



Mended Hearts

FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369

www.MendedHeartsStCharles.org

Issue No.27

Spring 2017 Newsletter –April, May, June.

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

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.**

Spring Heart Event Anniversaries

, Kelly Burkett MAY 2008, Sue Dreckshage June 1996, Neal Fix May 2008, Bill Fix May 2012, Jack Wittman April 2011.

Spring Birthdays

Bill Fix May 31, Grace Jones May 21, Bill Vehige April 10.

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:

April 11 @: Barnes-Jewish St Peters in the medical building #6 Jungermann Circle. We meet in the Health Wise Room. Subject: TBA

May 9th @: St. Joseph’s St. Charles. In the Doctors Dining Room on the ground floor. Subject: TBA

June 13th @: Barnes-Jewish St Peters in the medical building #6 Jungermann Circle. We meet in the Health Wise Room. Subject: TBA

Arrhythmia

The term "arrhythmia" refers to any change from the normal sequence of electrical impulses. The electrical impulses may happen too fast, too slowly, or erratically – causing the heart to beat too fast, too slowly, or erratically. When the heart doesn't beat properly, it can't pump blood effectively. When the heart doesn't pump blood effectively, the lungs, brain and all other organs can't work properly and may shut down or be damaged.

Atrial fibrillation (also called AFib or AF) is a quivering or irregular heartbeat (arrhythmia) that can lead to blood clots, stroke, heart failure and other heart-related complications. At least 2.7 million Americans are living with AFib

What happens during AFib?

Normally, your heart contracts and relaxes to a regular beat. In atrial fibrillation, the upper chambers of the heart (the atria) beat irregularly (quiver) instead of beating effectively to move blood into the ventricles.

If a clot breaks off, enters the bloodstream and

lodges in an artery leading to the brain, a stroke results. About 15–20 percent of people who have strokes have this heart arrhythmia. This clot risk is why patients with this condition are put on blood thinners.

Even though untreated atrial fibrillation doubles the risk of heart-related deaths and is associated with a 5-fold increased risk for stroke, many patients are unaware that AFib is a serious condition.

Ventricular Fibrillation

Ventricular fibrillation is life-threatening

Ventricular fibrillation (v-fib for short) is the most serious cardiac rhythm disturbance. The lower chambers quiver and the heart can't pump any blood, causing cardiac arrest.

How it works

The heart's electrical activity becomes disordered. When this happens, the heart's lower (pumping) chambers contract in a rapid, unsynchronized way. (The ventricles "fibrillate" rather than beat.) The heart pumps little or no blood. Collapse and sudden cardiac arrest follows -- this is a medical emergency!

Conduction Disorders

Bundle Branch Block

Normally, the electrical impulse travels down both the right and left branches of the conduction system in the ventricles at the same speed. Thus, both ventricles contract at the same time.

Occasionally there's a block in one of the branches, so impulses must travel to the affected side by a detour that slows them down. That means one ventricle contracts a fraction of a second slower than the other.

Symptoms and diagnosis

If there's nothing else wrong, usually a person with bundle branch block shows no symptoms. But a bundle branch block shows up as an abnormality when the electrical impulses through the heart are recorded with an electrocardiogram (ECG).

Tachycardia

A heart rate of more than 100 beats per minute (BPM) in adults is called tachycardia. What's too fast for you may depend on your age and physical condition.

Atrial or Supraventricular tachycardia (SVT) is a fast heart rate that starts in the upper chambers of the heart.

How it happens

Electrical signals in the heart's upper chambers fire abnormally, which interferes with electrical signals coming from the sinoatrial (SA) node --- the heart's natural pacemaker. A series of early beats in the atria speeds up the heart rate. The rapid heartbeat does not allow enough time for the heart to fill before it contracts so blood flow to the rest of the body is compromised.

ATRIAL FLUTTER

If you have atrial flutter, rapidly fired signals cause the muscles in the atria (the upper chambers of the heart) to contract quickly.

This leads to a very fast, steady heartbeat. Atrial Flutter can also occur in someone who has atrial fibrillation (or AFib/flutter), or it can be its own arrhythmia (an irregular heartbeat rhythm in someone with a usually normal heartbeat). If you feel your heart is beating faster or irregularly when taking your own pulse rate or if you sense a feeling in your chest that your heart is not beating at a regular pace (palpitations), do not delay in calling your healthcare provider. Atrial Flutter is usually found in patients with:

Heart failure

Previous heart attack

Valve abnormalities or congenital defects

High blood pressure

Recent surgery

Thyroid dysfunction

Alcoholism (especially binge drinking)

Chronic lung disease

Acute (serious) illness

Diabetes

Or after open-heart surgery (bypass surgery)

Can be found concurrently in people with atrial fibrillation

Who isn't trying to eat healthy these days?

After all, it can help reduce your risk of heart disease, stroke and lots of other things you'd rather avoid. The good news is, eating right doesn't have to be hard or require you to give up things you love. It's all about making smart choices to build an overall healthy dietary pattern.

Here are some simple ways you and your family can eat healthier:

INCLUDE

Fruits and vegetables
Whole grains
Beans and legumes
Nuts and seeds
Fish (preferably oily fish with lots of omega-3 fatty acids), skinless poultry, and plant-based alternatives
Low-fat and fat-free dairy products
Healthier fats and non-tropical oils

LIMIT

Sweets and added sugars, especially sugary drinks
Sodium and salt
Saturated fat
Fatty or processed meats – if you choose to eat meat, select leaner cuts

AVOID

Trans fat and partially hydrogenated oils

TIPS

Choose mindfully, even with healthier foods. Ingredients and nutrient content can vary a lot. Read labels. Compare nutrition information on package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and trans fat, and no partially hydrogenated oils. Watch your calories. To maintain a healthy weight, eat only as many calories as you use up through physical activity. If you want to lose weight, take in fewer calories or burn more calories.

