

The Mended Hearts, Inc.
Chapter 296 Orlando Florida
www.mendedheartsorlando.org

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Eight Number Four
April, 2009

President's Message

March Meeting - RN Sarah Ferwin spoke about ICD (Implantable Cardioverter Defibrillator) who is a candidate for one, the risk factors associated, and how an ICD may affect your relationship with your partner/spouse. It was a very informative and stimulating topic with the message that because of our cardiac condition it is very important to continue a healthy sexual relationship. Keep those HUGS, KISSES, TLC moments an everyday event .Happy St Patrick's day to all!

March is the start of the Spring season, so with the new awakening let's continue with our Diets, Exercise, and Attitude on our road to RECOVERY. Cardiac Rehab is a good way to keep busy and another forum to interact with other heart patients.

My hope is that everyone who attends our meetings gets a benefit and feels part of an extended family. We appreciate your attendance and hope that we inspire you to give the gift of living. Please let me know if you have any ideas to make our meetings a more pleasant experience. I would love to hear from you at 407-677-1064.

We Need Your Gift *****We all have a special gift and we need you to share this with us, your talents maybe hidden, but only YOU know what it IS! Our talent coordinators are awaiting your CALL. Please call Lee, Mike, or any one of our board members. WE NEED YOU.....

Next Meeting

April 21, 2009 , Tuesday evening 7:00 PM - 8:30 PM at Florida Hospital Altamonte, 601 East Altamonte Dr., Altamonte Springs

"Taking Pills and Good Lab Results are not good enough, What you eat does count!"

MENDEd HEARTS NATIONAL CONVENTION

June 6 – 10, 2009 at the Doubletree Hotel across from Universal Studios. Our chapter will be helping host this event and we will need volunteers for various duties. Please contact Mike Weber or me to be first on the volunteer list. Thank you in advance for your help. Attending this annual convention will give you the opportunity to meet the "movers & shakers" who make this unique organization the premier Cardiac Support group.

Secretary Wanted

If you have a talent for taking notes and being a member of vibrant energized group. Please call Lee Meneses at 407-677-1064.

VIPs to be CSIs

Very Inspirational Persons to be Cardiac Survivor Instructors

Our mission is to provide hope and inspiration to patients on their road to recovery. If you have the compassion and empathy to listen to their concerns and questions and share your own experience WE NEED YOU!!! Contact Mike Weber at 407-682-1172. If you are not a visitor, you are still very important to our chapter. Every day you are a ROLE MODEL for people who have a cardiac condition by showing that there is LIFE.

Good health to you,
Lee Meneses

A Mended Heart Prayer

We ask for Your blessings, Lord.

We ask for strength that we may pass 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.



Herbert G. Maedl

Water Primer

Everybody knows that water is essential to life, indeed to all living organisms!

Most children know that water is composed of two parts hydrogen and one part oxygen. The chemical formula for water is H-two-O. The formula can be written as H-O-H, indicating a chemical bond holds each of the two Hydrogen atoms to the Oxygen atom.

Most often we think of water as a liquid, however water also exists as a solid, and as a gas. In the liquid state water molecules tumble over one another, exchanging kinetic energy [energy of motion]. In the solid state water molecules vibrate, but remain as part of the crystalline structure — ice. When water is heated it changes to a gaseous state wherein water molecules are free to move randomly. Water is a practical standard for a number of physical measures: One liter of water weighs 1,000 grams at 4 degrees Celsius; Water freezes at zero* degrees Celsius, and boils at 100* degrees Celsius. [*at Standard Atmospheric Pressure]

Perhaps the most interesting characteristic of water is represented by the bonding of the two Hydrogen atoms with the Oxygen atom. These bonds are covalent bonds meaning that the bonds each share a pair of electrons. These bonds are at about 105 degrees, which makes the water molecule asymmetrical electronically—it is dipolar. This asymmetrical distribution of electric charge explains many of the physical and chemical characteristics of water. For example: 1] **Water is a wonderful solvent;** 2] **Water greatly modifies the weather, buffering changes in temperature by providing a reservoir for thermal energy to be released when a cold front**

moves in and absorbed when temperatures are rising; 3] **When water is evaporated [liquid to gas] more than 500,000 calories are consumed for each liter of liquid changed to a gas — and when a liter of liquid water is changed to a solid [frozen] nearly 80,000 calories are released.** 4] **Liquid water is more dense than solid water — ice floats and that's unusual!**

For members of Mended Hearts, the understanding the role of water in the maintenance of health is of utmost importance. Every tissue, every cell of the human body is bathed in electrolyte — a balanced solution, containing ions and suspended particles. This solution is absolutely vital to optimal vitality. The healthy body can adjust to the water and electrolytes lost and consumed. The kidneys are essential to maintaining fluid balance via signals to retain fluids or to lose fluids by excreting urine.

As the body ages less water is retained, as evidenced by gradual loss of weight and muscular strength.. Water accounts for about 60% of body weight in healthy young persons and only about 45% in healthy older persons. Dehydration is a common cause of many disorders, such as fever, dizziness, vomiting or diarrhea. Water is important — Drink plenty, maintain your nutrient and electrolyte consumption and allow your system to regulate the important balance.

