



Mended Hearts

FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369

www.MendedHeartsStCharles.org

Issue No.21

Fall 2015 Newsletter –Oct, Nov, Dec

Welcome to Mended Hearts, Chapter 369! This chapter became official on August 10th 2010. Mended Hearts began in 1951 in Boston and has been providing support to heart patients and their families for 55 years with the theme that there is life with heart disease. There are over 230 chapters nationwide.

President – Larry Mantle,

Vice President – Vacant

Treasurer - Charlotte Mantle

Secretary – Marla Fix

Visiting Chairperson –

Facilitators - Susan Dreckshage RN (BJC),
Kathi Richarz RN (SSM), Donna Feuerstine
RN (SSM)

Newsletter Editor –Bill Fix

Membership – Neal and Marla Fix

Message to Recent Heart Patients

We hope you received some comfort and encouragement from our Mended Hearts visitors during your hospital stay. As you become active again, we invite you, your family and friends to attend our meeting as guests. We invite speakers that should interest heart patients and their families. We hope that you will become a member of our organization. Then you, too, can join in sharing the real meaning of our motto.

Fall Heart Event Anniversaries

KENNETH HORN 12/2009

Fall Birthdays

BLIGG BLIGGENSTORFER 10/2,
JACK WITTMAN 10/10, LYNDA
HELLEBUSCH11/3, LARRY MANTLE 11/8,
JOHN HILLMAN 11/9, JACQUELINE FIX
12/8, MARVIN HELLEBUSCH 12/15,
CHARLOTTE MANTLE 12/23.

Upcoming Meetings

Mended Hearts Chapter 369 meets on the second Tuesday of the month at 6:30pm alternating between BJC St. Peters and SSM St. Joseph's in St. Charles. Join us for a light meal before the meeting. The upcoming meetings are:

Oct 12th: @: Barnes-Jewish St Peters in the medical building #6 Jungerman Circle. We meet in the Health Wise room.

Subject: TBA

November 10: @ St. Joseph's St. Charles In the Doctors Dining Room on the ground floor.

Subject: TBA

December 8th Christmas Party.

@: Barnes-Jewish St Peters in the medical building #6 Jungerman Circle. We meet in the Health Wise room.

Contact Information

Interested in finding out more information about Chapter 369? Contact Neal Fix @ 636-947-8730.

Heart Facts

For those of you who were unable to attend our last meeting here is the subject that was discussed.

.What is cardiac rehabilitation?

Cardiac rehabilitation programs:

Help you to learn more about your condition

Provide exercise programs tailored to you, your needs and your condition

Offer guidance on changing your lifestyle to improve your heart health

Give support on taking your prescribed medicines

Answer any questions or practical concerns you might have about living with heart disease and can offer counselling.

What are the benefits of attending cardiac rehabilitation?

The most important benefit of cardiac rehabilitation is that it helps you to return to an active and satisfying life more quickly. It also helps reduce your risk of further heart problems.

In addition to this, attending a program can:

Increase your independence and confidence

Reduce depression and anxiety

Connect you with other people in similar situations

Increase your ability to be physically active

Give you an opportunity to speak with health professionals about how best to manage your condition.

Heart Healthy Cooking

Broccoli Beef Stir-Fry 1 lb.
lean sirloin steak, sliced across the grain quarter- inch thick, then cut into pieces 2 inches long, all visible fat discarded 2 lb.
broccoli, separated into florets and cut in half, peel stem and cut diagonally into ¼ inch slices

1 Tbsp. cornstarch 1 Tbsp.
low-sodium soy sauce
2 Tbsp. sherry or wine (red or white)
1/4 tsp. sugar
1/2 tsp. honey
5 Tbsp. water
cooking spray
3 clove garlic, minced
3/4 cup low-sodium chicken broth
1 1/2 cups brown rice, cooked to package

Instructions.

- 1 .Prepare the beef and set aside.
2. Prepare the broccoli and set aside.
3. Combine the soy sauce, cornstarch, sherry or wine and honey in a medium sized

bowl and marinate the beef in this mixture for 15-30 minutes.

4. Add the water to a 10-12 inch heavy skillet with a lid and bring to a boil. Add the broccoli, bring to a boil again, cover and reduce heat to steam for about 5 minutes. Broccoli should be starting to get tender, be bright green, but still crunchy.

5. Remove the broccoli and remaining liquid from the pan and wipe clean.

6. Coat the pan with cooking spray and heat to medium high.

7. Add the beef, marinade liquid and garlic. Stir fry quickly for 1-2 minutes, until it loses most of its redness. Be careful not to burn the garlic, or it will taste bitter.

