement (SAVR) hospitalizations ($<0.001, adjusted by propensity score matching), according to analysis of the National Inpatient Sample (NIS).

A driver of the cost difference appeared to be length of hospital stay (median 6 versus 9 days, $<0.001), according to the report by Pankaj Arora, MD, of University of Alabama at Birmingham, and colleagues in the March 26 issue of JACC: Cardiovascular Interventions.

"This observation strengthens the economic advantage of TAVR in patients with severe aortic stenosis," they said.

Medicare was the primary payer in 90% of TAVR hospital stays in the NIS, contributing $2.1 billion during the study period. With cuts proposed to the program, net federal expenditure overall is to be reduced by $473 billion over the next decade, Arora and colleagues wrote, citing a report from the Congressional Budget Office.

Operators already started 2018 off with 4% to 6% cuts in reimbursement from the Centers for Medicare and Medicaid Services (CMS) for TAVR hospitalization.

"The aforementioned policy changes will jointly create stringent financial burden on Medicare beneficiaries seeking TAVR procedures," the investigators said. "Medicare beneficiaries may not be able to withstand anticipated cuts, and if cutting healthcare payments is inevitable, we need to make dedicated efforts to make sure life-saving procedures such as TAVRs are not affected. We need to focus our efforts on customizing healthcare reforms by involving all the relevant stakeholders in the restructuring of Medicare."

"This is a bigger question than TAVR," though clinicians are "rightfully worried about whether a beneficial procedure such as TAVR will not be as covered as it had been before," according to Art Sedrakyan, MD, PhD, of Weill Cornell Medical College in New York City.

The real question is how, in the context of lower budgets, is CMS making decisions on which procedures provide best value for patients, he told MedPage Today.

"Is there any process within Medicare to make a decision as to which procedures would need to be reimbursed at the same rate, or go higher or lower?" he asked. "Each profession is looking at this from the perspective of their own care that they deliver. But a larger judgment of value-based care needs to be based on the entirety of procedures offered to the Medicare population. To me, that's the guidance we should be getting from CMS, a transparent exercise showcasing how they make decisions."
Sedrakyan put the Medicare cuts in context, noting that whenever new technology is adopted, it gets a higher payment at first but then declines over time as the processes and costs for the way of doing the procedure also grow less expensive. "So CMS has been reducing payments for everything, old technology too. Take coronary bypass surgery: Today a cardiac surgeon is paid just $1,500 for a complex case," he said, compared to tens of thousands of dollars in the 1990s. "And that is a much more complex procedure to do than TAVR."

Michael Mack, MD, of The Heart Hospital Baylor Plano in Texas, also expressed the sentiment that small reductions in TAVR reimbursement aren't unreasonable. "Patient selection as well as shortened length of stay have decreased the costs significantly compared with the time period of the study. Medicare continuously reviews this, which is what led to the 6% decrease," he said in an interview.

According to Mack, the Medicare cuts will have "no significant impact" on whether patients get TAVR or SAVR in the future. "The contribution margin of SAVR to hospitals is already much greater and it has not impacted TAVR growth. The economics don't significantly influence clinician decision-making," he said.

These are the facts of life now to which hospitals have to constantly adjust, Mack suggested, adding that one way to "positively influence the payer mix contribution" is with movement from Medicare to managed care (as is the case in Europe) so that device discounting can occur when a third device comes onto the market.
Across
1. Sit like ___ on a log
2. Two by two
14. German painter/ engraver Albrecht
15. Gets tangled up
16. Query about a sign seen outside convenience stores
18. California’s Santa ___ River
19. Dinghy need
20. ___ a time (singly)
22. Query, part 2
27. Joe— ___ weed (perennial herb)
28. Bass from the UK, say
29. God who sounds like a zodiac sign
30. Post-fourth quarter periods, for short
31. Ghanaian capital
34. Large family
35. Doberman doc
36. Cheer at old-timey football games
37. Query, part 3
40. Tongue-related suffix?
41. Ms. DiFranco
42. Memo subject header
43. Mints with Retsyn
45. Actor who left one Jennifer for another
46. "Edit" menu option
47. M divided by TV
48. "Love ___ Battlefield" (Pat Benatar hit)
49. Query, part 4
54. It’s no blessing
56. Pump output
57. One of the Manning brothers
58. Query, Part 5
63. Mark of a caveat?
64. Playing hard ___
65. Fills the shelves after a sale
66. Invites the public in

