

HEARTSOME in the HEARTLAND

Mad River Mended Hearts, inc. chapter 342

MAY/JUNE 2010

Volume 4

Issue 4

www.heartsomeintheheartland.org

HEART TO HEART WITH JULIE



Spring is gloriously in full bloom but the showers seem to be hanging on still. It Won't be long until we will be wishing for these cooler, breezier days!

Along with spring brings thoughts of renewal and reaffirming. I challenge all of our members to renew his or her commitment to heart healthy lifestyles. Cut back on that cholesterol, fat, and sugar ingestion! Dust off those sneakers and start enjoying the fresh air with a walk every day! Take time each day to reflect, meditate, deep breath or just give thanks. It takes two weeks to make a habit and two weeks to break a habit so get started making some new healthy habits right now! Don't give up! Keep plugging away and you will reap the benefits by feeling better before you know it!

The June 15 meeting will be the final meeting for the summer. Our speaker will be from Elderly United. We will resume our meetings on September 21. I will be sending out a survey in the next few weeks regarding wants, needs and expectations for further meetings. Please take time to fill out the simple form and return it to me at the June meeting. We always encourage new members to become involved so if you know of someone who may benefit from our support group, please share our information with them.

May 6-12 is National Nurse's week. I know each of you have had a special nurse caring for you at some point during your journey with heart disease. Please take a few minutes to give thanks to this wonderful profession.

See you in September,
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

May 18, 2010

Laura Van Lehn

Certified Foot Reflexologist

James Kendall, LMT

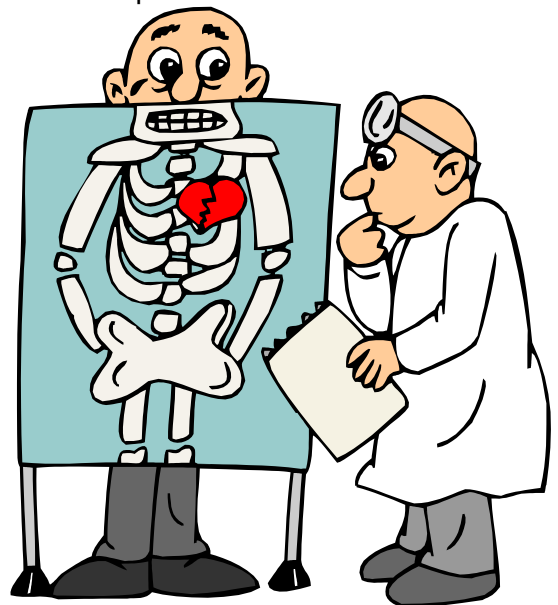
Benefits of Massage Therapy

June 15, 2010

Kathy Ferguson,

Elderly United

Medicare Information and
Updates



Upcoming Meetings

Sept 21

Hearty Advice

We wish to thank Dr. Rajan Krishnamani for providing education on Congestive Heart Failure at our April meeting. Dr. Krishnamani is a Board Certified Cardiologist affiliated with the Ohio Institute of Cardiac Care (OICC).

Some key points in Dr. Krishnamani's talk include:

- ♥ The importance of exercise, starting slow—walking briskly for 5 minutes 3-5 times per week, building up to at least 30 minutes 3-5 times per week. **Exercise is good for the heart!**
- ♥ Resource for information on Congestive Heart Failure (CHF) can be found on line at www.abouthf.org
- ♥ **Stages of heart failure**
 - A. High risk for developing heart failure**
 - Hypertension (HTN)
 - Coronary Artery Disease (CAD)
 - Diabetes Mellitus (DM)
 - Family history
 - B. Asymptomatic heart failure**
 - Previous heart attack (MI)
 - Left Ventricular Dysfunction
 - C. Symptomatic Heart Failure**
 - Known structural heart disease
 - Shortness of breath
 - Fatigue
 - Decrease exercise tolerance
 - D. Refractory End-Stage Heart Failure**
 - Marked symptoms at rest
- ♥ CHF can be diagnosed by different blood tests, ECG, echocardiogram, chest x-rays, stress testing, cardiac catheterization
- ♥ Treatment may include blood pressure control, lipid control (cholesterol, HDL, LDL, triglyceride), glycemic control (blood sugar), avoidance of behaviors which increase risk (smoking, alcohol, drugs), control of heart rate in conditions causing increased heart rate, identify and treat thyroid disease, cardiac resynchronization (Bi-ventricular pacemakers)
- ♥ Medications used to treat CHF include beta blockers, ACE inhibitors, ARB's, Diuretics
- ♥ Transplant may be an option in end stage situations. Some criteria for consideration for transplant include age <70 and being treated with maximum therapy with no improvement in symptoms. There are medical devices available to "bridge" a patient to transplant with new technology continuing to be introduced.

We appreciate Dr. Krishnamani taking time from his busy schedule to share his expertise of this topic with our members.

