

Spring
Weekly

Reader



Volume 6, Issue 124, April 8, 2010

The Plano Rotary Club
www.PlanoRotary.com

PLANO:

Where You Want Your Heart Attack

UPCOMING MEETINGS

- 4/8 Dale Petrosky
"Texas Rangers Director of Marketing"
- 4/15 PISD Candidate Forum
- 4/22 Denise Hickey
"Earth & Water Day"
- 4/29 Chris Parr
"Antarctica"

APRIL BIRTHDAYS

- 4/3.....LOWELL CULVER
- 4/5.....RUTLEDGE HAGGARD
- 4/9.....LARRY FLANNERY
- 4/11.....ANDY SAYERS
- 4/12.....KIRK BELL
- 4/13.....ALICE HOBBS
- 4/22.....KEN ROBERTS
- 4/26.....JOHN SHAO
- 4/27.....RICK KASMISKIE
- 4/28.....JERRY KEZHAY



EVERY
ROTARIAN
EVERY
YEAR

CAMILLE Ussery introduced herself to the day's speaker, **Dr. Mark Gamber**, architect of Plano's EMS protocols for **Hugo's** Fire Department. She mentioned that her husband works for Hugo, and, by coincidence, Mark had run into him at the new Station 12 this week! **Sainted Editor** was unimpressed by such a weak coincidence; he ran into **President Obama** repeatedly at meeting's end. It wasn't by design. He was trying to bump **CAPTAIN KIRK'S** guest, **Thad Stammen**. If you're an *iPhone* enthusiast, you know that's not rude. **BUMP** is an application that exchanges business cards when the phones are tapped together. The app looks for coincidences of simultaneous shocks to both phones, and then connects them. At least that's how it's supposed to work. And it does, if both phones share a common Wi-Fi connection; if they're on a common 3G network, that is so vast that coincident shocks occur all the time, and President Obama's business card is offered in those eventualities. The White House must not be amused.



queen butterfly began the festivities at 12:16, cajoling **Bryan Stamper** to pray and **John Shao** to pledge. But there was a hitch; the *Pitchfork* hadn't put out the flags, so **Kelly Palmer** rushed up with an American Flag lapel pin. Fortunately, **Jessica** provided one from her Rotary Utility Belt that Susan held aloft for the proper reverence. Someone inquired,



"How many more weeks to go?" And Susan mumbled "13." She then thanked **Boyd Craig** for greeting.

Before **SERGEANT JENKINS** took to the podium,



Susan announced that *Duke* has been disqualified by virtue of having paid players on its roster; so *Baylor* will advance to the Final Four. **APRIL FOOL!**

Skip countered that with the announcement that *Michigan* was going to the Final Four for only the fourth time. And he'd thank us for rooting for his *Spartans*. Trying to gig **Randy**, Skip mused that "*that kid*" last week was so traumatized as to need counseling. Doing his best **Robert DeNiro** impression, Randy asked, "*Are you speaking about Luis?*" But Skip cut him off saying, "*You've had your time*" at the podium.



Ean introduced **Herb Ziev** without incident, prompting Skip to congratulate him, "*After five or six times, you're going strong.*" Even **Tino** introduced **Cathy Fang** properly, earning praise, "*Boy, you did good (sic).*" Tino replied, "*¿Bueno, eh?*"



Perfect Attendance pins went to **Matt Jackson** (13), **Carole Griesdorf** (17), and **Randy Wright** (38 years).

Herb Hoxie was grateful for the presence of the EMS Medical Director as he lost balance and tumbled towards the floor. But Hugo and Susan caught him before he hurt himself. He told us of a GSE visit to British Columbia with Fellow Rotarian, **Floyd Simpson**, who is now Assistant Chief of the Dallas Police. He is on the short list for consideration as the new Chief, and Herb is convinced that his experience in the GSE was formative.

continued on page 2



Chris Parr thanked the Club for its generosity toward the *Plano Multicultural Outreach Roundtable* in supporting the printing of the advertising materials for its *Citizenship Information Workshop* to be held at PISD's *Sockwell Center*, Saturday,

April 17 from 2 to 4 pm. He also thanked **David Allison** for his contributions but forgot to mention **Bruce Glasscock** and the *City of Plano*. Chris will bring additional posters and flyers to the next meeting for anyone who knows those who will benefit from citizenship application assistance.

