

Summary of the February, 2012, Program**“What Makes You Tick”**

Daniel Rieders, M.D. Cardiologist  
 FACC GHRS CCDS  
 and Claudia Urfirer, RN

The February program for the North Central Florida Post Polio Support Group was presented by Daniel Rieders, MD, (Cardiologist) and his nurse and wife, Claudia Urfirer, RN.

While most cardiologists are “plumbers,” Dr. Rieders referred to himself as an “electrician”. He stated that you are not your disease (in our case, post-polio syndrome). He said “we are divine,” our disease is not who we are and that we should be positive about our lives. Patients should be treated as whole people, not just the technical stuff, but the spiritual side, too.

Sometimes we wake up in the morning and we are tired and hurting and we want to blame our disease. We have the ability to treat ourselves. We tend to focus on the negative. “How do you feel?” “Are you tired, weak, do you have a loss of stamina and vitality?” “Is it just because you are getting old?” “ Is it just post-polio syndrome?” Don’t focus on the negative, how do you want to feel?

These can be cardiac symptoms. There is always a reason for symptoms and there usually is a remedy. Dr. Rieders discussed how we will be talking about strokes differently in the next couple of years because of new treatments and better drugs that will be coming available. He also mentioned that 9 out of 10 cardiologists are on a statin drug for cholesterol. It is best to start taking cholesterol drugs before you have a heart attack.

The number one cause of death in the United States is all of the cancers added together. The number two cause of death is Sudden Cardiac Death Syndrome. Heart failure and Atrial Fibrillation are related and so is stroke. Women are so much more likely to die from heart disease than breast cancer; and in women, the symptoms for heart disease are different from the symptoms for men.

Atrial Fibrillation feels like a fish flopping, drums pounding, and thunder rumbling in your chest and it increases stroke risk by 500%. AF starts outside the heart and moves inward. Atrial Fibrillation patients feel miserable, they suffer fatigue, loss of energy, vitality and stamina.

To cure rapid heartbeat, a catheter is inserted in a vein and the offending point of the vein is “burned” or “dried out” to stop the activity.

If you experience a stroke, call 911 and/or go to the emergency room immediately because it may be reversed if treated promptly. Most strokes are cryptogenic which means mysterious in nature.

Dr. Rieders concluded the program by going over a few other points he wanted to make: He reminded us again that we should not identify with a disease. Unlike PPS, many heart problems and heart disease can be corrected. He said it is an exciting time to be a physician because there are so many innovations.

After the program, Dr. Rieders and Claudia Urfirer graciously answered many of the group's questions. A lot was said, a lot was asked, a lot was answered, and a lot was learned. We thank him for a very informative program.

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