



Mended Hearts

## FROM THE HEART

St Charles County  
Mended Hearts  
Newsletter  
Chapter 369

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

Issue No.42

Winter 2021 Newsletter – Jan, Feb, Mar

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), (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.

### Winter Birthdays

**Neal Fix, 1/18**

### Winter Heart Event Anniversaries

**Bill Vehige 2/2003**

**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 tentative depending on the restrictions in place because of the Covid 19 virus:**

**Jan 12th. Check your Email for announcements.**

**Feb 9th. Check your Email for announcements.**

**Mar 8th. Check your Email for announcements.**

**Taking care of your heart means getting the right kind of rest**

Most people understand that getting a good night of sleep helps you feel more energized and alert the next day, but many people don't realize that poor sleep can also lead to serious health problems, including cardiovascular disease. According to the CDC (Centers for Disease Control and Prevention), most adults need at least 7 hours of sleep a night but more than one in three don't get the recommended amount of sleep.

Not getting enough sleep for one night, or even two, might not cause a problem. But people (even children and adolescents) who continue to have poor sleep are more likely to develop health conditions including:

Did you know?



Excessive daytime sleepiness might be a symptom of a more serious condition

Getting to the **HEART** of Sleep Issues

**Heart attack**

High blood pressure

Obesity

**Depression**

Type 2 Diabetes

Here are some common sleep conditions that may lead to cardiovascular disease:

Did you know?



Narcolepsy is associated with drops in blood pressure at night

Getting to the **HEART** of Sleep Issues

**Narcolepsy** -Narcolepsy is a chronic neurological disorder that affects the brain's ability to control sleep-wake cycles. People with narcolepsy may feel rested after waking, but then feel very sleepy throughout much of the day. Many people with narcolepsy also experience interrupted sleep that can involve waking up frequently during the night.

**Sleep Apnea** -Sleep Apnea is a condition that happens when your airway gets blocked repeatedly during sleep, causing you to stop breathing for short amounts of time. Sleep apnea can be caused by certain health problems, such as obesity and heart failure. This can cause you to not have a restful sleep and can lead to serious consequences.

**Insomnia** -Insomnia is when you have trouble falling sleep, staying asleep, or both. As many as one in two adults experiences short-term insomnia at some point, and 1 in 10 may have long-lasting insomnia. Insomnia is linked to high blood pressure and heart disease.

Did you know?



Disrupted night-time sleep can increase your risk of cardiovascular disease

Getting to the **HEART** of Sleep Issues

Did you know?



There is an increased risk of cardiovascular and cardiometabolic issues in patients with narcolepsy

Getting to the **HEART** of Sleep Issues

**The Pros and Cons of napping:** "If you're napping because it helps you get through the day, that's

probably a good thing," Grandner said. "But if you're napping because you just can't stay awake, that's a sign that there's some underlying health issue. You're either not getting enough sleep at night or your sleep quality could be very poor."

**Get Good Quality Sleep:** A lack of sleep can do more than leave you yawning; it can harm your health. People who don't get enough sleep have a higher risk of obesity, high blood pressure, heart attack, diabetes and depression.

**CV dangers of not enough sleep in menopausal women:** "We know that poor, particularly short sleep has been associated with CVD risk, including a 50% increase in coronary heart disease mortality," Thurston said. "It all begs the question: What is going on during the menopause transition? This is a time of poor sleep and vascular vulnerability."

**CPAP helps reduce risk of heart disease:** A report published in the Journal of the American Heart Association found that continuous positive airway pressure treatment at night helped to lower daytime resting heart rates in those who were prediabetics with obstructive sleep apnea, reducing their risk of cardiovascular disease.

#### **Restful Sleep Could Help Ward Off Heart**

**Failure:** Researchers found that of over 400,000 adults, those with the healthiest sleep patterns were 42% less likely to develop heart failure over 10 years, versus people with the least healthy habits. Those "healthy" sleepers reported five things: Getting seven to eight hours of sleep per night, no snoring, rarely having trouble falling or staying asleep, no daytime grogginess, and being a "morning" person.

**Is Lack of Sleep Worse than Smoking:** We all know smoking is more than just a nasty habit, but new studies indicate that there might be a greater risk to your health: Lack of sleep. Most of us are sleeping less than we should be (and less than we used to be). And if you're a smoker? Odds are you are sleeping even less.

#### Medical Humor

A mother complained to her consultant about her daughter's strange eating habits.

–*"All day long she lies in bed and eats yeast and car wax. What will happen to her?"*

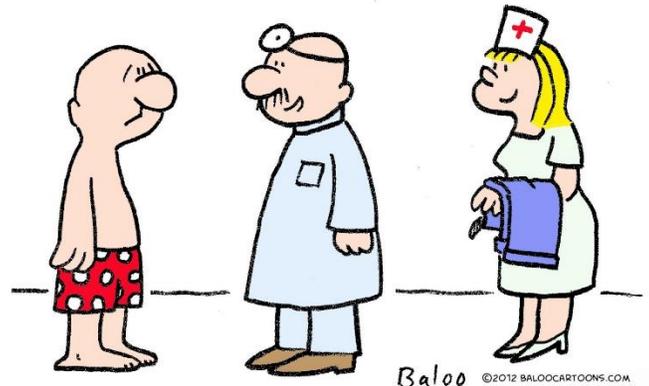
–*"Eventually,"* said the consultant, *"she will rise and shine."*

A sign on a cosmetic surgery clinics says:

*"If life gives you lemons, a simple operation can give you melons."*

The best doctor in the world is the veterinarian. He can't ask his patients what is the matter – he's got to just know.

- Will Rogers



"The nurse will return your pants as soon as you pay your bill."



"Whoa! That was a good one! Try it, Hobbs — just poke his brain right where my finger is."

#### 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.