Jessica announced again the availability of seats at Rotary's table for the *Prayer Breakfast* at the Plano Centre starting at 7:07 am on the first Thursday in May, the date designated as *National Day of Prayer*.

Karla Oliver, Club Treasurer, had the unenviable task of having to explain to members why they would receive two *quarterly* invoices less than *three months* apart. The Club is moving to "a new billing procedure," wherein we're actually going to be invoiced in a timely fashion. So while you'll receive the 2nd Quarter invoice on **April 5th** (after the 2nd Quarter starts), you'll get the 3rd Quarter invoice on **June 15th** (before the 3rd Quarter starts) so that you can pay it before its due date.

Susan mentioned the birthday checks she received from **Louise Davis** and **Lowell Culver**, both of whom she swore were turning 30 (in tortoise years).

David Allison called **LB THE RADIANT** to the podium. **LB** grabbed Hugo to help him up the stairs. Then he assisted **Nathan Barbera** the same way as David explained that Nathan was the Club's newest Paul Harris Fellow!



Photographer *du Jour*, Ean, called for the trio to hold the pose, since his camera was slow. **LB** offered the observation, "So are you." David indicated that our Club participation in Rotary Foundation continues to rise.

Chief Esparza urged us to "help me beat the cops" in the *Battle of the Badges BLOOD DRIVE*. It's on from May 12-16, each day at different locations. For example, on Thursday and Saturday, it will be at *Poor Richard's Café* to which you can stagger after bleeding. Then Hugo introduced his EMS Director, Mark Gamber, a graduate of *Texas A&M*. (A lone "boo" wafted forward.) But he redeemed himself with advanced degrees at UNT. On graduation, he came to work for **Mary Jo's Medical Center of Plano** (a point she was at pains to reemphasize at the presentation's conclusion). In 2007, Mark became the Medical Director for *Plano Fire Dept.*, *PISD*, and the *City of Parker*! One wonders which the moonlighting positions are.

Mark is one of only 55 individuals worldwide that have been

designated Chief Medical Officer by the Center for Public Safety Excellence. So not only are Plano's Fire Dept. and its Chief accredited internationally but now so is its Chief Medical Officer!



Since he towered over the microphone, Mark had to stoop to be heard, ("Can you hear me now?") at least until he took it off its stand.

The Club issued a collective shudder of its pacemakers as Mark launched into the *Pre-Hospital Treatment of Chest Pain*. He defined angina as a blockage in a cardiac artery. If the blockage is 100%, that becomes a heart attack. So **IF YOU EXPERIENCE CHEST PAIN, CALL 911**, and Plano's Emergency Services will (a) bring life-saving medications to you while they (b) transmit your vitals to then (c) transport you to the nearest hospital. Specialists will be waiting for you at the ER doors.

The EMS ambulances are equipped with monitors, pacers, defibrillators, 12-lead EKGs, and the ability to send the results of their tests to the nearest hospital via data streams on their cell phones! And they do this all quickly.

- 911 dispatch processing < 1 minute
- Reaction time < 1 minute
- Drive time < 5 minutes
- At your door < 7 minutes from 911 call

Although the 911 center is localized, it dispatches from the firehouse nearest your calling area. If you called on a landline, they know the address. If you called on a cell phone, through GPS, they can locate you within 50 meters (~50 yards). The data they collect on all emergency calls demonstrates that the average time-to-door is only 5½ minutes. If you're having a heart attack, your heart muscles are dying. The sooner you get treatment, the more muscle you have left. **DON'T DAWDLE.**

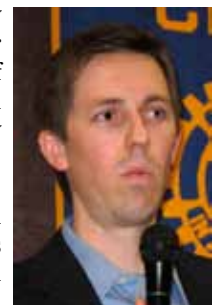


When you call, the dispatcher will tell you to take an aspirin (assuming you aren't allergic to it), because it lubricates your red blood cells, allowing them to slip past the blockage. The EMS techs will give you oxygen to enrich the cells that do get

through, slowing muscle death. The EKG (electrocardiogram, German) tells them if indeed you're having a heart attack.

