



# Mended Hearts

## FROM THE HEART

St Charles County  
Mended Hearts  
Newsletter  
Chapter 369

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

Issue No.32

Summer 2018 Newsletter – July, August, September

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)

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**

Sue Dreckshage 6/1966, Dean Combs 8/2017, Nina Harris 9/2010, John Hillman 7/2010, Larry Mantle 8/2008, Paul Powers 8/2012, Dennis Schleeper 7/2016, Bill Snowden 8/2016.

### **Summer Birthdays**

Kelly Burkett 8/4, Nancy Burkett 8/10, Sue Dreckshage 7/12, 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 alternating between BJC St. Peters and SSM St. Joseph’s in St. Charles. Join us for a light meal before the meeting

Meetings at St Josephs will be at 5:00 pm. All other meetings will be at 6:30 pm.

The upcoming meetings are:

**July 10th @:** Our July Meeting will begin at the Harmon Rehab Center on the Corner of 2nd and Jefferson in St. St. Charles. We will meet there at 5:00 p.m. and from there we will go back up to the Dr. Dining Room for our meeting.

**August 14th.** Annual anniversary dinner @ Madison’s Café 2974 Highway K O’Fallon, Mo, 63368 on the corner of Highway K and Highway N. We will meet there at 6:00 p.m. To view the menu go to this web Address  
**<http://www.madisonsofallon.com/menu>**

**September 11<sup>th</sup>,** @: St Josephs Hospital we meet in Dr. Dining Room on the ground floor near the cafeteria. Subject TBT.

## Chapter 369 Honors

St Charles County Chapter 369 will be recognized by National Mended Hearts for our outstanding work visiting nearly 3000 heart patients last year. We will be featured in an upcoming issue of the Heartbeat magazine. We will be taking a group picture at our July meeting to be included in the article. We would like to have as many members as possible attend the meeting and be a part of this honor. If you have not attended a meeting recently this will be the perfect opportunity to re-acquaint

Over

yourself with this wonderful group.

### **Diabetes and Heart Disease Conference**

Chapter 369 was invited to participate in the Sweet Heart conference on May 2nd at the Capital building in Jefferson City. This conference was to highlight the connection between Diabetes and Heart Disease. 3 representatives from Chapter 369 participated. **Larry Mantle, John Hillman and Bill Fix.**

### **Diabetes and Heart Disease**

Over time, high blood sugar levels can lead to a buildup of plaque in your blood vessels, increasing your chance of future heart problems, like a heart attack or stroke.

With type 2 diabetes, heart attacks are more serious and more likely to be fatal.

For adults over 60, having type 2 diabetes and CV disease shortens life expectancy by an average of 12 years.

Data from the National Heart Association from 2012 shows 65% of people with diabetes will die from some sort of heart disease or stroke. In general, the risk of heart disease death and stroke are twice as high in people with diabetes.

While all people with diabetes have an increased chance of developing heart disease, the condition is more common in those with type 2 diabetes. In fact, heart disease is the number one cause of death among people with type 2 diabetes.

For example, one medical study found that people with diabetes who had no other health risk factors for heart disease were 5 times more likely to die of heart disease than those without. Another medical study showed that people with diabetes, no matter the number of other heart disease risk factors, were as likely to have a heart attack as someone without diabetes who has already had a heart attack.

Heart disease experts recommend that all people with diabetes have their heart disease risk factors treated as aggressively as people who have already had heart attacks. Not only are people with diabetes at higher risk for heart disease, they're also at higher risk for heart failure, a serious medical condition in which the heart is unable to pump blood adequately. This can lead to fluid build-up in the lungs that

causes difficulty breathing, or fluid retention in other parts of the body (especially the legs) that causes swelling.

The best way to prevent heart disease is to take good care of yourself and your diabetes.

- • Keep your blood sugar as normal as possible.
- Control your blood pressure, with medication if necessary. The target for people with diabetes is under 130/80.
- Get your cholesterol numbers under control. You may need to take medication to do this.
- Lose weight if you are obese.
- Ask your doctor if you should take an aspirin a day.
- Exercise regularly.
- Eat a heart-healthy diet such as the Mediterranean diet or DASH diet.
- Quit smoking.
- Work to reduce daily stress.

### **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.