



Mended Hearts

FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369

www.MendedHeartsStCharles.org

Issue No.29

Fall 2017 Newsletter – October, November, December

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 66 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.**

Fall Heart Event Anniversaries

Kenneth Horn 12/2009.

Fall Birthdays

Jackie Fix 12/8, Marvin Hellebusch 12/15, Lydia Hellebusch 11/3, John Hillman 11/9, Larry Mantle 11/8, Charlotte Mantle 12/23, Jack Wittman 10/10.

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:

Oct 10th @: Barnes-Jewish St Peters in the medical building #6 Jungermann Circle. We meet in the Health Wise room. Subject: TBT

Nov 14th @: St. Joseph’s St. Charles. In the Doctors Dining Room on the ground floor. Subject: TBT

December 12th. @: Barnes-Jewish St Peters in the medical building #6 Jungermann Circle. We meet in the Health Wise room. Christmas Party

Multi-Meeting Program Series

We are working on putting together a program course that will span several meetings next year. The idea is to give us a view into the various steps that may be involved in the health care of a heart event patient. This may include interacting with 911 personnel, emergency room, surgery, ICU and cardiac rehab personnel.

Medical Terms you might hear.

Abdominal aortic aneurysm

An abdominal aortic aneurysm, also called aortic aneurysm, occurs when the large blood vessel (the aorta) that supplies blood to the abdomen, pelvis and legs becomes abnormally large or balloons outward. This type of aneurysm is most

often found in men over age 60 who have at least one or more risk factor, including emphysema, family history, high blood pressure, high cholesterol, obesity and smoking.

Ablation

Ablation, or cardiac ablation, is a therapeutic method used to destroy a small section of heart tissue causing abnormal electrical activity or irregular heartbeat. Ablation is done using electrodes that help identify the site of abnormal activity, then deliver either radiofrequency energy (RF ablation) or intense cold (cryoablation) to destroy the tissue.

ACE inhibitors

ACE inhibitors, also called angiotensin-converting enzyme inhibitors, are drugs used to treat high blood pressure and heart failure. ACE inhibitors alters the body's ability to produce angiotensin II, a hormone that causes the arteries to narrow. By blocking the making of angiotensin, these drugs help the blood vessels relax and widen, which lowers blood pressure, increases blood flow to the heart and reduces the heart's workload.

Actin

Actin is a protein that helps make up the structure of muscles in the heart. As muscle cells die during a heart attack, actin is released into the blood. A blood test to measure actin can help confirm a heart attack and determine the extent of heart damage.

Acute coronary syndrome

Acute coronary syndrome is an umbrella term for when blood supplied to the heart muscle is decreased or blocked, leading to a heart attack. The common signs of acute coronary syndrome are chest pain or discomfort, which may involve pressure, tightness or fullness; pain or discomfort in one or both arms, the jaw, neck, back or stomach; shortness of breath; feeling dizzy or lightheaded; nausea; or sweating.

Adams-Stokes Disease

Adams-Stokes disease, also called Stokes-Adams disease, is a condition that leads to fainting (syncope) and sometimes convulsions. It happens when the electrical signals traveling from the upper to lower chambers of the heart are interrupted. This results in inadequate blood flow to the brain because the heart is beating too slowly (an arrhythmia called bradycardia).

Adenosine

Adenosine is a substance produced by the body that plays a role in important biochemical processes. It causes increased blood flow to the heart muscle by relaxing the coronary arteries and other blood vessels in the body and regulates heart rhythm. Adenosine is also a drug used to treat some types of arrhythmias (irregular heartbeats), specifically those that cause a fast heartbeat.

AED

An automated external defibrillator is a computerized medical device that can check a person's heart as well as shock it back to a normal rhythm. It can help save the life of someone who has suffered sudden cardiac arrest, the abrupt loss of heart function. The AED uses voice prompts, lights and text messages to tell the rescuer the steps to take. AEDs are very accurate and easy to use. With a few hours of training, anyone can learn to operate an AED safely.

