

HEARTSOME in the HEARTLAND

Mad River Mended Hearts, inc. chapter 342

JAN/FEB 2010 Volume 4 Issue 3

www.heartsomeintheheartland.org

HEART TO HEART WITH JULIE



Happy New Year to all!

Welcome to a new decade! Where did those last 10 years go? Did you make your New Year's resolution? Did you break your New Year's resolution? As a support group I hope we all resolve to become more involved in being heart healthy and actively participating in Mended Hearts. If anyone is interested in leading our visitation program please step right up. Linda Oliver, our previous chair, has resigned from the position. Visitations are a key component of the Mended Hearts program and highly supported by our cardiovascular surgeons. A visit from a former patient can be a huge morale booster to someone who is just recovering from surgery. Please consider getting involved.

Another opportunity to become involved is participating in the 2010 Heart Walk. This year's walk is on Saturday, January 30, in the Champions Center at the Clark County Fairgrounds. Jill Pierson is our team captain this year and will share the details of the walk at the January 19th meeting.

The National Office, in conjunction with others, has initiated a new education campaign entitled "Hearts in Harmony". Please note the article on page 3.

We are hoping to present a program on Congestive Heart Failure at the February meeting by Dr. Krishnamani, the newest associate with Ohio Institute of Cardiac Care. Check the website for updated information on upcoming programs.

The December Christmas party was another success. Congrats to Patty Cain who was the lucky recipient of the "White Elephant"! Who will be so lucky next year? Once again, great food, great entertainment and great company! Thanks to Suzy Jones and Darlene Bartz for all their help. A special thanks to Doc Cain and his Merry Music Makers!

It looks like the extreme cold weather is taking a short break and today there is no long term forecast for any heavy snowfall so I look forward to seeing many of you at the next Mended Hearts meeting.

Harty greetings, Julie

HEARTNOTES ...

Upcoming MENDED

HEARTS MEETINGS:

Springfield Regional Medical
Center, High Street Campus
7:00 pm

Education Center (faces Burnett
Road) Park in Lot 7



JANUARY 30, 2010

Start! Heartwalk 2010

February 16, 2010

Dr, Rajan Krishnamani, M.D.
Congestive Heart Failure

Upcoming Meetings

- ♥ JOIN THE MENDED HEARTS MEETINGS. RESERVE THESE DATES
Mar 16, 2010
Apr 20, 2010
May 18, 2010
Jun 15, 2010

HEARTY RECIPES

Fresh Cabbage and Tomato Salad

1 small head cabbage, sliced thinly
2 medium tomatoes, cut in cubes
1 C sliced radishes
1/4 tsp salt
2 tsp olive oil (cold pressed, Extra Virgin)
2 Tbsp rice vinegar (or lemon juice)
1/2 tsp black pepper
1/2 tsp red pepper
2 Tbsp fresh cilantro, chopped
In a large bowl, mix together the cabbage, tomatoes, and radishes. In another bowl, mix together the rest of the ingredients and pour over the vegetables.

Yield: 8 servings — Serving size: 1 cup

A HEARTY HAPPY BIRTHDAY TO YOU!

January

Dr. S. Neravetla 1/10
Dr. A. Mohammed 1/10
Dr. Taj Ahmed 1/31

February

Don Stinebaugh 2/4
Pam Bibbee 2/23
Martin Aldredge 2/27



- Your heart is connected to approximately 96,000 km of blood vessels - enough to go around the earth's equator two and a half times.
- It beats at an average rate of 72 times per minute, 100,000 times daily.
- It pumps 2,000 gallons of blood everyday.
- This represents enough pumped blood to fill a bath tub 22 times.
- By age 70, your heart will have pumped about 270 million liters of blood.

Hearty Advice

Check your pulse!

A study at Georgetown University found that people with the highest resting heart rates, over 76, were more likely to have a heart attack than those with the lowest rate, 62 or under.

Do you know your resting heart rate? It's one of the easiest ways to calculate the health of your heart.

Take your pulse after resting, not talking much and not smoking for 20 minutes. Check your pulse by placing a finger under your wrist. Count the number of beats for 15 seconds and multiply by four. Or count the beats for a full minute. It could be higher on stressful days, when you are very tired or when you are coming down with a cold.

Regular exercise can lower a heart rate and relaxation strategies can help too. Breathing exercises, meditation and peaceful music can lower it.

Heart Healthier!

Hearts in Harmony™ is a new health education campaign that provides heart patients with information about the physical and, often overlooked, emotional aspects of recovering from a heart event.

