



Pacific

HeartBeat

NEWSLETTER

July 2010



President's Report By Michael Martin

I am very pleased to have been elected by the Directors to serve as president for another one-year term. The Pacific Open Heart Association has an extremely hard working Board of Directors and group of volunteers. I am honoured to have the opportunity to lead the POHA in the valuable work that they do, particularly the visitation at hospitals in order to offer support to patients and their family members. The other executive members include Alfred Buchi, vice president; John Sutherland, Treasurer; and Shirley Vaux, secretary.

On behalf of the membership I want to thank Warren Keep for serving for three years as president, and Vern Halverson for his various terms as secretary. Both gentlemen have remained on the Board to share their considerable experience.

Two directors resigned from the Board at the time of the Annual General Meeting. These individuals are Peter Joyce and Don McPhadyen. We all appreciate their service to the POHA and thank them.

I hope you enjoy this issue of the Pacific Heartbeat. The feature article was written by Dr. Doug Casey. He is a veterinarian who specializes in dog and cat medicine. He has a special interest in cardiology, particularly performing ultrasound procedures also known as echocardiography. Most of us, through no choice of our own, have become quite knowledgeable about heart disease in humans. This is an opportunity to learn a little about cardiology in animals.

I want to wish all of you a healthy and enjoyable summer.

Featured Care Giver

"I started my nursing career at Vancouver General Hospital in the early 1980's. My first assignment was on the orthopaedic floor and I worked there for about 1 1/2 to 2 years. Then I switched over to the cardiac surgical floor. I worked for a couple more years, then started a family, worked part time and juggled work and family. Since joining the cardiac floor I have seen many changes that have kept my job interesting and at times challenging. In a typical day we start with 4 patients. We do a lot of post-operative teaching emphasizing the importance of exercise and a healthy life style.

Six years ago I started working at Surrey Memorial Hospital, on the cardiac unit. Here I see patients that are newly

diagnosed with heart disease. I find this a great opportunity to do some teaching and get the POHA volunteers involved to share some of their experiences. I have enjoyed my time working in the cardiac unit, at both SMH and VGH where the staff are great people with whom to work."



Donna Wallace, RN, Cardiac Unit, Surrey Memorial Hospital.

New POHA Board Member

Rick Cozzuol was elected to the POHA Board of Directors at the March 23, 2010 Board meeting.



Rick was born in Vittorio Veneto, Treviso, Italy and emigrated to Winnipeg in Feb. 1955. He started working in the Financial Services industry in 1968 and retired as the Branch Manager of Coast Capital Savings in May 2007. He had open-heart surgery on December 22, 2005.

Annual General Meeting 2010

The Pacific Open Heart Annual General Meeting was held February 6th. 2010 at the Unitarian Church, 949 West 49th Avenue, Vancouver, BC.

Highlights:

- Helen Brown, wife of the late Don Brown, a past-president of the POHA, spoke for a couple of minutes about her husband and his Celebration of Life.
- Irene Loughran, from the Heart & Stroke Foundation, made a special tribute to Marjorie Blair for her years of volunteer service to the Foundation and presented her with an appreciation plaque on behalf of the Foundation. Mike Martin then thanked Marjorie for her years of dedicated service heading up the Vancouver General Hospital visitation program.



Marjorie Blair and Irene Loughran

- Our guest speaker was Dr. Robert Hayden. Dr. Hayden commenced his cardiac surgery career, at the VGH in 1983. In Feb 1991 he came to Royal Columbian Hospital (RCH). Dr. Hayden presented a very informative and graphic slide show of the process of open heart surgery which prompted many questions and discussion by members following the presentation.



Mike Martin presenting a gift to Dr. Robert Hayden

POHA Board Members Do "Double Duty"

By Patrick Hagan

Three members of the POHA Board of Directors had the opportunity to participate as volunteers in the recent 2010 Vancouver Whistler Olympic Winter Games.

Pictured below, as "Blue Smurfs", in their Olympic apparel, are (L to R) Alfred Buchi, Patrick Hagan and Shirley Vaux.



2010 Golf Tournament Report

By Mike Martin

We were blessed on June 18th with an almost perfect day as the sun shone down on the 26th annual Pacific Open Heart Association Golf Tournament. The event was held for the second year at Poppy Estates Golf Club in Aldergrove. Golf Chairman Roger Kocheff and his assistants Shirley Vaux and Rick Cozzuol did an excellent job of organizing the tournament. The golfers received many very nice prizes, thanks to the donations received.

The P.O.H.A sincerely thanks the following hole sponsors:

Maple Ridge Veterinary Hospital	Roger Kocheff
DMCL Chartered Accountants	Wilf Jacobson
Hub International Insurance Brokers	Patricia vonVlotten
Heart & Stroke Foundation	Irene Loughran
Unipharm Wholesale	John Targett
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Scotia McLeod	Mike Keegan
VGH Cardiac Sciences Education Fund	Tina Oye
Royal Columbian Hospital Foundation	Adrienne Bakker
Northwest Properties	Cam McLennan

Canine and Feline Heart Disease

By Douglas S. Casey, DVM, DABVP



Thank you for the invitation to educate members of the Pacific Open Heart Association on Canine and Feline heart disease.

Dog and cat hearts are structurally very similar to their human caretakers but that is where the similarity ends. We must remember that our 4-legged friends do not live as long nor do they have access to most of the interventional cardiac procedures that we do. Recognizing the signs of cardiac disease in your pet gives them the greatest chance for longevity. Medical therapy is the foundation for controlling heart disease in pets. Dogs are not humans and cats are not dogs.