Down
1. Saudi weapons dealer
2. Victor who played King Tut on TV’s "Batman"
3. The Great and Little Bear, collectively, with "The"
4. "I'm not that excited about it" grunt
5. Now-changed statutes
6. Dish full of culture?
7. "Raggedy" doll
8. Abbr. meaning "seeking," in personals
9. Hosp. staffers
10. Exuberant-sounding fish
11. Kind of golf club
12. Venue for girls to swap gossip
13. Section now part of the SAT
17. Club kids' hangout
21. "The family jewels"
23. Otitis location
24. Spiky device thrown in the road to puncture a speeding suspect's tires
25. Take a magnet to a videotape, e.g.
26. Did some e-mailing
27. Like the digits 0-9
32. Mojito component
33. Shrubby garden bloomer
34. Like a go-getter's attitude
38. It may be printed upside-down
39. Reaches the brain of
44. Keebler tree-dweller
46. Where to find alt. sex groups
47. San Francisco's ___ Tower
50. Gives a hard pull
51. Former "Millionaire" host, to fans
52. Surname of wealthy twins
53. Wet blankets?
54. Takes a breather
59. Miracle-___
60. Snapshot
61. Set as a price
62. Cut (off)
In the hospital, a patient's relatives gathered in the waiting room, where their family member lay gravely ill. Finally, the doctor came in looking tired and somber. "I'm afraid I am the bearer of bad news," he said as he surveyed the worried faces. "The only hope left for your loved one at this time is a brain transplant. It's an experimental procedure, semi-risky, and you will have to pay for the brain yourselves."

The family members sat silent as they absorbed the news. At last, someone asked, "Well, how much does a brain cost?"

The doctor quickly responded, "$200 for a female brain, and $500 for a male brain."

The moment turned awkward. Men in the room tried not to smile, avoiding eye contact with the women, but some actually smirked. A girl, unable to control her curiosity, blurted out the question everyone wanted to ask, "Why is the male brain so much more?"

The doctor smiled at her childish innocence and then said, "It's a standard pricing procedure. We have to mark the female brains down, because they're used!!!!!!!"
Recipe of the Month

Heart Healthy Lasagna

Ingredients

8 Servings

$ 3.27
Calories per serving
299

2.5 g
Sat. Fat per serving

129 mg
Sodium per serving

1 Tbsp. extra virgin olive oil

4 clove fresh, minced garlic

OR

4 tsp. jarred, minced garlic

1 small onion (chopped)

1 1/2 cups fresh, chopped kale (about 3 leaves), cut into bite-size pieces, stems discarded

OR

1 1/2 cups frozen spinach (thawed)

3 cups fresh spinach (stems discarded, packed tightly)

2 1/2 cups eggplant or summer squash, (about 1 small eggplant or 2 squash), cut into 1/2-inch cubes

1 1/2 cups tomatoes (diced)

OR

14.5 oz. canned, no-salt-added tomatoes (diced)

1 lb. extra-lean, ground beef or turkey, 95% lean or more

2, 1/4 cups white mushrooms (sliced)

1 cup low-sodium, or, no-salt-added cannellini beans (drained, rinsed)

3/4 tsp. black pepper (divided use)
Quick Tips

Cooking Tip: This can be made ahead and frozen or leftovers can be frozen and served again another time. Bake at 350° F degrees for 30-45 minutes, until lasagna is bubbly and cheese is melted.

Directions
Tip: Click on step to mark as complete.

• 1
Preheat oven to 350° F.

• 2
Cook lasagna noodles according to package directions; omitting salt, butter and oil.

• 3
In a saucepan, heat oil. Add garlic and onion and cook over medium heat for about 4 minutes. Add kale (or spinach), tomatoes and eggplant (or squash) and pepper and cook 3 minutes. Turn up heat to medium-high, add ground beef or turkey and cook until meat browns slightly and liquid is absorbed. Add mushrooms, beans, vinegar, tomato paste, and tomato sauce. Stir in red pepper flakes, 1 teaspoon dried herbs, ½ teaspoon of pepper. Simmer for 15 to 20 minutes, stirring occasionally.

• 4
Mix together mozzarella and 1 teaspoon dried herbs.
In a 9x13 ovenproof dish, place 3 lasagna sheets, one third of lasagna filling and half of ricotta in small clumps. Repeat placing the lasagna sheets, filling and ricotta step. Top with 3 more lasagna sheets, remaining filling and top with mozzarella mixture. Bake for 30 minutes.

Recipe copyright © 2016 American Heart Association. This recipe is brought to you by the American Heart Association’s Simple Cooking with Heart® Program. For more simple, quick and affordable recipes, visit heart.org/simplecooking.

Crossword Puzzle Solution

A B U M P P A I R W I S E
D U R E R E N S N A R L S
N O S H I R T N O S H O E S
A N A O A R O N E A T
N O S E R V I C E S O P Y E
A L E A R E S O T S
A C C R A C L A N V E T
R A H W H A T S T O E S E
A N I N R E C E R T S
B E N U N D O C C L
I S A S T O P Y O U F R O M
C U R S E A I R E L I
G O I N G P A N T S L E S S
A S T E R I S K T O G E T
R E S T O C K S O P E N S