On this site, patients and their loved ones will find details about staying fit and eating healthy as well as the importance of adhering to the therapies prescribed by their physician to treat their condition. Unique to this program is information about the benefits of music therapy and maintaining emotional health during the recovery process.

While there are a variety of cardiac treatment programs, many overlook the holistic approach to recovery, which can include music therapy and emotional well being. Hearts in Harmony recognizes that this approach can help patients in their recovery and provides them with the information they need to explore further with their doctors.

The program is provided in partnership by **Mended Hearts™**, a nationwide heart patient support organization, Daiichi Sankyo, Inc. and Eli Lilly and Company.

Check out their website at:
<http://healthyheartsinharmony.com/about/index.jsp>



A Hearty Gathering...

The 58th Annual Convention will be held
 May 19 - 23, 2010 in Bloomington,
 Minnesota.

OPPORTUNITIES for VOLUNTEERING HEARTILY

START! HEARTWALK

for Clark/Champaign Counties

January 30, 2010

Clark County Fairgrounds

Champions Center

8:00am

Call Julie about volunteering!

National Wear Red Day

February 5, 2010


Find more information at:

<http://www.goredforwomen.org/>

Heartless: It is difficult to save money when your neighbors keep buying things you can't afford.

EXERCISE HEARTINESS


JANUARY

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18		20	21	22	23
24	25	26	27	28	29	30
31						

Mended Hearts Meetings



FEBRUARY

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15		17	18	19	20
21	22	23	24	25	26	27
28						

TOUCH SOMEONE'S HEART

When you have finished reading this newsletter, please pass it on to a friend or relative! Spread the news of the Mended Hearts Mad River Chapter to others who have had heart events and might want or need our support.

Mended Hearts

www.mendedhearts.org

Hearts in Harmony

<http://healthyheartsinharmony.com>

HEARTWARMING VISITS



Thank you from the bottom of our hearts!

Linda Oliver

Jean Titer

Don Stinebaugh

Patty Cain

Phil Cain

Charlie Bibbee

Lenoir Bunn

Jean Lee

Jim Butcher

Heart Health...

DALLAS, Dec. 28, 2009 — According to research reported in *Circulation: Journal of the American Heart Association*

- Being heart healthy and weighing too much are incompatible: Overweight and obese middle-aged men are at higher risk of heart attack and death even if they do not have the metabolic syndrome.
- In addition, men with the metabolic syndrome are at increased risk of heart attack, stroke and premature death, whether or not they are overweight.

"Normal weight men with the metabolic syndrome were at increased risk, and overweight and obese men were at increased risk even if they did not have the metabolic syndrome," Ärnlöv said.

"Doctors need to address a person's total risk, including smoking, cholesterol, blood pressure and weight. Some researchers have suggested that a heavy person without other risk factors didn't need to lose weight, but our data does not support this notion. Previous studies have put forward the existence of a 'metabolically healthy' subgroup of obese individuals who are at no increased cardiovascular risk, but if you follow them long enough, you find out there appears to be no such thing as metabolically healthy obesity," said Johan Ärnlöv, M.D., Ph.D

Researchers classified men as having the metabolic syndrome if they had three or more of these findings at the time of their original exam:

- impaired ability to handle glucose [fasting blood glucose at least 110 milligrams per deciliter (mg/dL)];
- elevated blood pressure (at least 130/85mm Hg or being treated with medication);
- high levels of the blood fats called triglycerides (at least 150 mg/dL);
- low levels of "good" HDL cholesterol (less than 40 mg/dL);
- BMI at least 29.4 kg/m². A large waist, indicating excessive fat tissue around the abdomen, is usually used in assessing the metabolic syndrome but was not available for this group of men.

The results were not surprising, according to an American Heart Association spokesperson. "We've known for years that obesity worsens or exacerbates many risk factors," said Barry Franklin, Ph.D, chair of the American Heart Association's council on Nutrition, Physical Activity and Metabolism. As New Year's resolutions approach Franklin urged patients to recognize that even a five to pound weight loss can make a significant health benefit.

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Mended Hearts ...

Is a national support organization for individuals with heart disease. Members give hope and encouragement to others with heart disease by providing living proof that persons with heart disease can lead full, productive lives. As you recover and become active again, we encourage you and your family to attend our monthly meetings. Meetings are in the Education Building of **the Springfield Regional Medical Center, High Street Campus** on the **third Tuesday** of each month (September - June).

Hearty – Har – Har!



"I see you graduated sumo cum laude."

Community's Heartthrob

Start! Heart Walk

For Clark/Champaign Counties

January 30, 2010

Clark County Fairgrounds

Champions Center

8:00am

