



Mended Hearts

FROM THE HEART

St Charles County
Mended Hearts
Newsletter
Chapter 369

www.MendedHeartsStCharles.org

Issue No.43

Spring 2021 Newsletter – April, May, June

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.

Spring Birthdays

Bill Fix 5/31, Rod Mckenzie 6/24

Spring Heart Event Anniversaries

Bill Fix 5/2012

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.

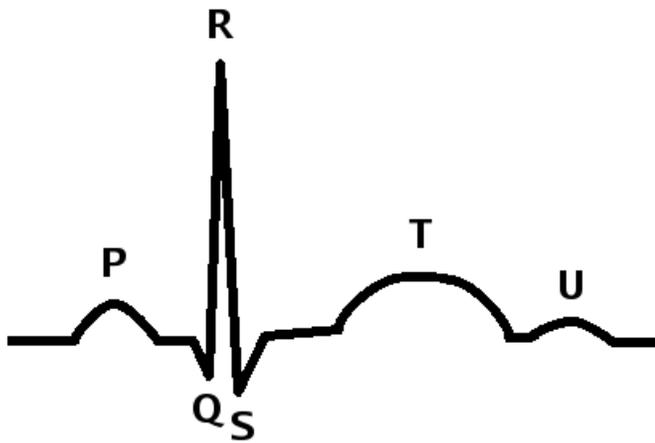
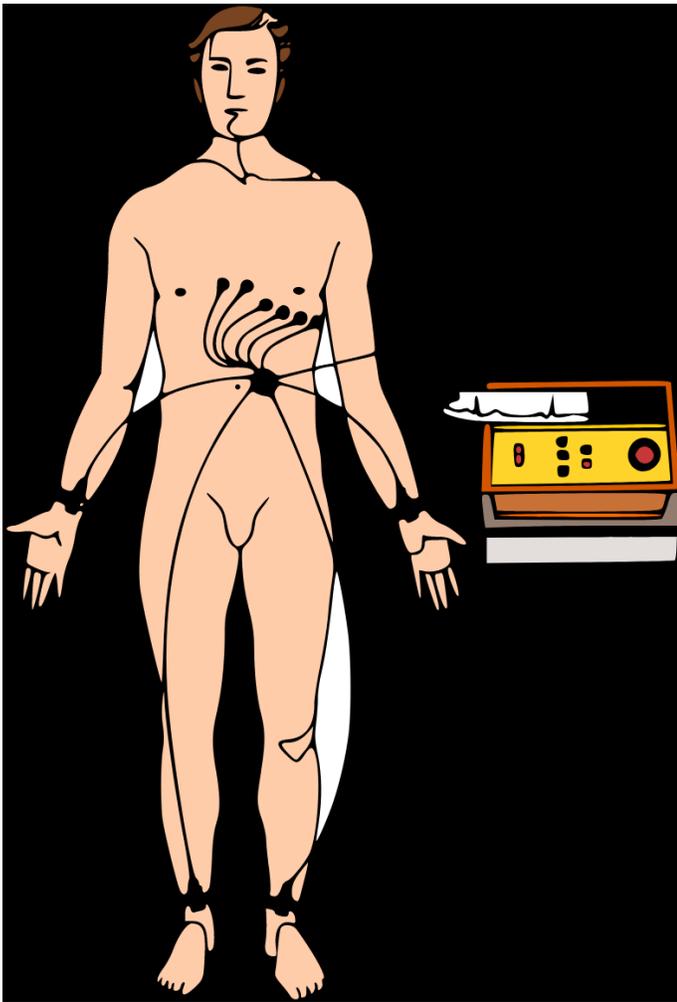
The upcoming meetings May be Zoom virtual video meetings or in person depending on the restrictions in place because of the Covid 19 virus:

April 13th. Check your Email for announcements.

May 11th. Check your Email for announcements.

June 8th. Check your Email for announcements.

As Heart patients we have all laid on a table and had 12 leads attached to various parts of our body. What is the purpose of this procedure and what do those lines and bumps on the strip of paper that come out of that machine represent? To us they probably mean nothing but to a cardiologist they speak volumes about the functioning of our heart. The following article from the National Heart association explains in layman's terms what an ECG print out means.



Electrocardiogram (ECG or EKG)

What is it?

An electrocardiogram — abbreviated as EKG or ECG — is a test that measures the electrical activity of the heartbeat. With each beat, an electrical impulse (or “wave”) travels through the heart. This wave causes the muscle to squeeze and pump blood from the heart. A normal

heartbeat on ECG will show the timing of the top and lower chambers.

