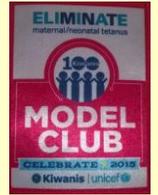




THE SANDPIPER



THE WEEKLY MEMBERSHIP NEWSLETTER OF THE KIWANIS CLUB OF SAND LAKE, NY



P. O. Box 535, West Sand Lake, NY 12196

www.SandLakeKiwanis.org

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Meets 6:30 PM Mondays at The Lakeview Inn Restaurant

President Linda L. Ellis

President-Elect Lyndon Ellis

Immediate Past President Stuart J. Nippes

Sandpiper Editor Margaret R. Weiss

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Joseph M. Behson, Craig Daniels, Patricia A. Lane

John B. Mulligan, Eve M. Ward, Margaret R. Weiss

MEETING OF MARCH 23, 2015

PRESIDENT Linda Ellis presiding

GREETINGS & INVOCATION by *Skip Patton*

GUESTS:



Speaker Dr. Augustin DeLago

WELCOME BACK: *Dale Hall*



and *Bruce Perry*



PROJECT SIGNUP SHEETS

DOORS OF HOPE, unloading food truck Friday, April 3: *Wagner, Ginther, Daniels*

Tuesday, April 21: _____

BLOOD DRIVE: April 24: Setup 11:00-1:30 _____;

Canteen 1:00-3:30 *Linda Ellis*; Registration 1:00-3:30 *Ward*;

Canteen 3:30-6:00 *Jensky*; Registration 3:30-6:00 *Lane*;

Cleanup 6:00-7:00 _____.

MONTHLY PASTA DINNER @ WSL Firehouse, Saturday, April 11:

12 – 7, Setup & Cook: **L&L Ellis, Loveridge, Brownrigg**

3 – 5:30, Setup & Serve: **Hamlin;** _____; _____

3:30 – 7, Cashiers: **Ward**

5 – 7:30, Serve & Takedown: **Hamlin;** _____; _____

DIVISION COUNCIL MEETING/INTERCLUB April 1 at North Greenbush.

\$20, and you must pay if you sign up, whether you show up or not.

Pasquarelli, Nippes, Lane, Hamlin, Loveridge, Booker, Weiss, Malecki, Ellis, Ward

have signed up. Representing the club as voting delegates during the Division Election will be President Linda Ellis & Immediate Past President Stuart Nippes

CAPITAL CITY RESCUE MISSION VISIT April 8, 6:00 PM: Ward, Daniels, Malecki,

Wagner, Crozier, Weiss, Booker, Brownrigg, Ginther, Colabelli and Lane have signed up.

ANNOUNCEMENTS:

Jerry Tysiak announced that the Poestenkill Elementary School Discovery Day was a great success. He thanked the Kiwanians who participated with the food preparation & service:

Pasquarelli, Daniels, Colabelli, Ward, Lane, Lyndon & Linda Ellis.

PROGRAM:



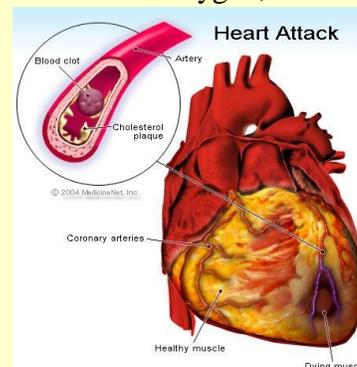
Program Chair **Dale Hall** introduced Dr. Augustin “Gus” DeLago, Board-Certified Cardiologist and President/CEO of Capital Cardiology Associates. Dr. DeLago spoke on the signs and symptoms of heart attack, as well as treatment and prevention of heart disease. “Levine’s signs” of heart attack include pressure in the chest, gripping the chest area, nausea, arm pain, shortness of breath and sweating. Women



are more likely to present with nausea and back and jaw pain. In either men or women it may be sudden severe pain or a gradual increase, and may disappear for a time. Heart attack is the #1 killer of both men and women. It kills 4 times as many



women as does breast cancer, which gets more attention. There are 1.1 million myocardial infarctions per year, about 460,000 of which are fatal. The heart is a hard-working organ, pumping about 1800 gallons of blood a day. In a heart attack the arteries supplying the heart with blood are clogged, depriving the muscle of oxygen, which causes the death of muscle tissue. The clog is actually a blood clot formed when a plaque ruptures away from the artery wall, causing bleeding. Atherosclerosis (“hardening of the arteries”) can begin as early as age 8



Heart Attack Symptoms

Men and women may experience some common symptoms. But there are differences.