8. Add the broccoli and its cooking liquid, stir frying for 1 minute to reheat.

9. Pour in the broth and stir well, bring to a boil, then lower heat and simmer until the sauce starts to thicken, about 3-5 minutes.

10. Serve immediately with cooked rice.

Nutritional Analysis Per serving

Calories Per Serving 503 Total Fat 8.0 g
Saturated Fat 2.4 g Trans Fat 0.0 g
Polyunsaturated Fat 1.0 g Monounsaturated Fat 2.8 g
Cholesterol 62 mg Sodium 244 mg
Carbohydrates 73 g Fiber 10 g Sugars 6 g
Protein 36 g.

Pass It On!

When you finish reading this newsletter, please don't throw it away! Pass it on to a friend or relative or put it in your doctor's waiting room...this way more people will get our message! Thanks

Mended Hearts Prayer

We ask for your blessing, Lord,
we ask for strength
that we may pass it on to others...
We ask for faith
that we may give hope to others...
We ask for health
that we may encourage others...
We ask, Lord, for wisdom
that we may use all your gifts well.
Amen.

Resources for Heart Patients on the Web

Heart disease information

www.ssmhealth.com/heart

Heart Failure resource

www.keepitpumping.com

American Heart Association

www.heart.org

Heart Valve Surgery

www.heart-valve-surgery.com

National Institute of Health

www.nih.gov

Heart disease Terminology Letter A

Ablation: The removal or destruction of tissue.

Angina (also called angina pectoris): Discomfort or pressure, usually in the chest, caused by a temporarily inadequate blood supply to the heart muscle. Discomfort may also be felt in the neck, jaw, or arms.

Angioplasty: An invasive procedure, during which a specially designed balloon catheter with a small balloon tip is guided to the point of narrowing in the artery. Once in place, the balloon is inflated to compress the fatty matter into the artery wall and stretch the artery open to increase blood flow to the heart.

Antiarrhythmic: A drug that is used to treat abnormal heart rhythms.

Aortic Valve: The aortic valve is the last valve through which the blood passes before it enters the aorta or main blood vessel of the body. The valve's role is to prevent blood from leaking back into the left ventricle from the aorta after it has been ejected from the heart.

Arterial Grafting: In patients who require coronary artery bypass graft surgery, it is sometimes desirable to use arteries from other parts of the body to provide the bypass grafts. This is known as arterial grafting.

Atherosclerosis ("hardening of the arteries"): The process whereby abnormal deposits of lipids, cholesterol, and plaque build up on the walls of the coronary arteries, leading to coronary artery disease and other cardiovascular problems.

Atria: The upper chambers of the heart. (Atrium refers to one chamber of the heart).

Atrial Fibrillation (AF): Atrial fibrillation is an irregular heart rhythm in which many impulses begin and spread through the atria. The resulting rhythm is disorganized, rapid, and irregular and the atria are not able to fully empty their contents into the ventricles.

Atrioventricular (AV) Node: A group of special cells located near the center of the heart that helps to regulate the heart rhythm. Here, the electrical current slows for a moment before going on to the ventricles.

Atrium: The top chamber of the heart. There are two atria -- the left and the right, divided by a muscular wall, called the septum. The atrium contracts before the ventricle to allow optimal filling of the ventricle.

Next newsletter Heart disease Terminology letter B

Heart Health Trivia

1. How many times per day does your heart beat?
2. Whose hearts beat faster — men's or women's?
3. How many minutes per day of physical activity do health experts recommend to reduce the risk of heart disease?
4. On which day of the week is the risk of heart attack the highest?
5. How many calories are in one NECCO Conversation Heart?
6. How many times per day does your heart circulate your body's blood supply?
7. If all the blood vessels in your body were joined end to end, how many miles would they stretch?
8. How much does your heart weigh?
9. On which side of your breastbone is your heart located?
10. How many chambers does your heart have?

Bonus question: Name the 4 chambers of your heart.

(answers on next Page)

Let's see how you did.

1. How many times per day does your heart beat?

Your heart beats about 100,000 times a day.

2. Whose hearts beat faster — men's or women's?

Women's hearts beat faster than men's hearts.

3. How many minutes per day of physical activity do health experts recommend to reduce the risk of heart disease?

Health experts recommend at least 30 minutes of physical activity per day to reduce the risk of heart disease.

4. On which day of the week is the risk of heart attack the highest?

According to German researchers, more people have heart attacks on Mondays than on any other day of the week.

5. How many calories are in one NECCO Conversation Heart?

Each little NECCO Conversation Heart contains 3 calories.

6. How many times per day does your heart circulate your body's blood supply?

Your heart circulates the body's blood supply about 1,000 times per day.