Eat reasonable portions. Often this is less than you are served, especially when eating out.

Don't dismiss entire food groups. Eat a wide variety of foods to get all the nutrients your body needs.

Cook and eat at home. You'll have more control over ingredients and preparation methods.

Look for the Heart-Check mark to easily identify foods that can be part of an overall healthy eating pattern.

Chicken Teriyaki

Ingredients

8 Servings

2 lb boneless, skinless **chicken breast** (all visible fat discarded, cut into 1-inch cubes)
2, 20-oz cans **pineapple chunks** (in light syrup or own juice, undrained)
2 cups **baby carrots**
2 medium **bell peppers** (chopped)
1 medium **red onion** (chopped)
1/2 cup **soy sauce** (lowest sodium available)
1/4 cup plain **rice wine vinegar**
2 Tbsp **honey**
2 medium **garlic cloves** (minced)
1 1-inch piece fresh gingerroot, peeled and minced
1/2 tsp **pepper**

Directions

1In a large bowl, stir together all the ingredients. Divide the mixture between two 1-gallon resealable plastic freezer bags. Place the bags flat in the freezer and freeze.

Directions for Cooking

1Thaw the bags overnight in the refrigerator. Pour the contents of the bags into a slow cooker. Cook, covered, on low for 6 to 8 hours, or until the chicken is no longer pink in the center and the vegetables are tender. Serve over brown rice.

Nutrition Facts

| | |
|---------------------|-----------------------------------|
| Calories | 263 |
| Total Fat | 3.2 g |
| Saturated Fat | 0.7 g |
| Trans Fat | 0 g |
| Polyunsaturated Fat | 0.6 g |
| Monounsaturated Fat | 0.9 g |
| Cholesterol | 73 mg |
| Sodium | 548 mg |
| Total Carbohydrate | 32 g |
| Dietary Fiber | 3 g |
| Sugars | 27 g |
| Protein | 26 g |
| Dietary Exchanges | 2 fruit, 1 vegetable, 3 lean meat |

Heart Humor

© Randy Glasbergen
glasbergen.com

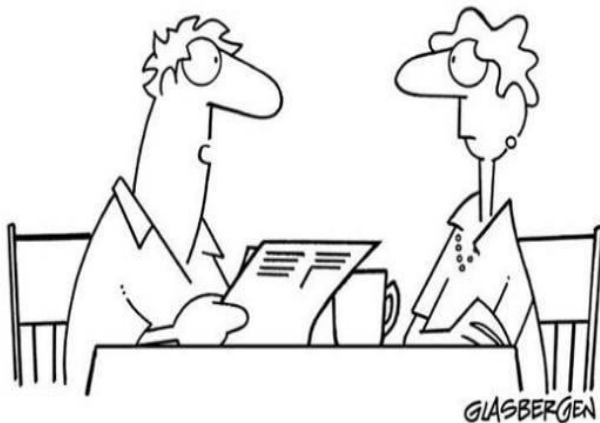
A cardiologist died and was given an elaborate funeral.

A huge heart covered in flowers stood behind the casket during the service. Following the eulogy, the heart opened, and the casket rolled inside. The heart then closed, sealing the doctor in the beautiful heart forever. There wasn't a dry eye in the audience.

At that point, one of the mourners burst into laughter. When confronted later, he said, "I'm sorry, I was just thinking of my own funeral... I'm a gynecologist." At that point, the proctologist fainted.



© 2008 by Randy Glasbergen.
www.glasbergen.com

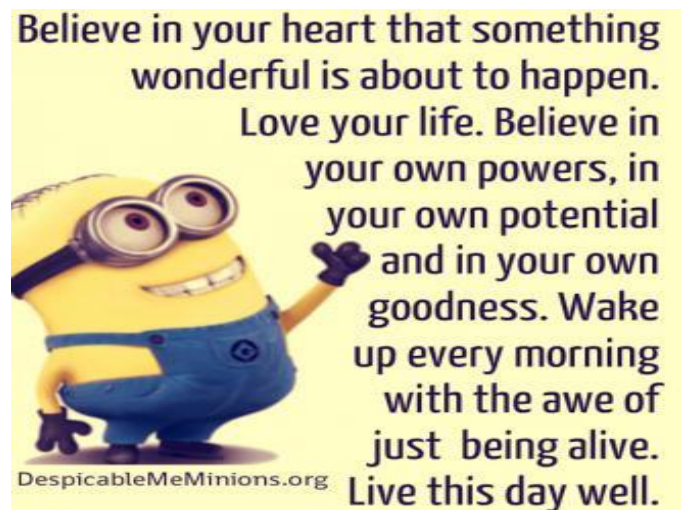


"Liquidity. That's when you look at your investments and wet your pants."

Copyright 2006 by Randy Glasbergen.
www.glasbergen.com



"My blood pressure is 180/90 which mathematically is equal to 2/1 which doesn't seem so high!"



**"My doctor told me to measure my food.
The pizza parlor is 2.4 miles away, the taco hut
is 3.7 miles away, the donut shop is 1.3 miles away..."**

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.