Mark said your heart has a 90-minute window beyond which the damage is irreversible. After 2-3 hours, the patient will never be the same, if he survives at all. But, clearly, the degradation is continual; so you want to be treated as if every minute counts. After 3 hours, for example, only 40% of heart functionality remains.

So to continue the timeline into the hospital to treatment...it takes an average of 70 minutes from 911 to the insertion of the balloon catheter and stint to open the clogged artery. That's quick enough for Mark to claim "nation's fastest" at the 2010 meeting of the *Texas College of Emergency Physicians* next (this) week at Frisco's Westin Stonebriar Resort. (**Muehlenbeck** winced.)



Where You Want Your Heart Attack *continued...*

Phil Dyer asked what happens if the nearest fire station has no ambulance. "Are we dead?" Mark told him, no, the fire trucks are also equipped with EMS equipment. And, presumably, he won't let the Mayor die.



In response to a question about the difference between a heart attack and a stroke, Mark said that the stroke influences only 1/2 the body, since the two lobes of the brain each control one side of the body (*only left-handers are in the right-minds*). But a heart attack is a system-wide catastrophe. EMS techs will treat stroke with powerful (and dangerous) clot busters once they're convinced the stroke is a clot and not a bleed. Soon the treatment will be a brain catheter!

In addition, strokes are usually painless (your brain doesn't feel its own pain), but a heart attack is excruciatingly painful.

David Allison wanted to know if one should drive oneself to save time, and he was excoriated. One can't be treated en route unless the EMS techs are there, so **WAIT FOR THE EMS.**

Lowell Culver recounted his TIA (Transient Ischemic Attack) on a Tuesday that he ignored until the following Monday! When his physician learned of the delay, his comments were unpublishable. Chastened, Lowell said he now knows what to do. He doesn't want to follow the example of the next TIA he heard about where the patient was hospitalized for three days. A TIA, Mark told us, is a mini-stroke, a harbinger of the fun to come.

In Plano, we've an aging demographic. Not only are baby-boomers living longer, but Plano's excellent health care attracts the elderly. (He doesn't have to tell a Rotary Club this.) As a result, cardiac arrests are on the rise.

When you have a cardiac arrest...

- Under 60, you're twice as likely to survive.
- In a public place, again twice as likely.
- With CPR from a bystander, 2x.
- Under a minute to CPR, 2x.
- Less than 8 minutes to a defibrillator, three times more likely.

On average 25% are treated by bystander compression, but in Seattle, it's 50%. Don't have a cardiac arrest in Chicago; only 3% survive. But in Plano in 2009, 43% survived ventricular fibrillation cardiac arrest. And it will improve when hypothermia becomes prevalent. A cool brain survives longer on reduced oxygen than a warm one. Of the six people treated with hypothermia for cardiac arrest, three recovered completely. Their core temperature was reduced to 91°F, providing a cushion of time. Mark is working now on hypothermia protocols, and *Baylor, Medical Center of Plano*, and others are signing on to it.

Susan conceded that she'd drive herself to Los Rios (that should be close enough), if she needs cardiac care.



Although we were over the hour, **Past President Clean** recommended showing the CPR Kit. Mark obliged, saying that mouth-to-mouth is no longer necessary, simply fast, hard compressions. On a dummy, he demonstrated balling one's fist and pushing 1/2 way through the chest. "Good CPR breaks ribs." Beat (literally) to the rhythm of the Bee Gees' *Stayin' Alive*. Five minutes of CPR doubles a patient's survival rate.

Susan thanked **Howard** for staying to the end. Then she led us in the Four-Way Test and finally let us go at 1:05.

*Know someone who would
make a great Rotarian?
Invite them to be your guest
at Rotary!*

The 4 Way Test:

Of the things we think, say, and do:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill & better friendships?
4. Will it be beneficial to all concerned?

Member NEWS

AWARDS:

Harold Sullivan Award
Chris Parr

Athena Award
Alice Hobbs 2008-09

Fred Moses Award
Richard Butterfly

**Business Executive
of the Year**
Ray Huffine

Kersey Cane Holder:
Earl Simpkins

Citizen of the Year:

Beth Duncan Webb

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www.rotaryclubone.org

New Member Proposals:

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