Alpha adrenergic blockers

Alpha-adrenergic blockers are drugs used to lower blood pressure. They work by relaxing the muscles in the walls of blood vessels. With blood vessels open and relaxed, blood flow improves and blood pressure lowers. Alpha-adrenergic blockers also lower blood pressure and reduce stress on the heart by slowing the heart rhythm and lessening the force of the heartbeat. These drugs are also called alpha blockers, alpha-adrenergic antagonists and alpha-adrenergic blocking agents

Amiodarone

Amiodarone is a drug used to slow the heart rate and help keep it in a regular rhythm. It is used to treat fast or other irregular heartbeats, called arrhythmias, including atrial fibrillation, ventricular tachycardia and ventricular fibrillation. Amiodarone belongs to a class of drugs called antiarrhythmics. Side effects are usually dose-related and regular follow-up is necessary to evaluate kidney, liver and lung function

Aneurysm

An aneurysm is an abnormal weakening or ballooning-out of a vessel wall of an artery. Weakening of the blood vessel wall may be due to disease, injury or an abnormality present at birth. Some common locations for aneurysms include the aorta (the major artery leading away from the heart), the brain (called a cerebral aneurysm), leg, intestine and splenic artery (which supplies blood to the spleen).

Angina

Angina is chest pain or discomfort due to coronary heart disease. It occurs when the heart muscle doesn't get as much blood as it needs. This usually happens because one or more of the heart's arteries is narrowed or blocked, also called ischemia. Stable angina refers to "predictable" chest discomfort associated with exertion or stress. Unstable angina refers to unexpected chest pain and usually occurs at rest. It is typically more severe and prolonged. Unstable angina should be treated as an emergency.

Angiogenesis

Angiogenesis is the creation of new blood vessels. The body creates small blood vessels called "collaterals" to help compensate for reduced blood flow.

Angioplasty

Angioplasty, also known as percutaneous intervention, is a procedure in which a thin tube called a catheter is threaded into the heart with a deflated balloon at the tip. The balloon is then inflated to open spots where blood flow has been reduced or blocked. While doing an angioplasty, doctors may also implant a mesh tube called a stent to help prop open the artery, reducing the chance of another blockage. Another type of angioplasty is a laser angioplasty; instead of a balloon, the catheter carries a laser tip that sends pulsating beams of light to clear blockages

Angiotensin

Angiotensin is a hormone produced by the body that causes the blood vessels to narrow. Angiotensin acts as a vasoconstrictor, causing the smooth muscle cells within the blood vessels to constrict, thereby causing the blood pressure to go up.

Angiotensin converting enzyme inhibitors

Angiotensin-converting enzyme inhibitors, also called ACE inhibitors, are drugs used to treat high blood pressure and heart failure. ACE inhibitors alter the body's ability to produce angiotensin II, a hormone that causes the arteries to narrow. By blocking the making of angiotensin, these drugs help the blood vessels relax and widen, which lowers blood pressure, increases blood flow to the heart and reduces the heart's workload

Antiarrhythmic medication

Antiarrhythmic medication helps control and slow the heart rate. Antiarrhythmics work by either slowing the activity of tissue that is initiating electrical impulses too quickly in the heart's natural pacemaker or by slowing the transmission of fast electrical impulses that cause the heart to beat. Antiarrhythmics include several

classes of drugs, such as sodium channel blockers, beta-blockers, potassium channel blockers and calcium channel blockers. Other medications used to control heart rate include adenosine and digitalis (also called digoxin and digitoxin). The type of arrhythmia you have determines which medication is prescribed

Anticoagulants

Anticoagulants are drugs that decrease the ability of the blood to clot, or coagulate. Also called blood thinners, they are used to treat certain blood vessel, and heart and lung conditions. They are also given to some people at high risk for blood clots, including those with atrial fibrillation or artificial heart valves. Anticoagulants do not dissolve clots but may prevent existing clots from becoming larger and causing more serious problems. They are often prescribed to prevent first or recurrent heart attack or stroke. Common anticoagulant drugs are heparin, warfarin, rivaroxaban, apixaban, edoxaban and dabigatran

Antihypertensive drugs

Antihypertensive drugs are commonly prescribed to help lower blood pressure in conjunction with a heart-healthy diet and regular physical activity. Blood pressure-lowering drugs include diuretics, angiotensin-converting enzyme (ACE) inhibitors, angiotensin II receptor blockers, vasodilators, alpha blockers, beta-blockers, calcium channel blockers and central agonists. Many patients may require more than one drug to control high blood pressure. Some drugs used in hypertensive people may also be prescribed for heart failure and arrhythmia patients.