The right and left atria or upper chambers make the first wave called a “P wave” — following a flat line when the electrical impulse goes to the bottom chambers. The right and left bottom chambers or ventricles make the next wave called a “QRS complex.” The final wave or “T wave” represents electrical recovery or return to a resting state for the ventricles.

Why is it done?

An ECG gives two major kinds of information. First, by measuring time intervals on the ECG, a doctor can determine how long the electrical wave takes to pass through the heart. Finding out how long a wave takes to travel from one part of the heart to the next shows if the electrical activity is normal or slow, fast or irregular. Second, by measuring the amount of electrical activity passing through the heart muscle, a cardiologist may be able to find out if parts of the heart are too large or are overworked.

Does it hurt?

No. There’s no pain or risk associated with having an electrocardiogram. When the ECG stickers are removed, there may be some minor discomfort.

Is it harmful?

No. The machine only records the ECG. It doesn’t send electricity into the body.

Written by American Heart Association editorial staff and reviewed by science and medicine advisers

Medical Humor

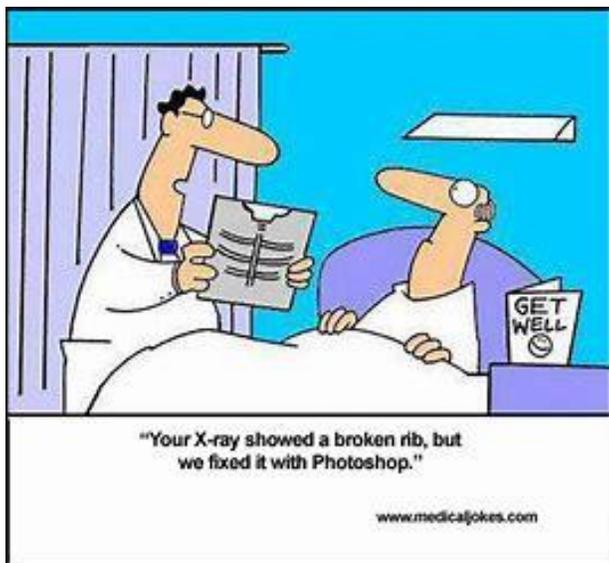
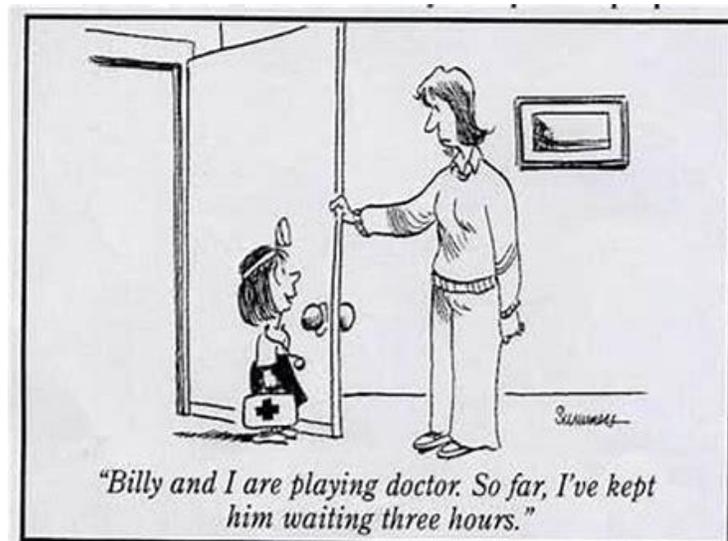
One afternoon, a man went to his doctor and told him that he hasn’t been feeling well lately. The doctor examined the man, left the room, and came back with three different bottles of pills. The doctor said, “Take the green pill with a big glass of water when you wake up. Take the blue pill with a big glass of water after you eat lunch. Then just before going to bed, take the red pill with another big glass of water.” Startled to be put on so much medicine, the man stammered, “Doc, exactly what is my problem?” The doctor replied, “You’re not drinking enough water.”

A college physics professor was explaining a particularly complicated concept to his class when a pre-med student interrupted him. "Why do we have to learn this stuff?" one young man blurted out. "To save lives," the professor responded before continuing the lecture. A few minutes later the student spoke up again. "So how does physics save lives?" The professor stared at the student for a long time without saying a word. Finally the professor continued. "Physics saves lives," he said, "because it keeps the idiots out of medical school."

A patient complained to his doctor, "I've been to three other doctors and none of them agreed with your diagnosis." The doctor calmly replied, "Just wait until the autopsy, then they'll see that I was right."

Doctor: Nurse, how is that little girl doing who swallowed ten quarters last night? Nurse: No change yet.

Patient: How much to have this tooth pulled? Dentist: \$100.00. Patient: \$100.00 for just a few minutes work? Dentist: Well, I can extract it very slowly if you 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.