- Nausea/vomiting
- Jaw pain
- Back pain
- Chest discomfort
- Arm pain
- Shortness of breath

DAYS. Genetic influence is very strong. Eskimos eat a lot of saturated fat from whale meat, but have a low rate of heart disease as they are not genetically predisposed. Chest pain, called Angina, begins to manifest

itself when a coronary artery is about 70% blocked. The same clotting mechanism, usually in the carotid arteries, causes stroke when the clot deprives part of the brain of oxygen. So predisposition to one indicates predisposition to the other. Heart disease is like diabetes in that it can be arrested but not cured.



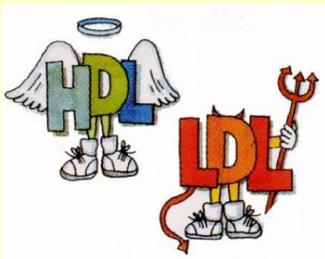
If symptoms of heart attack occur, DO NOT drive to the hospital, call 911 at once. The ambulance has equipment on board, and EMTs who know how to use it, so treatment can begin at once. Some police have

AEDs (defibrillators) on board also. Any delay reduces the chance of a good outcome, though the average person waits 1.5 – 2 hours to seek help. The longer the delay the greater the chance of death. Women, blacks, and the elderly are the most likely to delay seeking help, sometimes because they think the symptoms should be more dramatic, or they're afraid of embarrassment if it's a false alarm. Others may think that because they exercise regularly or have no family history of heart disease, they couldn't be having a heart attack.

What to do in Cardiac Emergency

- Call 9-1-1
- Help victim into relaxed sitting position, legs up, bent at the knees to ease heart strain
- Loose clothing around neck and waist
- Give Aspirin with water (325 mg)
- Don't wait for a doctor's appointment

Some risk factors are controllable: use of tobacco, high blood pressure, diabetes, high blood cholesterol, overweight, inactive lifestyle and stress. Others are not controllable: Age, race, gender, and family history. The body needs cholesterol for many functions, and it makes 70% of what it needs. HDL (high density lipoprotein) is "happy" while LDL (low density lipoprotein) is the



trouble-maker. Hyperlipidemia therapy seeks to reduce cholesterol in the blood. Treatments have included Statin drugs, niacin, Zetia, bile acid sequestrants, fibrates, and fish oil (omega 3). All but the statins have fallen by the wayside, but statins can have some debilitating side effects. Primary heart attack prevention is for those who have never had a vascular event. Secondary prevention is for those who have had an MI, TIA, or have LDL greater than 190, and are over 21 years old. For those people, Lipitor is prescribed at the highest dose that does not produce adverse symptoms.

If a coronary artery is found to be blocked, a stent may be inserted to open the artery to blood flow. Drug-eluting stents are usually more long-lasting and successful than plain metal ones. Stents cannot be removed. In some cases a stent is not an adequate solution, and bypass surgery is necessary. A blood vessel taken from another part of the body is grafted in to divert the blood supply around each blockage. In the past rehabilitation from heart surgery was very gradual. Nowadays the cardiac patient is gotten up and about as soon as possible, and is placed in a 12-week cardiovascular rehabilitation program. Patients with stents are often prescribed a blood thinner, and MI patients often get ACE (Angiotensin Converting Enzyme) inhibitors and statins.

Eggs Are Ok

- Dietary cholesterol now is "not considered a nutrient of concern for overconsumption." This follows increasing medical research showing the amount of cholesterol in your bloodstream is more complicated than once thought"
- Available evidence "shows no appreciable relationship" between heart disease and how much dietary cholesterol you eat"

Diet recommendations have changed as it has been better understood that dietary cholesterol has little relation to heart disease. Eggs are now OK! We are still encouraged to eschew rather than chew red meat, avoid trans fats and sugar, and try to emphasize a plant-based diet. Coffee is actually beneficial, but leave out the cream and sugar. A glass of wine is also fine. Eat sensibly!



Overall mortality after heart attack is 1.5% per year. Besides the expensive stress tests, there are simpler tests to indicate heart disease. The Cardiac Calcium score is a quick CT scan that can indicate the presence of plaques. C-reactive protein test indicates whether there is inflammation, also a symptom of heart disease.

Prognosis after a Heart Attack

- Mortality about 1.5 % year
- Improved by
 - Medications
 - Diet
 - Exercise
 - Smoking Cessation

In answer to a question, Dr. DeLago explained that a TIA, or Transient Ischemic Attack (small stroke), is a warning sign with temporary neurological symptoms like drooping of one side of the face. This may indicate a partial blockage of a carotid artery. A stent may be inserted or the blockage surgically removed, and the patient may be prescribed a blood thinner.

