



# Mended Hearts

## FROM THE HEART

St Charles County  
Mended Hearts  
Newsletter  
Chapter 369

[www.MendedHeartsStCharles.org](http://www.MendedHeartsStCharles.org)

Issue No.25

Fall 2016 Newsletter –Oct, Nov, Dec.

Welcome to Mended Hearts, Chapter 369! This chapter became official on August 10<sup>th</sup> 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
- 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

**Vice**

### Contact Information

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

### 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. **“It’s great to be alive”- and to help others.**

### Fall Heart Event Anniversaries

Gayle Horn 12/2009

### Fall Birthdays

Jack Wittman 10/10, Bill Stinson 10/30, , Larry Mantle 11/8, John Hillman 11/9, Jackie Fix 12/8.

**Please consider becoming a visitor it is a rewarding experience, patients are encouraged by your success in overcoming heart disease.**

### 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 11 @: Barnes-Jewish St Peters in the medical building #6 Jungermann Circle. We meet in the Health Wise room. Subject: Review of the Mended Hearts Regional Conference.**

**Nov 8 @: St. Joseph’s St. Charles. In the Doctors Dining Room on the ground floor. Subject: TBT**

**Dec 13th @: Barnes-Jewish St Peters in the medical building #6 Jungermann Circle. We meet in the Health Wise room. Annual Christmas Party**

### Understanding Blood Pressure Readings

Blood pressure is typically recorded as two numbers, written as a ratio like this:

**117**  
**76** mm Hg

Read as "117 over 76 millimeters of mercury"

## Systolic

The top number, which is also the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

## Diastolic

The bottom number, which is also the lower of the two numbers, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).

## What is the AHA recommendation for healthy blood pressure?

This blood pressure chart reflects categories defined by the American Heart Association.

| Blood Pressure Category                     | Systolic mm Hg (upper #) |     | Diastolic mm Hg (lower #) |
|---|--------------------------|-----|---------------------------|
| Normal                                      | less than 120            | and | less than 80              |
| Prehypertension                             | 120 – 139                | or  | 80 – 89                   |
| High Blood Pressure (Hypertension) Stage 1  | 140 – 159                | or  | 90 – 99                   |
| High Blood Pressure (Hypertension) Stage 2  | 160 or higher            | or  | 100 or higher             |
| Hypertensive Crisis (Emergency care needed) | Higher than 180          | or  | Higher than 110           |

Typically more attention is given to the top number (the systolic blood pressure) as a major risk factor for cardiovascular disease for people over 50 years old. In most people, systolic blood pressure rises steadily with age due to increasing stiffness of large arteries, long-term build-up of plaque, and increased incidence of cardiac and vascular disease.

There's a common misconception that people with high blood pressure, also called HBP or hypertension, will experience symptoms such as nervousness, sweating, difficulty sleeping or facial flushing. The truth is that HBP is largely a symptomless condition. If you ignore your blood pressure because you think symptoms will alert you to the problem, you are taking a dangerous chance with your life. Everybody needs to know their blood pressure numbers, and everyone needs to prevent high blood pressure from developing. The best evidence indicates that high blood pressure does not cause headaches except perhaps in the case of hypertensive crisis (systolic/top number higher than 180 OR diastolic/bottom number higher than 110). Except with hypertensive crisis, nosebleeds are not a reliable

indicator for HBP. In one study, 17 percent of people treated for high blood pressure emergencies at the hospital had nosebleeds. However, 83 percent reported no such symptom. As mentioned above, only when blood pressure readings soar to dangerously high levels (systolic of 180 or higher OR diastolic of 110 or higher) may obvious symptoms occur. Blood pressure this high is known as hypertensive crisis, and emergency medical treatment is needed.

In addition to extreme readings, a person in hypertensive crisis may experience:

Severe headaches

Severe anxiety

Shortness of breath

Nosebleeds

Although it is not caused by HBP, dizziness can be a side effect of some high blood pressure medications. Nonetheless, dizziness should not be ignored, especially if you notice a sudden onset. Sudden dizziness, loss of balance or coordination and trouble walking are all warning signs of a stroke. HBP is one of the leading risk factors for stroke. If your blood pressure reading is higher than normal, your doctor may take several readings over time and/or have you monitor your blood pressure at home before diagnosing you with high blood pressure.

### **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.