



Mended Hearts

FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369

www.MendedHeartsStCharles.org

Issue No.24

Summer 2016 Newsletter –Jul, Aug, Sept.

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 65 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 – Neal Fix

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.

Summer Heart Event Anniversaries

Nina Harris 9/10, John Hillman 7/10, Larry Mantle 8/08, Paul Powers 8/12.

Summer Birthdays

Kelly Burkett 8/4, Nancy Burkett 8/10, Sue Dreckshage 7/12, Julie Granieke, Julie Hillman 7/11, Paul Powers 7/20.

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:

July 12 @: St. Joseph's St. Charles. In the Doctors Dining Room on the ground floor. Guest Speaker: Lauren an RN from St Joseph ICU

Aug 9 @: Anniversary Dinner. Time and Place TBA

Sept 13th @: Barnes-Jewish St Peters in the medical building #6 Jungermann Circle. We meet in the Health Wise room. Subject: Mended Hearts regional conference.

Contact Information

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

Food for thought when fast food's on the menu.

The words "fast food" may conjure images of greasy burgers, salty fries and frosty shakes brimming with fat and sugar. The truth is, fast food doesn't always mean "bad for you," said Linda Van Horn, professor of preventive medicine at Northwestern University.

"You just have to be selective, both about the choice of restaurant and the choices you make when you get there," Van Horn said. "Some, but not all, fast food restaurants have grilled chicken, salads, low-fat milk, fruit and even oatmeal choices for breakfast. Figure out which restaurants offer such options and try to frequent those more often. Consumer behavior strongly influences what

restaurants choose to serve, so if you want healthier choices, choose them and let it be known.”

Even if you're in good heart health, try to avoid poor food choices, especially the obvious culprits that are deep fried, swimming in cream or butter, showered in salt or glittering with sugar. Even a salad that may seem healthy is just a few dollops of fatty dressing away from being bad for your heart.

“A salad loaded with bacon, salty high-fat dressing and cheeses can have more calories than a hamburger or piece of thin-crust cheese pizza,” Van Horn said.

Diet is an important part of your overall health. A diet high in saturated and trans fats raises blood cholesterol — a major risk factor for heart disease and stroke. Too much sodium can raise your blood pressure and too much fat and sugar can lead to obesity, both of which may contribute to heart disease as well.

Knowing what you're eating is truly the best way to understand the health risks, and there are many resources available. The American Heart Association's Heart Check program offers plenty to chew on making it easy to find better options when eating away from home with the Heart-Check mark certification for heart-healthy meals.

Simply look for the Heart-Check mark on the menu—it's similar to the one you may recognize from heart-healthy foods in the grocery store.

When you see the Heart-Check mark on the menu, you'll know right away that the meal has been certified to meet our nutritional standards.

Currently, not all fast food restaurants include nutrition information. A provision of the Affordable Care Act will require businesses with more than 20 locations to calculate the nutritional content for all food products and post the information on menus and signs, but

final rules from the Food and Drug Administration are still pending.

Craving fast food? Not so fast.

If you find yourself driving through for fast food, avoid super-sizing your order to help cut down on fat, salt and sugar.

The grocery store can be a healthy alternative to fast food, Van Horn said. That's because anything that comes in a box, can or frozen package must have a nutrition label so you can compare products and pick the healthier option.

“It's often cheaper and just as easy to run into a grocery store and buy more nutritious food like a freshly made sandwich on whole-grain bread using fresh turkey or chicken and a piece of fruit,” Van Horn said. “Also, many grocery stores sell packaged salads and soups to go, but again, read the label. When it comes to choosing a quick meal, you can think inside or outside the fast food box.”

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

The following ties in with our CPR class last month

Sudden Cardiac Arrest

In 2014, about 356,500 people experienced out-of-hospital cardiac arrests in the United States. Of those treated by emergency medical services, 12.0 percent survived. Of the 22,520 bystander-witnessed out-of-hospital cardiac arrests in 2014, 38.6 percent survived. Each year, about 209,000 people have a cardiac arrest while in the hospital.

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.

Congratulations to Rafael and Vivian Nun our newest accredited visitors. They will be visiting patients at St. Joseph Hospital downtown St. Charles. Please consider becoming a visitor it is a rewarding experience, patients are encouraged by your success in overcoming heart disease.