Antiplatelet agents

Antiplatelet agents are drugs used to prevent blood platelets from sticking together and forming blood clots. The drugs prevent clotting in patients who have had a heart attack, unstable angina, ischemic stroke, transient ischemic attack (also known as a warning stroke) or other form of cardiovascular disease. Common antiplatelet agents include aspirin, clopidogrel, dipyridamole, prasugrel, and ticagrelor.

Microwave Omelet in a Mug

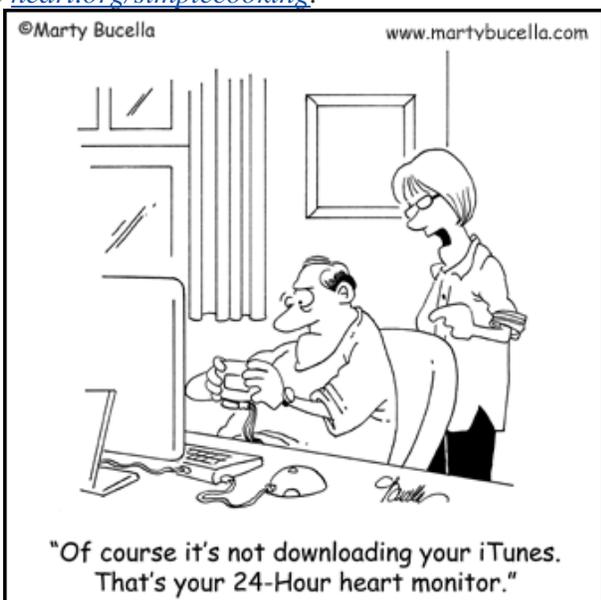
Ingredients

1 Servings

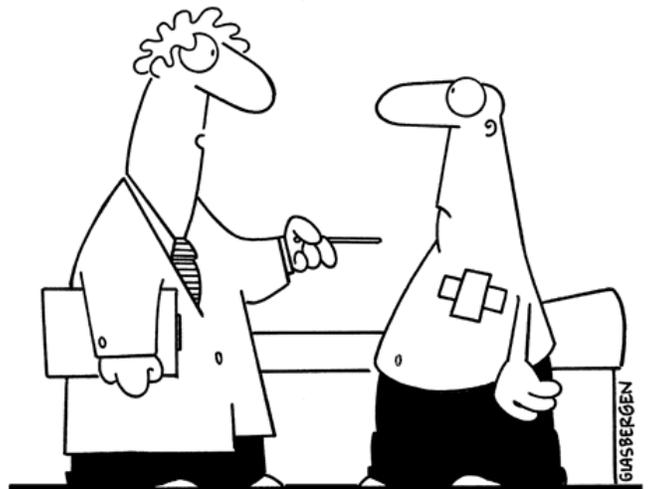
- 1 large egg
- 2 large egg whites
- 2 Tbsp fat-free milk

- pinch salt and pepper
- 1/4 cup packed fresh spinach leaves or other greens
- 1 tablespoon finely chopped red onion
- 1 tablespoon finely chopped bell pepper
- 2 Tbsp chopped tomatoes
- 1 tablespoon chopped green onions
- Coat the inside of a 12-ounce (or larger) coffee mug with cooking spray.
- **2**Add eggs, egg whites, milk, salt, and pepper into the mug. Whisk together with a fork. Stir in spinach, onion, bell pepper, and tomatoes.
- **3**Place in the microwave and cook on high heat for 1 minute. Continue cooking in 30 second intervals as to not overcook the eggs, removing the mug when eggs are puffy and set. Cooking time will depend on the microwave wattage but probably be around 2 to 3 minutes.
- **4**Top with scallions and eat immediately.
 - **130 Calories**per serving
 - 🔥 **1.6 g Sat. Fat**per serving
 - 🚰 **343 mg Sodium**per serving