Dogs and cats do not develop coronary artery disease because they do not have the same longevity as humans do. Hypertension is also the silent killer of our feline friends where dogs can suffer from hypertension but most of the time this is due to secondary conditions such as kidney disease or hormonal diseases such as Cushing's syndrome, which is an overproduction of cortisone from the adrenal glands.

Both dogs and cats can also suffer from pulmonary hypertension.

Echocardiography (ultrasound of the heart) is the gold standard for diagnosing cardiac disease in our four legged friends.

Dogs and cats can be born with the same congenital cardiac defects as humans but we don't have the ability to perform open heart surgery with success. There are a few congenital defects in dogs that are very amendable to interventional cardiac catheterization procedures at most veterinary schools. These include Patent Ductus Arteriosus (failure of the fetal heart circulation to close), which can be corrected by a modified human occluding device (Canine Amplatz Occluder) and both Pulmonary and Aortic stenosis (narrowing of the outflow tubes from the heart), which can be corrected by balloon valvuloplasty. This procedure uses an inflatable balloon on the tip of a catheter that will stretch the narrowed portion of the Aorta or Pulmonary artery. The small feline body size prevents interventional procedures.

Most dogs and cats develop their heart disease during adulthood or old age. In most cases, heart disease can be successfully managed by early detection.

Degenerative valve disease accounts for 75% of cardiovascular disease in the dog. The mitral valve is affected 60% of the time and 30% of the dogs will have both mitral and tricuspid involvement. Chronic leaking valves leads to volume overload and congestive heart failure. Dilated cardiomyopathy is the second most common cause of heart disease in dogs, this disease progresses quickly and is terminal. There are a few cases of cardiomyopathy that can be caused by nutritional deficiencies and may be reversible but this is the exception to the rule.

The most common form of heart disease in cats is hypertrophic cardiomyopathy. This is a disease of the heart muscle. It can strike any cat regardless of age or breed. The first sign of this disease is when your veterinarian notices a heart murmur during their yearly examination. This is the time to have an echocardiogram performed. There are no medications that will prevent this disease from progressing. Veterinarians can only treat this condition when your cat goes into congestive heart failure. Cats that get diagnosed with cardiomyopathy follow no rules. Some can develop heart failure within months; others can live normal healthy lives and die from other causes.

But what can you do?

1. Have your pet examined annually and bi-annually when they are considered senior.
2. Monitor your pets resting respiratory rate. Know what is normal and if you see an increase in the resting respiratory rate call your veterinarian. An increase in the resting respiratory rate can be the earliest warning that congestive heart failure is imminent.

When congestive heart failure is diagnosed most pets will respond to the same medications used in human medicine. These include diuretics, ace inhibitors, beta-blockers and a drug called pimobendan that is not routinely used in humans but has shown to increase longevity and quality of life in our four legged friends.

More information on cardiopulmonary disease in dogs and cats can be found at:

www.VeterinaryPartners.com

Douglas S. Casey, DVM, DABVP, Speciality in Canine and Feline Practice - English Bay Veterinary Ultrasound Service

Abbotsford Regional Hospital

By Michael Martin



Howard Rees of the Pacific Open Heart Association and Lori Boothby, Manager Cardiac Care with Heart Models purchased by Abbotsford Regional Hospital with money donated by the POHA.

At the present time we do not have volunteers to visit patients waiting for open-heart surgery at the new Abbotsford Regional Hospital. If you could make occasional visits please contact Mike Martin at 604-535-3195. Training and Orientation will be provided.

VOLUNTEER FOR THE HEALTH OF IT

We always need more members to join the ranks of the volunteer visitor.

If you are can spend 1 to 2 hours every couple of weeks to give support to open heart surgery patients, one of the following team leaders would be very happy to tell you more about the opportunities available:

Vancouver General	Alfred Buchi	604-581-5508
Royal Columbian	Mike Martin	604-535-3195
St. Paul's	Vern Halverson	604-261-2153

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Marjorie Blair, POHA Board Member, presenting a cheque to Tina Oye, Clinical Educator Cardiac Sciences at VGH.

The Don Topp Trophy

By John Sutherland

Moe and Joanne Pitcher have been awarded the Don Topp Trophy for 2010. They could not be at the golf tournament to receive it as Moe is waiting for a procedure for a leaky heart valve.

Both Moe and Joanne are avid sports enthusiasts and their TV is always on a sports channel. They are long time members of the Arbutus Club and Point Grey Golf & Country Club. Moe played professional baseball (he wasn't a pitcher), was associated with Woodward's Stores and owned his own agency in the ski and sporting goods industry. Joanne is adept at golf, tennis and curling. The POHA's Annual Golf Information Package, well recognized by its golf ball on the cover, is thanks to her desk-top publishing skills.

Moe joined the open-heart family with by-pass surgery in 2000 and quickly became very involved as Volunteer Visitor at SPH, and a member of the Board of Directors. He was the face of POHA golf for 2 years at Burnaby Mountain and 3 years at Tsawassen, for a grand total of 5 of the 26 tournaments to date, not to mention his and Joanne's support the last 2 years. His warm, outgoing personality contributes much to POHA golf and his joking and story telling brighten many moments. Moe often kids about "no whining or complaining", so please drink a toast to 2 very special people, Moe and Joanne.