



Mended Hearts

FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369

www.MendedHeartsStCharles.org

Issue No.28

Summer 2017 Newsletter –July, August, September.

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.**

Summer Heart Event Anniversaries

Nina Harris Sept 2010, John Hillman July 2010, Larry Mantle Aug 2008, Paul Powers Aug 2012, Dennis Schleeper Jul 2016.

Summer Birthdays

Kelly Burkett 8/4, Nancy Burkett 8/10, Sue Dreckshage 7/12, Janice Granicke 8/15, Nina Harris 8/14, Julie Hillman 7/11, Paul Powers 7/20, Dennis Schleeper 7/10, Bill Snowden 7/8.

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:

**July 11 @: St. Joseph’s St. Charles. In the Doctors Dining Room on the ground floor.
Subject: TBT**

August 9th: Annual Anniversary Dinner location to be announced, watch your Email for more information.

**September 12th. @: St. Joseph’s St. Charles. In the Doctors Dining Room on the ground floor.
Subject: TBT**

Sleep Apnea and Heart Disease, Stroke

From the American Heart Association.

Plain old snoring can get a little annoying, especially for someone listening to it. But when a snorer repeatedly stops breathing for brief moments, it can lead to cardiovascular problems and potentially be life-threatening.

It’s a condition known as sleep apnea, in which the person may experience pauses in breathing five to 30 times per hour or more during sleep. These episodes wake the sleeper as he or she gasps for air. It prevents restful sleep and is associated with high blood pressure, arrhythmia, stroke and heart failure.

Heart disease is the leading cause of death in the United States, and stroke is also a leading cause of

death and disability. High blood pressure is a major risk factor for both.

“The evidence is very strong for the relationship between sleep apnea and hypertension and cardiovascular disease generally, so people really need to know that,” said Donna Arnett, Ph.D., chair and professor of epidemiology at the School of Public Health at the University of Alabama at Birmingham and the incoming president of the American Heart Association.

A Common Problem

One in five adults suffers from at least mild sleep apnea, and it afflicts more men than women, Dr. Arnett said. The most common type is obstructive sleep apnea in which weight on the upper chest and neck contributes to blocking the flow of air. (Another type, called central sleep apnea, is far less prevalent.)

Obstructive sleep apnea (OSA) is associated with obesity, which is also a major risk factor for heart disease and stroke. Besides obesity contributing to sleep apnea, sleep deprivation caused by sleep apnea can, in an ongoing unhealthy cycle, lead to further obesity, Dr. Arnett explained. In OSA the upper airway closes off because the muscles that hold it open lose tone - the more weight, the more loss of tone and the more severe the sleep apnea. Each time the airway closes, there is a pause in breathing.

Another type of sleep apnea, called central sleep apnea (CSA), is far less prevalent.) In CSA the brain doesn't send regular signals to the diaphragm to contract and expand. There is limited snoring with CSA, and it has been associated with brain stem stroke because the brain stem is where the impulse to breathe comes from.

Listen to Those Snoring Complaints

Often a roommate or sleeping partner of someone with sleep apnea notices it. “It's really hard to detect if you live alone, unless you go through a sleep study,” Dr. Arnett said. People with sleep apnea may be more tired during the day, she said, and therefore prone to accidents or falling asleep.

Dr. Arnett told of her own family's experience with sleep apnea. She accompanied her 73-year-old mother, Lela Arnett, on a trip to Germany and heard her make loud snorts during the night.

It got so noisy that Donna Arnett ended up sleeping in the hotel room's bathroom with the door closed. It turns out her mother had sleep apnea and severe hypertension. Her mother knew she sometimes awoke when she took big breaths, but she didn't realize the severity of what was happening.

Getting Proper Treatment

Through treatment known as continuous positive airway pressure, or CPAP, her mother's blood pressure stabilized. The CPAP device involves wearing a mask while sleeping.

It keeps air pressure in the breathing passages so they don't close down. Some patients have bad reactions to the masks, Dr. Arnett said, but their design has evolved significantly, making it easier to find a suitable one.

In a sleep study, doctors count pauses in breathing to determine whether the patient has mild sleep apnea, characterized by five to 15 episodes per hour; moderate sleep apnea, defined by 15 to 30 per hour; or severe sleep apnea, meaning more than 30 each hour.

It's certainly possible to have simple, loud snoring without sleep apnea. But with regular snoring, the person continues to inhale and exhale.

With sleep apnea, the sleeping person tends to have periods when he or she stops breathing and nothing can be heard. The good news is treatment that keeps the breathing passages open and oxygen flowing can yield fast results, Dr. Arnett said. “Blood pressure comes down really quite quickly.”

Pineapple Upside-Down Cake

Say *aloha* to a heart-healthy version of an American favorite. This cake recipe has the familiar rich, fruity taste and topping of caramelized pineapple rings, but has shed the excess sugar and replaced the unhealthy fats in the batter with mashed banana. Covered with a design of pineapple rings but with banana used in place of additional fat in the recipe, this isn't just impressive on the eyes, it's also a healthy cake that tastes indulgent.