W Hunter

Did you hear about the two bachelors discussing the ideal lady to marry?

One bachelor said, I am looking for a lady just exactly opposite than me! The other said, I think you are right — **that's why I am looking for a lady with MONEY!**

Mended Hearts Inc. Board Contacts

Lee Meneses, President
407-677-1064

Gary Price,
Vice President
407-328-5098

Jonathan Davis
Vice President
407-831-4303

Secretary

Claire Jones,
Treasurer
407-380-6042

Mike & Toni Philpott,
Marketing
407-333-4334

Walt Hunter,
Newsletter
407-886-1041

Mike Weber,
Visitation
407-682-1172

Programs:

Eileen Krause,
407-303-1526

Joanna Gerry,
321-841-5164

Betsy McKeeby,
407-303-7625

Bill Cierebeiji,
Photography and
Media
407-889-2598

Mary Stender,
Hospitality
321-696-6183

Charlie Kauffman,
Communications
407-855-4411

Posterior Circulation Stroke A Diagnostic Nightmare

Diane Handler, MSN

Recognizing the classic symptoms of stroke may be relatively easy; sudden onset of slurred speech, weakness in an arm or leg, and facial droop. But, what if the symptoms are simply a spinning vertigo, nausea or lack of coordination? Is this a stroke or the flu? These symptoms occur because the posterior circulation of the brain has been affected. Posterior circulation strokes account for up to 20% of all strokes. Diagnosis can be most difficult!

Larry, 51 years old, was at work when he was overcome by dizziness and nausea. It was 10am, he could barely make it to a chair. His symptoms did not change, Larry struggled to call a co-worker, who immediately called an ambulance. Larry was triaged by a paramedic who recognized his symptoms as a possible stroke. Larry was rushed straight to the CT scanner! The time was 10:25am.

The CT scan showed “normal” brain tissue, which is normal for an acute stroke. In Larry’s case, the CT scan revealed no bleeding present so Larry was a candidate for tPA [Tissue Plasminogen Activator], a medication administered by IV which dissolves the clot in the brain blood vessels. If Larry’s stroke was caused by bleeding, tPA could not be given as it would cause further hemorrhage. Larry was evaluated by the emergency medicine physician, who paged the neurologist of a stroke alert. Within minutes the neurologist completed a thorough neurological examination and determined that his symptoms were due to an ischemic stroke [blockage, not hemorrhage] Total time was 78 minutes. Larry had a good recovery.

Not all strokes patients can have tPA. Only those that arrive at an emergency department in time to be assessed and have the medication started within three hours after the onset of symptoms. Severe head trauma, MI, or recent surgery may also prevent the use of tPA.

For stroke patients, recovery is just the start. Determining why the stroke happened and correcting the risk factors are the next step. Controlling high blood pressure, high cholesterol and diabetes is absolutely essential. Stopping smoking, healthy diet and exercise are also very important. Tests, such as carotid artery and heart functions will help determine the source of the stroke.

It is imperative to know the symptoms of stroke and to act quickly. Remember during every minute of delay, up to 32 million cells die. The person suffering the stroke may not be able to think clearly, therefore, it is imperative that those nearby recognize the seriousness of the common symptoms, as well as, the symptoms of Posterior Circulation Stroke, and act quickly — call 911 — time — even seconds — is important.

Classic Symptoms:

Numbness or weakness — especially on one side

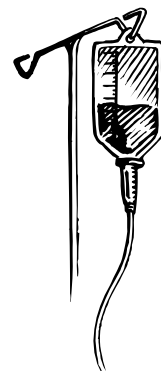
Confusion and inability to speak clearly — slurred speech

Problem with vision — especially one eye

Dizziness, loss of balance, nausea

Severe headache

This Article was contributed by Diane Handler, ASN, RN, BSN, MSN, MEd Stroke Coordinator, Mercy Medical Center in Cedar Rapids, Iowa.





March 2009 Meeting





THE MENDED HEARTS, INC.

Cardiac Support Group

Chapter 296

Please join us at our monthly meeting and be part of this self-help organization for those who have had any heart problems.

April 21, 2009

Tuesday Evening 7:00 PM – 8:30 PM

Florida Hospital Altamonte

601 East Altamonte Drive
Altamonte Springs, Florida 32701

Location and Directions:

Chatlos Conference Room – Located in the new hospital tower. Park at the front of the hospital and as you enter the building the Chatlos Conference Room will be on the left side of the main entrance on the first floor.



Taking Pills and Good Lab Results are not enough!!

What you eat does count!

Discussion Topics :

- | | |
|------------------------|-------------------|
| 1. Mediterranean Diet | Renee Bostain |
| 2. Portion Distortion | Adria Sheil-Brown |
| 3. Functional Foods | Wendy Stephens |
| 4. Popular Supplements | Nicole Burton |



Due to possible changes for future meetings **call** the contact person or check our local web site listed below to be assured that no change has occurred before coming to any meeting.

Call the National Organization to locate a chapter near you if you don't live in the Central Florida area.

1-800-AHA-USA1

<http://www.mendedhearts.org>

Our local web address is www.mendedheartsorlando.org

April 2009 meeting – Contact Eileen Krause – 407-303-1526

May 2009 meeting - Contact Joanna Gerry 321-843-1093