



# Mended Hearts

## FROM THE HEART

St Charles County  
Mended Hearts  
Newsletter  
Chapter 369

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

Issue No.30

Winter 2018 Newsletter – January, February, March

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 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

Joe Granieke Jan 2015, Jan Michelsen Jan 2010,  
Raphael Nun Feb 2015, Bill Vehige Feb 2003.

### Fall Birthdays

Neal Fix Jan 18, Marla Fix Feb 4, Joe Granieke Jan 12, Jan Michelsen Mar 22, Edmund Michelsen Mar 22, Tracy Powers Jan 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:

**Jan 9<sup>th</sup> @: St. Joseph’s St. Charles. In the Doctors Dining Room on the ground floor.  
Subject: TBT**

**Feb 13<sup>th</sup> @: St. Charles Fire Hall One, 600 N. 6<sup>th</sup> Street St Charles, Mo. 63301. This may include interacting with 911 personnel.**

**March 13<sup>th</sup>. @: St. Joseph’s St. Charles. In the Doctors Dining Room on the ground floor.  
Subject: St. Joseph’s Emergency room.**

### Multi-Meeting Program Series

The subject of the April meeting will be the BJC Cath Lab. The subject of the May meeting will be the operating rooms at St. Joseph’s hospital. The subject of the June meeting will be about the BJC ICU. The subject of the July meeting will be St Joseph’s Rehab.

### Medical Terms you might hear.

**Bacterial endocarditis** - A bacterial infection of the lining of the heart's chambers (called the endocardium) or of the heart's valves.

**Balloon catheter** - A long tube-like device with a small balloon on the end that can be

threaded through an artery. Used in angioplasty or valvuloplasty.

**Beta-blocker** - An antihypertensive medicine that limits the activity of epinephrine, a hormone that increases blood pressure.

**Bradycardia** - Abnormally slow heartbeat.

**Bruit** - A sound made in the blood vessels resulting from turbulence, perhaps because of a buildup of plaque or damage to the vessels.

**Bundle branch block** - A condition in which parts of the heart's conduction system are defective and unable to conduct the electrical signal normally, causing an irregular heart rhythm (arrhythmia).

**Bypass** - Surgery that can improve blood flow to the heart (or other organs and tissues) by providing a new route, or "bypass" around a section of clogged or diseased artery.

**Calcium channel blocker (or calcium blocker)**  
A medicine that lowers blood pressure by regulating calcium-related electrical activity in the heart.

**Capillaries** - Microscopically small blood vessels between arteries and veins that distribute oxygen-rich blood to the body's tissues.

**Cardiac** - Pertaining to the heart.

**Cardiac amyloidosis** - A disorder caused by deposits of an abnormal protein (amyloid) in the heart tissue, which make it hard for the heart to work properly. Also called "stiff heart syndrome."

**Cardiac arrest** - The stopping of the heartbeat, usually because of interference with the electrical signal (often associated with coronary heart disease).

**Cardiac catheterization** - A procedure that involves inserting a fine, hollow tube (catheter)

into an artery, usually in the groin area, and passing the tube into the heart. Often used along with angiography and other procedures, cardiac catheterization has become a primary tool for visualizing the heart and blood vessels and diagnosing and treating heart disease.

**Cardiac enzymes** - Complex substances capable of speeding up certain biochemical processes in the heart muscle. Abnormal levels of these enzymes signal heart attack.

**Cardiac output** - The amount of blood the heart pumps through the circulatory system in one minute.

**Cardiomegaly** - An enlarged heart. It is usually a sign of an underlying problem, such as high blood pressure, heart valve problems, or cardiomyopathy.

**Cardiomyopathy** - A disease of the heart muscle that leads to generalized deterioration of the muscle and its pumping ability.

**Cardiopulmonary bypass** - The process by which a machine is used to do the work of the heart and lungs so the heart can be stopped during surgery.

**Cardioversion** - A technique of applying an electrical shock to the chest to convert an abnormal heartbeat to a normal rhythm.

**Carotid artery** - A major artery (right and left) in the neck supplying blood to the brain.

**Cerebral embolism** - A blood clot formed in one part of the body and then carried by the bloodstream to the brain, where it blocks an artery.

**Cerebral hemorrhage** - Bleeding within the brain resulting from a ruptured blood vessel, aneurysm, or head injury.

**Cerebral thrombosis** - Formation of a blood clot in an artery that supplies part of the brain.

## Tailgate Chili

Try this classic Simple Cooking with Heart chili recipe that's good for your heart. It's ready in 30 minutes!

### Ingredients

4 Servings

1 lb. 95% lean ground beef (or ground white meat chicken or turkey for a healthier option)

1 medium onion (chopped)

1 medium green bell pepper (chopped)

1 medium jalapeño (optional, only if you like spicy chili), chopped

4 clove minced, fresh garlic

OR

2 tsp. jarred, minced garlic

1 Tbsp. chili powder

1 Tbsp. ground cumin

1/2 tsp. ground coriander

15.5 oz. canned, no-salt-added or low-sodium pinto or kidney beans, rinsed, drained

14.5 oz. canned, no-salt-added, or, low-sodium, diced tomatoes (undrained)

3/4 cup jarred salsa (lowest sodium available)

30 min Cook time

297 Calories per serving

sat-fat 2.5 g Sat. Fat per serving

288 mg Sodium per serving

Tip: if you want 5-alarm chili, add 1 teaspoon cayenne pepper

### Directions

1. Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef. Transfer to colander and rinse with water to drain excess fat. Return beef to pan.

2. Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally.

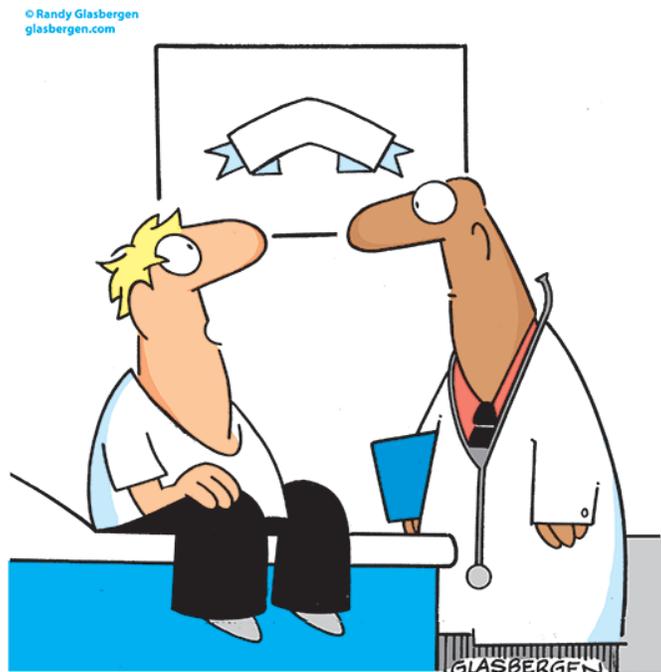
3. Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes.

4. Optional – serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.

Recipe copyright © 2016 American Heart Association. This recipe is brought to you by the

American Heart Association's Simple Cooking with Heart ® Program. For more simple, quick and affordable recipes, [visitheart.org/simplecooking](http://visitheart.org/simplecooking).

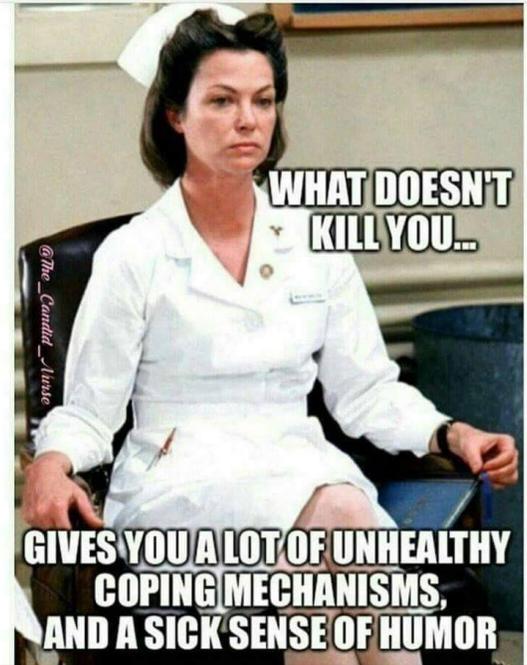
## Medical Humor



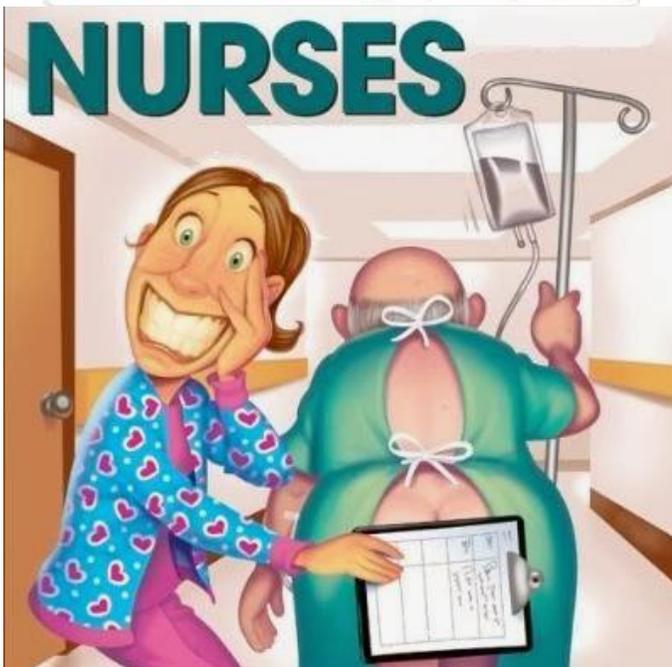
**"I already diagnosed myself on the Internet.  
I'm only here for a second opinion."**



“More and more patients are going to the Internet for medical advice. To keep my practice going, I changed my name to Dr. Google.”



**NURSES ARE LIKE**





### 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.