7. If all the blood vessels in your body were joined end to end, how many miles would they stretch?

Joined end to end, all the blood vessels in your body would stretch about 60,000 miles. (That's 2 1/2 times around the Earth!)

8. How much does your heart weigh?

Your heart weighs 10 ounces.

9. On which side of your breastbone is your heart located?

Your heart is located on the left side of your breastbone.

10. How many chambers does your heart have?

Your heart has 4 chambers.

Bonus question: Name the 4 chambers of your heart.

The four chambers of your heart are: The left atrium, the left ventricle, the right atrium and the right ventricle.

Cardiac Medications

Anticoagulants

(Also known as Blood Thinners.)

Commonly prescribed include:

- Rivaroxaban (Xarelto)
- Dabigatran (Pradaxa)
- Apixaban (Eliquis)
- Heparin (various)
- Warfarin (Coumadin)

What the Medication Does

Decreases the clotting (coagulating) ability of the blood. Sometimes called blood thinners, although they do not actually thin the blood. They do NOT dissolve existing blood clots. Used to treat certain blood vessel, heart and lung conditions.

Reason for Medication

- Helps to prevent harmful clots from forming in the blood vessels.
- May prevent the clots from becoming larger and causing more serious problems.
- Often prescribed to prevent first or recurrent stroke

Antiplatelet Agents

Commonly prescribed include:

- Aspirin
- Ticlopidine
- Clopidogrel (Plavix®)
- Dipyridamole

What the Medication Does

Keeps blood clots from forming by preventing blood platelets from sticking together.

Reason for Medication

- Helps prevent clotting in patients who have had a heart attack, unstable angina, ischemic strokes, TIA (transient ischemic attacks, or "little strokes") and other forms of cardiovascular disease.

•Usually prescribed preventively when plaque buildup is evident but there is not yet a large obstruction in the artery.

Angiotensin-Converting Enzyme (ACE) Inhibitors

Commonly prescribed include:

- Benazepril (Lotensin)
- Captopril (Capoten)
- Enalapril (Vasotec)
- Fosinopril (Monopril)
- Lisinopril (Prinivil, Zestril)
- Moexipril (Univasc)
- Perindopril (Aceon)
- Quinapril (Accupril)
- Ramipril (Altace)
- Trandolapril (Mavik)

What the Medication Does

Expands blood vessels and decreases resistance by lowering levels of angiotensin II. Allows blood to flow more easily and makes the heart's work easier or more efficient.

Reason for Medication

•Used to treat or improve symptoms of cardiovascular conditions including high blood pressure and heart failure.

Angiotensin II Receptor Blockers (or Inhibitors)

(Also known as ARBs or Angiotensin-2 Receptor Antagonists)

Commonly prescribed include:

- Candesartan (Atacand)
- Eprosartan (Teveten)
- Irbesartan (Avapro)
- Losartan (Cozaar)
- Telmisartan (Micardis)
- Valsartan (Diovan)

What the Medication Does

Rather than lowering levels of angiotensin II (as ACE inhibitors do) angiotensin II receptor blockers prevent this chemical from having any effects on the heart and blood vessels. This keeps blood pressure from rising.

Reason for Medication

•Used to treat or improve symptoms of cardiovascular conditions including high blood pressure and heart failure.

Angiotensin-Receptor Neprilysin Inhibitors (ARNIs)

ARNIs are a new drug combination of a neprilysin inhibitor and an ARB.

Commonly prescribed include:

- Sacubitril/valsartan (Entresto)

What the Medication Does

Neprilysin is an enzyme that breaks down natural substances in the body that open narrowed arteries. By limiting the effect of neprilysin, it increases the effects of these substances and improves artery opening and blood flow, reduces sodium (salt) retention, and decreases strain on the heart.

Reason for Medication For the treatment of heart failure

Beta Blockers

(Also known as Beta-Adrenergic Blocking Agents)

Commonly prescribed include:

- Acebutolol (Sectral)
- Atenolol (Tenormin)
- Betaxolol (Kerlone)
- Bisoprolol/hydrochlorothiazide (Ziac)
- Bisoprolol (Zebeta)
- Metoprolol (Lopressor, Toprol XL)
- Nadolol (Corgard)
- Propranolol (Inderal)
- Sotalol (Betapace)

What the Medication Does

Decreases the heart rate and cardiac output, which lowers blood pressure and makes the heart beat more slowly and with less force.

Reason for Medication

•Used to lower blood pressure.
•Used with therapy for cardiac arrhythmias (abnormal heart rhythms) and in treating chest pain (angina).
•Used to prevent future heart attacks in patients who have had a heart attack.