

Porta-Rota-Call

by Molly Chase

February 14, 2024

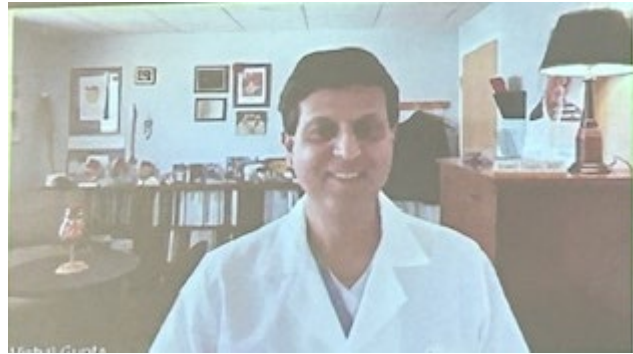
The meeting was called to order at 12:03 p.m. by President Josh Goodlock.

The Pledge of Allegiance was recited.

The Four Way Test was recited.

Our invocation was by Ginny Dell

Our greeter Bill Kaufman introduced our guests Autumn McNally, Sarah Gerstner, Denny Stults, Bo Snyder and Deb LaLonde.



Ginny Gell introduced our speaker, Dr. Vishal Gupta who joined us via Zoom. He practices with Ascension Borgess Medical Center in Kalamazoo. He is the Co-Chair of the Heart Institute, Medical Director of Cardiac Cath and Structural Heart Program, and Co-Director of the Interventional Cardiology Fellowship program.

His program was titled “Heart Disease, A Man’s Problem. Really?!” 1 in 3 women suffer from heart disease. 1 in 4 women will die from the disease. It is the leading cause of death in White, Black and Hispanic women. Historically, the disease has been associated with men and more awareness was raised with that population group than women. The increase in women is due to many factors, including poor diet and increasing weight, lack of physical activity, ignoring mental stress and lack of symptom awareness.

He discussed the difference between angina and heart disease. Angina can improve with rest or a Nitro tablet. The symptoms are similar but aftereffects are very different. A heart attack is an artery blockage with a blood clot. The intensity is much stronger than angina. Always call 911 if you feel you may be experiencing a heart attack. The window of time is very short to get to the hospital for treatment.

Treatment of blockages is achieved through blood thinners, cholesterol medicine, heart stent and/or bypass surgery. If genetics is the spark, the gasoline for heart disease includes: hypertension, smoking, obesity, lack of fruits/veggies, and lack of exercise. To prevent heart disease, aim for 150 minutes of exercise per week. It does not have to be strenuous. Do something you will enjoy and be committed to. Maintain a healthy weight, limit alcohol use, reduce mental stress and take your medication.

Ascension offers a free screening program and this year it will take place on Saturday, April 27th. The event starts at 7:00 am. Everyone who is in line by 11:00 will be seen that same day. This is a very

popular event and fills up fast. This is aimed at low-income people as well as those with heart conditions that are unable to see a specialist in a satisfactory amount of time.

Covid effects and heart disease were discussed. A correlation can be made between the two. Many people suffering from covid had trouble breathing, increased heart rate and in some cases cardiomyopathy.

There is no rule of thumb when to start screening yourself for heart disease. Genetics is the biggest factor for this disease. High cholesterol and hypertension are silent factors that could cause a heart attack.

Announcements:

- Super Bowl raffle ticket update: We paid out \$1,290 in winnings and made \$4,300 net to the club. Special thanks to Dan Jaqua for selling \$810 in tickets!
- Blood drive last week had a goal of 32 donated pints. Instead, 41 pints were collected!
- Sunday May 5th is the Zeigler Marathon. Signup sheet is being passed around
- Miller Auditorium tickets are still on sale for a Rotary fundraiser
- Student scholarship applications are due by March 1st

There were no birthdays or anniversaries to celebrate.

Happy bucks and fines collected by Sergeant at arms Chris Buckley from Dick Hewitt, Pat McGinnis, Randy Orwig, Ginny Dell, Paul Ballard, Dan Jaqua, Dan Cook, Matt Semelbauer and Sarah Gerstner

50/50 drawing: Our guest Deb LaLonde won the 50/50 raffle.

Ace of spades drawing: Dan Cook didn't find the Ace.

Next program on February 21 will feature Ginny Dell & Board Members of the Kalamazoo Dream Center.

Meeting adjourned at 12:59 pm by President Josh Goodlock.

Notice: An Application for Membership in the Portage Rotary Club has been submitted by Bo Synder. He is sponsored by Jim Martin and his classification would be Healthcare. Any member wishing to comment on this Application should do so in writing, either by mail addressed to the Secretary at PO Box 55, Portage, MI 49081 or email addressed to the Secretary at wmujose@gmail.com. The comment period will close seven days after the second publication of this Notice.