Another question was about nitroglycerin tablets. Dr. DeLago explained that “nitro” is a vasodilator whose main purpose is to relieve chronic angina, or chest pain. The risk is that the patient might use it instead of seeking help in the event of a heart attack.

There was another question about physicians in private practice. Dr. DeLago stated that at this time only 38% of cardiologists are, like him, in private practice. Most are directly employed by hospitals, so advocacy for the patient is lost when the doctor might be reluctant to take the part of the patient rather than of his own employer.



Skip Patton presented the Certificate of Appreciation, and the club expressed its thanks to Dr. DeLago with a standing ovation for his outstanding presentation.

HAPPY DOLLARS

- \$ **Pat Lane** was happy about the Poestenkill Elementary Discovery Day, and especially appreciated **Lyndon Ellis** who was out in the cold flipping burgers.
- \$ **Dale Hall** was \$10 worth of happy for Dr. DeLago’s presentation, and his excellent care and friendship.
- \$ **Jerry Tysiak** had 5 happy \$ for the Poestenkill Discovery Day. The kids were very self-directed and the day was a success. He expressed his thanks to the SLKs who helped.
- \$ **Bob Loveridge** had one happy \$ for Dr. DeLago’s presentation, and another for false positives. Not long after Dr. DeLago’s last visit, Bob found himself, as a result of stress tests positive for blockages, prepped for a stent under the care of Dr. DeLago. If he didn’t come out of surgery with a stent he’d be headed for open heart surgery. He woke up with no stent, but no surgery either. False positive!
- \$ **John Mulligan** was happy for a couple of weeks spent visiting family including sons Sean and David in southern climes including Hilton Head. Ask him about the Skedaddlers.
- \$ **Jim Colabelli** had one happy \$ for the Poestenkill Discovery Day. The other was some front end work he had done. No, no, on his TRUCK! He is also happy that he finally got rid of the rash. Not on the truck.

\$ **Jean Hamlin** does not have a rash. However, her daughter was suffering from severe dizziness, and a friend made it possible for her to see a doctor who found very high blood pressure 180/90. She is now on medication and feeling much better.

\$ **Joe Behson** had happy \$ for each of three birthdays: Margaret's, granddaughter Melissa's and daughter Donna's.

\$ **Bill Whipple** is happy that they got Betty a new Subaru Forester. He is also happy for successful heart surgery by Dr. DeLago.

\$ **Bob Pasquarelli** is happy that his daughter will perform at Glimmerglass Opera Festival.

\$ **Dale Hall** had another happy \$ for loss of 40 lbs. attributable to reduction in dietary salt which was causing congestive heart failure. We wish him continued improvement.

DOOR PRIZE, provided by **Dale Hall**, was won by **Skip Patton**. Another ticket was drawn for one extra dinner, won by **Bryce Ginther**. Another \$14 out of the Administrative Fund. At least this week there were a lot of happy \$.

50/50 for \$21 was won by **Bryce Ginther**.

PROGRESSIVE 50/50, worth \$317 this week with \$17 added, eluded **Craig Daniels**, who could only come up with the K♥.



COMING WEEKS:

NEXT MEETING: PROGRAM CHAIR: not Jim Parslow as he is away. Someone else TBD
PROGRAM: TBD
GREETER/INVOCATOR/CERTIFICATE PRESENTER: **Bruce Perry**

IN TWO WEEKS: PROGRAM CHAIR: **Joe Trupia**
PROGRAM: Senior Services Committee Update/Board meeting
GREETER: **Craig Daniels**/INVOCATOR: **Bob Pasquarelli**

SPIRITUAL THOUGHT FOR THE WEEK:

“It is always too early to quit.” – Norman Vincent Peale

Hot Topics

- Is aspirin overprescribed for primary prevention? YES
- Are statins over prescribed for primary prevention? MAYBE
- Are stents overused in chronic angina? MAYBE
- Are there too many stress tests being done? YES
- Are too many being defibrillators being implanted? NO

Future Therapies

- Gene Therapy to regrow muscle tissue
 - Stem Cells, Gene Injection
- Totally implantable Artificial Heart
- New Therapies for elevated lipids
 - Proprotein convertase subtilisin/kexin type 9
 - PCSK9 inhibitors (monthly injection)
- Miniaturized Pacemakers
- Anti-inflammatory drugs
- Pressure Sensors for CHF