Ticker Trivia

1. What is the most common heart surgery?

- A) Coronary Artery Bypass Graft
- B) Aortic Valve replacement
- C) Mitral Valve repair/replacement

2. What is the Number of adults with diagnosed heart disease?

- A) 13.6 million
- B) 27.6 million
- C) 37.5 Million

3. What is the Percent of adults with diagnosed heart disease?

- A) 23 %
- B) 11.5 %
- C) 16.2 %

4. According to 2013 statistics what was the Number of deaths from heart disease?

- A) 611,105
- B) 525,000
- C) 393,000

5. Someone in the U.S. dies from heart disease about once every

- A) 47 Seconds
- B) 36 Seconds
- C) 84 Seconds.

(Answers at the end of the newsletter.)

Heart News

A research advance from the Sanford Burnham Prebys Medical Discovery Institute (SBP) and Stanford University could lead to new drugs that minimize the damage caused by heart attacks. The discovery, published today in *Nature Communications*, reveals a key control point in controlling the formation of new blood vessels in the heart, and offers a novel approach to treat heart disease patients.

"We found that a protein called RBPJ serves as the master controller of genes that regulate blood vessel growth in the adult heart," said

Mark Mercola, Ph.D., professor in SBP's Development, Aging, and Regeneration Program and jointly appointed as professor of medicine at Stanford University, senior author of the study. "RBPJ acts as a brake on the formation of new blood vessels. Our findings suggest that drugs designed to block RBPJ may promote new blood supplies and improve heart attack outcomes."

What is an artificial pacemaker?

A small battery-operated device that helps the heart beat in a regular rhythm. There are two parts: a generator and wires (leads).

- The generator is a small battery-powered unit.
- It produces the electrical impulses that stimulate your heart to beat.
- The generator may be implanted under your skin through a small incision.
- The generator is connected to your heart through tiny wires that are implanted at the same time.
- The impulses flow through these leads to your heart and are timed to flow at regular intervals just as impulses from your heart's natural pacemaker would.
- Some pacemakers are external and temporary, not surgically implanted

Why do I need one?

Your doctor may recommend an artificial pacemaker to make your heart beat more regularly if:

- Your heartbeat is too slow and often irregular.
- Your heartbeat is sometimes normal and sometimes too fast or too slow.

How does it work?

It replaces the heart's defective natural pacemaker functions.

- The sinoatrial (SA) node or sinus node is the heart's natural pacemaker. It's a small mass of specialized cells in the top of the right atrium (upper chamber of the heart).

It produces the electrical impulses that cause your heart to beat.

- A chamber of the heart contracts when an electrical impulse or signal moves across it. For the heart to beat properly, the signal must travel down a specific path to reach the ventricles (the heart's lower chambers).
- When the natural pacemaker is defective, the heartbeat may be too fast, too slow or irregular.
- Rhythm problems also can occur because of a blockage of your heart's electrical pathways.
- The artificial pacemaker's pulse generator sends electrical impulses to the heart to help it pump properly. An electrode is placed next to the heart wall and small electrical charges travel through the wire to the heart.
- Most pacemakers have a sensing mode that inhibits the pacemaker from sending impulses when the heartbeat is above a certain level. It allows the pacemaker to fire when the heartbeat is too slow. These are called demand pacemakers.

Abnormal heart rhythms (arrhythmias)

Arrhythmias are abnormal beats. The term "arrhythmia" refers to any change from the normal sequence of electrical impulses, causing abnormal heart rhythms. Arrhythmias may be completely harmless or life-threatening.

Some arrhythmias are so brief (for example, a temporary pause or premature beat) that the overall heart rate or rhythm isn't greatly affected. But if arrhythmias last longer, they may cause the heart rate to be too slow or too fast or the heart rhythm to be erratic – so the heart pumps less effectively.

- A fast heart rate (in adults, more than 100 beats per minute) is called **tachycardia**.
- A slow heart rate (less than 60 beats per minute) is referred to as **bradycardia**.

Causes

- Normally, the heart's most rapidly firing cells are in the sinus (or sinoatrial or SA) node, making that area a natural pacemaker.
- Under some conditions almost all heart tissue can start an impulse of the type that can generate a heartbeat. Cells in the heart's conduction system can fire automatically and start electrical activity. This activity can interrupt the normal order of the heart's pumping activity.
- Secondary pacemakers elsewhere in the heart provide a "back-up" rhythm when the sinus node doesn't work properly or when impulses are blocked somewhere in the conduction system.

An arrhythmia occurs when:

- The heart's natural pacemaker develops an abnormal rate or rhythm.
- The normal conduction pathway is interrupted.
- Another part of the heart takes over as pacemaker.

Trivia answers. 1 A, 2 B, 3 B, 4 A, 5 C.