HEALTHY HEARTY RECIPES

Chicken and Fruit Salad

Serves 4

Each serving equals 2 cups of fruits and vegetables

Ingredients:

- 1 lb roasted chicken breast
- 1 medium-size bunch spinach
- 2 medium-size pink or white grapefruit
- 2 medium-size red delicious apples
- 3/4 lb seedless green grapes
- 1/3 cup fat-free Dijon salad dressing

Remove and discard skin from chicken; tear chicken into bite-size pieces. Chop 1 cup loosely packed spinach leaves; set remaining leaves aside. Cut peel from grapefruit; remove sections with knife. Cut unpeeled apples into 3/4-inch chunks. In large bowl, combine chicken, chopped spinach, fruit, and salad dressing; toss to coat. To serve, arrange remaining spinach leaves on platter; spoon chicken salad over spinach leaves.



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

OPPORTUNITIES for VOLUNTEERING HEARTILY

Clark County Community Habitat for


Humanity is ecumenical Christian non-profit housing ministry and has built 41 homes since 1990. For information, visit www.clarkcountyhabitat.org or call the Habitat offices at 937-325-2514.

Science and Leadership Symposium

Mayo Clinic


A four-day science and leadership training course for women living with heart disease who want to become a volunteer for **WomenHeart**. Deadline to apply is Friday, June 18. For more information visit www.womenheart.org

EXERCISE HEARTINESS

MAY						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17		19	20	21	22
23	24	25	26	27	28	29
30	31					

Mended Hearts Meetings



JUNE						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14		16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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

HEARTWARMING VISITS



Linda Oliver

Jean Lee

Don Stinebaugh

Phil Cain

Sam Burcham

Lenoir Bunn

Jim Butcher

Heart Health ...

It doesn't matter if you go running every morning, or you're a regular at the gym. If you spend most of the rest of the day sitting — in your car, your office chair, on your sofa at home — you are putting yourself at increased risk of obesity, diabetes, heart disease, a variety of cancers and an early death. In other words, irrespective of whether you exercise vigorously, sitting for long periods is bad for you.

That, at least, is the conclusion of several recent studies. Indeed, if you consider only healthy people who exercise regularly, those who sit the most during the rest of the day have larger waists and worse profiles of blood pressure and blood sugar than those who sit less. Among people who sit in front of the television for more than three hours each day, those who exercise are as fat as those who don't: sitting a lot appears to offset some of the benefits of jogging a lot.

So what's wrong with sitting? The answer seems to have two parts. The first is that sitting is one of the most passive things you can do. You burn more energy by chewing gum or fidgeting than you do sitting still in a chair. Compared to sitting, standing in one place is hard work. To stand, you have to tense your leg muscles, and engage the muscles of your back and shoulders; while standing, you often shift from leg to leg. All of this burns energy.

You may think you have no choice about how much you sit. But this isn't true. Suppose you sleep for eight hours each day, and exercise for one. That still leaves 15 hours of activities. Even if you exercise, most of the energy you burn will be burnt during these 15 hours, so weight gain is often the cumulative effect of a series of small decisions: Do you take the stairs or the elevator? Do you e-mail your colleague down the hall, or get up and go and see her? When you get home, do you potter about in the garden or sit in front of the television? Do you walk to the corner store, or drive?

So part of the problem with sitting a lot is that you don't use as much energy as those who spend more time on their feet. When you sit, a crucial part of your metabolism slows down. This makes it easier to gain weight, and makes you more prone to the health problems that fatness often brings. A study of people who sit for many hours found that those who took frequent small breaks — standing up to stretch or walk down the corridor — had smaller waists and better profiles for sugar and fat metabolism than those who did their sitting in long, uninterrupted chunks.

Mended Hearts... national office

Raul Fernandes	President
Gordon Littlefield	Exec. Vice President
Sue Borum	Vice President
Donnette Smith	Treasurer
Mary Maguire	Central Regional Director
Barb Forman	Central Regional Assistant Director
www.mendedhearts.org	1.888.HEART99

Leading Heartily

Julie Lauer President, Advisor,
Treasurer

jalauer@health-partners.org
937-328-9304

Patricia Cain Vice-president
937-399-2242

Jane Irwin Secretary
shamrock56@att.net
937-325-5009

Linda Oliver
lindao2717@yahoo.com
937-390-0889

Lenoir Bunn Hospitality Chair
lbunn@woh.rr.com
937-399-8303

Carol Culbertson Newsletter Editor
carol@cculbertson.com

www.heartsomeintheheartland.org

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!



© 1999 Randy Glasbergen. randy@glasbergen.com
"Thank you for calling The Yoga Studio.
To learn more about the benefits of yoga, press 1
with your pinky toe and hold it for 20 minutes."

Community's Heartthrob

Springfield Antique Show and Flea Market Extravaganza May

May 14 - 16
\$5.00 admission
Clark County Fairgrounds

Fair at New Boston

September 3 - 4
10:00 - 6:00 pm, rain or shine
\$8.00 adults, \$3.00 child