



Mended Hearts

FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369

www.MendedHeartsStCharles.org

Issue No.37

Fall 2019 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), 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 Birthdays

Jackie Fix 12/8, John Hillman 11/9, Charlotte Mantle 12/23, Larry Mantle 11/8, Susan Zimmer 12/31.

Fall Heart Event Anniversaries

Rod McKenzie 10/2010, Susan Zimmer 12/2016.

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:

October 8th.: St. Joseph's St. Charles. In the Doctors Dining Room on the ground floor. Subject: Stroke

November 12th. @: Barnes-Jewish St Peters in the medical building #6 Jungermann Circle. We meet in the Conference room. Subject: TBT

December 10th@: .: St. Joseph's St. Charles. In the Doctors Dining Room on the ground floor. Annual Christmas Party, bring a dish to share.

Stroke

Stroke is a disease that affects the arteries leading to and within the brain. It is the No. 5 cause of death and a leading cause of disability in the United States.

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.

5 Warning Signs of Stroke

Sudden numbness or weakness in the face, arm or leg (especially on one side of the body).

Sudden confusion or trouble speaking or understanding speech.

Sudden vision problems in one or both eyes.

Sudden difficulty walking or dizziness, loss of balance or problems with coordination.

Severe headache with no known cause.

What are the types of stroke?

Stroke can be caused either by a clot obstructing the flow of blood to the brain (called an ischemic stroke) or by a blood vessel rupturing and preventing blood flow to the brain (called a hemorrhagic stroke). A TIA (transient ischemic attack), or "mini stroke", is caused by a temporary clot.

Effects of Stroke

The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow can't reach the region that controls a particular body function, that part of the body won't work as it should.

If the stroke occurs toward the back of the brain, for instance, it's likely that some disability involving vision will result. The effects of a stroke depend primarily on the location of the obstruction and the extent of brain tissue affected.

The effects of a stroke depend on several factors, including the location of the obstruction and how much brain tissue is affected. However, because one side of the brain controls the opposite side of the body, a stroke affecting one side will result in neurological complications on the side of the body it affects

Left Brain

If the stroke occurs in the left side of the brain, the right side of the body will be affected, producing some or all of the following:

- **Paralysis on the right side of the body**
- Speech/language problems
- Slow, cautious behavioral style
- Memory loss
- Memory loss

Right Brain

If the stroke occurs in the right side of the brain, the left side of the body will be affected, producing some or all of the following:

- **Paralysis on the left side of the body**
- Vision problems
- Quick, inquisitive behavioral style
- Memory loss

Brain Stem

When stroke occurs in the brain stem, depending on the severity of the injury, it can affect both sides of the body and may leave someone in a 'locked-in' state. When a locked-in state occurs, the patient is generally unable to speak or achieve any movement below the neck.

Emotional and Behavioral Changes after Stroke Affect Survivors and Caregivers Alike

After a stroke, survivors often experience emotional and behavioral changes. The reason is simple. Stroke impacts the brain, and the brain controls our behavior and emotions. You or your loved one may experience feelings of irritability, forgetfulness, carelessness or confusion. Feelings of anger, anxiety or depression are also common.

The good news is many disabilities resulting from stroke tend to improve over time. Likewise, behavioral and emotional changes also tend to improve. Time is on your side.

Stroke Risk Factors You Can Control, Treat and Improve.

High Blood Pressure, Smoking, Diabetes, Diet, Physical Inactivity, Obesity, High Blood Cholesterol, Carotid Artery Disease, Peripheral Artery Disease, Atrial Fibrillation Other Heart Disease, Sickle Cell Anemia.

Stroke can change your life in an instant. But quality rehabilitation can help you recover.

It's important to make informed decisions about rehab quickly, which can be overwhelming.

The best results can only be achieved through the combined efforts of your family, your team of healthcare professionals and, of course, you.

FAST is an acronym used as a mnemonic to help detect and enhance responsiveness to the needs of a person having a stroke. The acronym stands for Facial drooping, Arm weakness, Speech difficulties and Time to call emergency services

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.