



Mended Hearts

FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369

www.MendedHeartsStCharles.org

Issue No.36

Summer 2019 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 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

Dean Combs 8/2017, Sue Dreckshage 7/12, 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 Burkette 8/4, Nancy Burkette 8/10, 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 9th. @: Barnes-Jewish St Peters in the medical building #6 Jungermann Circle. We meet in the Conference room. Subject: A fib

August 13th. Anniversary Dinner @ Madison’s Café 2974 Hwy K O’Fallon, Mo.63368 O’Fallon Crossing Shopping Center corner of K&N. meet at 6pm order from the menu and pay. R.S.V.P by Aug 7 Bill Fix 636-940-1298 or billfix@hotmail.com

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

Afib Facts

Atrial fibrillation is a type of abnormal heart rhythm (arrhythmia) of your heart.

Atrial fibrillation starts in the upper chambers of your heart (the atria) and causes them to quiver (fibrillate), instead of beating normally.

This can mean your heart doesn’t pump blood around your body as efficiently as it should.

Some people have a single episode of atrial fibrillation. For others it can come and go (sporadic or paroxysmal), or be permanent (persistent).

It's important to diagnose and treat atrial fibrillation because it can cause blood clots that can block blood supply to your vital organs and lead to a stroke. It may also be a sign that you have heart disease.

Causes

The most common causes of atrial fibrillation are:

long-term high blood pressure

coronary heart disease (blocked arteries)

valvular heart disease (problems with your heart valves).

It is sometimes caused by hyperthyroidism (when your thyroid is too active). This cause can be treated.

Atrial fibrillation can also be associated with chest trauma or surgery, or too much caffeine or alcohol. Some medicines or diseases (like pneumonia) can trigger atrial fibrillation. Sometimes there is no known cause.

Symptoms

Atrial fibrillation can cause symptoms like:

a 'fluttering' heartbeat

an irregular pulse

weakness

tiredness

dizziness.

Diagnosis

If your doctor suspects you have atrial fibrillation, they may do tests like an electrocardiogram (ECG) or echocardiogram. Read more about medical tests

Treatment

Your doctor will decide on the best treatment, depending on:

how bad your symptoms are

the cause (if known)

how long you have had the problem

your risk of stroke and other problems

the risks of each treatment.

Medicines

Most people with atrial fibrillation will need to take medicines. Your doctor will decide the best ones. Ask your doctor for information on these medicines.

They may prescribe medicines to restore or maintain a normal heart beat in the short or long term.

Most medicines usually have to be taken for the long term. It's important to take medicines as prescribed.

Procedures

Your doctor may also recommend procedures like:

electrical cardioversion

catheter ablation

surgery (very rare) to try to make your heart beat normally.

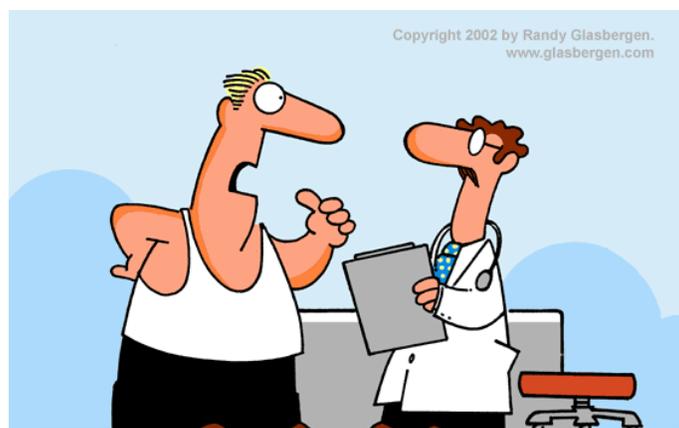
Read more about heart procedures

Lifestyle changes

As with other heart conditions the best way to manage your heart health is to make sure you see your doctor regularly and reduce the risks. It's important to manage the risk factors for heart disease to avoid more heart problems. Find out about the risk factors and what you can do about them

You may also need to reduce your caffeine intake. Talk with your doctor about what's best for you.

Heart Humor



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"I've always been a high achiever, always striving for bigger, faster, greater...and now suddenly I'm expected to settle for lower blood pressure and less cholesterol!?"



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"Whenever your cholesterol gets too high, a sensor will send out a signal that automatically locks the kitchen door and turns on your treadmill."



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

Keep Taking the Medicine

Patient: It's been one month since my last visit and I still feel miserable.

Doctor: Did you follow the instructions on the medicine I gave you?

Patient: I sure did - the bottle said 'keep tightly closed.'

Quick Diagnosis

Nurse: 'Doctor, Doctor the man you've just treated collapsed on the front step. What should I do?'

Doctor: 'Turn him around so it looks like he was just arriving!'

A panel of doctors was asked for their opinions concerning a proposal to build a new wing to their hospital. This was what they said:
The Allergists voted to scratch it.

The Dermatologists preferred no rash moves.

The Psychiatrists thought it was madness.

The Radiologists could see right through it.

The Gastro-enterologists had a gut feeling about it.

The Neurologists thought the administration had a lot of nerve.

The Obstetricians stated they were labouring under a misconception.

The Ophthalmologists considered the idea short-sighted.

The Pathologists yelled, "Over my dead body."

The Paediatricians said, "Grow up!"

The Plastic Surgeon said, 'This puts a whole new face on the matter.'

The Podiatrists thought it was a step forward.

The Urologists felt the scheme wouldn't hold water.

The Surgeons decided to wash their hands of the whole thing.

The Anaesthesiologists thought the whole idea was a gas.

The Cardiologists didn't have the heart to say no.

Beware If Your Doctor Uses These Medical Phrases

Damn! Page 47 of the manual is missing!

Better save that. We'll need it for the autopsy.

Wait a minute, if this is his spleen, then what's that?

Oh no! I just lost my Rolex.

...and could you stop that thing from beating; it's throwing my concentration off

Anyone see where I left that scalpel?

Orthodox medicine has not found an answer to your complaint. However, luckily for you, I happen to be a quack.

FIRE! FIRE! Everyone get out!

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.