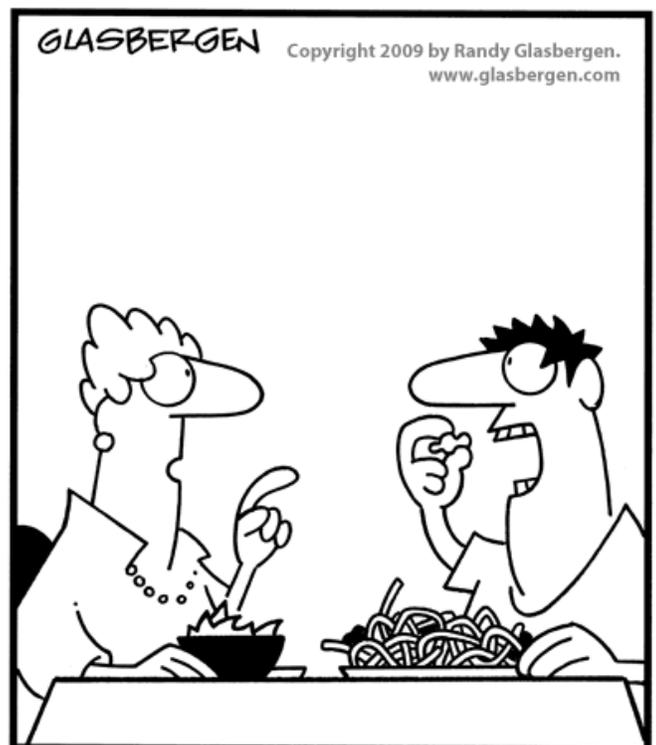
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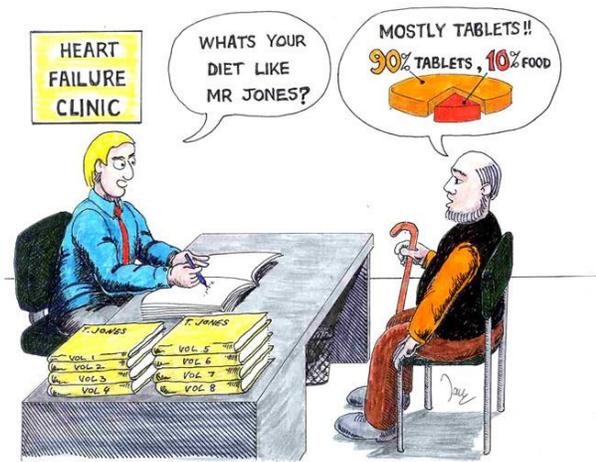
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"It's a pacemaker for your heart, plus you can download apps for your liver, kidneys, lungs, and pancreas!"



"I think the Lipitor works better if you don't coat it in bread crumbs and deep fry it."



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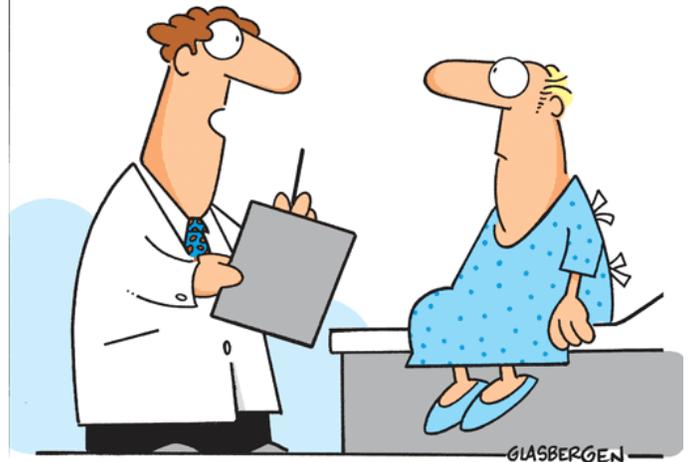


"It's your mother. She wants to know if you were wearing clean underwear."

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"I have a question about my medication. Why is the couple in the commercial sitting outdoors in separate bathtubs?"



"Don't think of me as a Proctologist. Think of me as Colon Tech Support."



"First we insert a balloon to open the clogged artery, then we fill the balloon with helium so you weigh less."

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.