1 (20-ounce) can **pineapple slices** in juice, undrained

1/4 cup low-calorie **brown sugar blend**

3/4 cup granulated, **no-calorie sweetener** (divided use)

1 cup **all-purpose flour**

1 teaspoon **baking powder**

1/2 teaspoon **baking soda**

1/2 teaspoon **cinnamon**

pinch of **salt**

1 medium ripe banana (peeled, chopped)

1 tablespoon canola oil

1 tablespoon water

2 large eggs

½ cup 1 percent buttermilk

1 teaspoon vanilla extract

188 Calories per serving

0.6 g Sat. Fat per serving

187 mg Sodium per serving

Quick Tips



Cooking Tip: Using a knife to make sure the cake's edges aren't stuck to the pan is an essential move to successfully flipping a cake over.



Keep it Healthy: Substituting fruit for half the butter or oil in a baked goods recipe is an easy trick to trim down the fat. Applesauce and mashed bananas are easy ones because of their mild flavor but any fruit purée—berries, pear, peaches—can not only replace fat but also enhance the recipe.



Tip: Fresh pineapple can be used in this recipe too. Just cut the pineapple rings into ½-inch slices for the top of the cake, making sure to remove the center core. Then, add 1 cup chopped pineapple into the batter.

Directions

Tip: Click on step to mark as complete.

- **1**Preheat the oven to 350°F.
- **2**Make the pineapple glaze: Drain pineapple juice from the canned pineapple slices (about 1 cup) into a medium heavy-duty pot. (Reserve pineapple slices.) Add low-calorie brown sugar blend and ¼ cup no-calorie granulated sweetener into the pot and bring to a boil over high heat. Let boil until bubbly and reduced by about one-fourth, around 8 to 10 minutes. (Make sure to keep an eye on it while boiling in case it

reduces quickly.) Remove from heat; the amount of liquid should be around ¾ cup.

- **3**Coat a 9-inch cake pan with cooking spray. Pour the pineapple glaze into the dish. Arrange as many pineapple rings as will fit over the glaze—about 7. Reserve the remaining pineapple rings.
- **4**Meanwhile, into a small bowl, add all the dry ingredients: ½ cup no-calorie, granulated sweetener, flour, baking powder, baking soda, cinnamon, and salt.
- **5**Into a large bowl, add the chopped banana. Use a fork to mash the banana. Add oil, water, eggs, buttermilk, and extract into the bowl with the banana, stirring together to combine. Stir in the dry ingredients until mixed together. Chop remaining pineapple rings and stir into the batter.
- **6**Pour batter over the pineapple rings. Bake in the oven until a toothpick inserted in the center of the cake comes out clean, about 50 minutes.
- **7**Remove cake from the oven and let cool 10 minutes. Run a butter knife along the edges of the cake pan to make sure the cake won't stick. Place a plate on top of the pan and use pot holders to flip cake over to invert. Serve warm or at room temperature.

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HEART ATTACK WARNING SIGNS

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. Discomfort in other areas of the upper body Shortness of breath may include breaking out in a cold sweat, nausea or lightheadedness.

Heart Humor

A guy gets home early from work and hears strange noises coming from the bedroom. He rushes upstairs to find his wife naked on the bed, sweating and panting.' What's up?' he says.

'I'm having a heart attack,' cries the woman.

He rushes downstairs to grab the phone, but just as he's dialing, his 4-year-old son comes up and says,' Daddy! Daddy! Uncle Ted's hiding in your wardrobe and he's got no clothes on!' The guy slams the phone down and storms upstairs into the bedroom, past his screaming wife and rips open the wardrobe door.

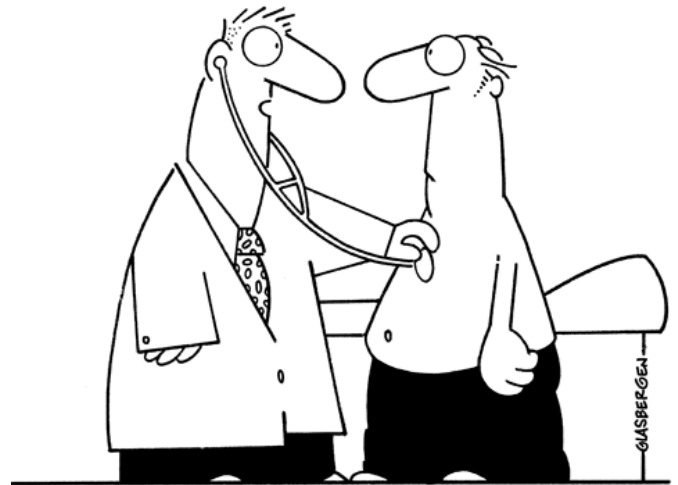
Sure enough, there is his brother, totally naked, cowering on the wardrobe floor.' You jerk,' yells the husband,' my wife's having a heart attack and you're running around with no clothes on scaring the kids!'

An elderly patient needed a heart transplant and discussed his options with his doctor. The doctor said, "We have 3 possible donors; the 1st is a young, healthy athlete who died in an automobile accident, the 2nd is a middle-aged businessman who never drank or smoked and who died flying his private jet. The 3rd is an attorney who died after practicing law for 30 years. Which do you want?" "I'll take the lawyer's heart", said the patient. After a successful transplant, the doctor asked the patient why he had chosen the donor he did. "It was easy", said the patient, "I wanted a heart that hadn't been used."



"Yes! That was very loud Sir, but I said I wanted to hear your HEART!"

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"It's easy to tell the difference between good cholesterol and bad cholesterol. Bad cholesterol has an evil laugh."

**I Had A Heart Attack
And All I Got
Was A Stent And
This Lousy T-Shirt**

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.