



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

# The Central Beat

Mended Hearts Inc., Chapter 296  
Volume Eight Number Five  
May, 2009

## President's Message

April Meeting - We were given an informative and interesting presentation about the Mediterranean Diet, Portion Distortion, Functional Foods, and Popular Supplements to be taken with our meds to help us on the road to recovery. We thank Renee Bostain, Adria Sheil-Brown, Wendy Stephens, and Nicole Burton for their time and wish them a long career as registered dietitians. Thanks to Bill Cierebiej for taking the Secretary position in our chapter. Also thank you to Jonathan Davis for his contribution to the chapter as he leaves the Vice Presidency.

As we transition into the Spring season, our CAREGIVERS (spouses, significant others, family members) deserve our LOVE and APPRECIATION for all you do for us. If your survivor fails to say I LOVE YOU or Thank You, we in MENDED HEARTS appreciate you for your efforts.

Remember to continue with our Diets, Exercise, and Positive 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**

May 19, 2009 , Tuesday evening 7:00 PM - 8:30 PM at Lucerne Hospital.

### **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.

### **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*

### **Mended Hearts Inc. Board Contacts**

Lee Meneses, President  
407-677-1064

Gary Price,  
Vice President  
407-328-5098

Secretary,  
Bill Cierebiej  
407-889-2598

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 Cierebiej,  
Photography and  
Media  
407-889-2598

Mary Stender,  
Hospitality  
321-696-6183

Charlie Kauffman,  
Communications  
407-855-4411

## **Deep Plumbing Problems**

Those large deep veins that serve as the final conduits for funneling blood back to the heart are sometimes subject to blood clots — a very dangerous medical problem known as **Deep Vein Thrombosis**. Deep Vein Thrombosis [DVT] is far more serious than most realize. Each year some three hundred and fifty thousand Americans are affected. The primary complication of DVT is **Pulmonary Embolism** — a frequent precursor to death. Pulmonary embolism is the second most frequent cause of unexpected death, indeed it is, perhaps, the most undiagnosed cause of death!

Blood flowing in these deep veins empty directly into the right atrium of the heart and via the right ventricle to the lungs and the very fine arterioles of the lungs. If a DVT is present, a fragment may break free to be stopped in the lungs, resulting in an embolism. Needless to say, all embolisms are serious and may give rise to life-threatening conditions.

Factors related to increased risk for DVT are: advanced age, long periods of inactivity, major pelvic or leg/knee surgery, trauma, family history of blood clots, obesity and some cancers. Unfortunately, many DVTs may grow without causing noticeable symptoms. However, eventually symptoms such as swelling of one ankle, leg cramps, redness or

warmth of the affected area become evident.

The symptoms suggesting a possible diagnosis of Deep Vein Thrombosis are frequently: warmth, redness, and/or pain — usually in one leg or ankle! Symptoms suggesting a possible diagnosis of a Pulmonary Embolism include: shortness of breath, chest pain and/or increased heart rate.

A diagnosis of DVT requires immediate treatment to prevent clot formation from growing larger, and the initiation of treatment to dissolve the clot so as to reduce the risk of breaking away to cause pulmonary embolism. Dissolving deep vein clots may require treatment over several months and continued treatment with anticoagulants as long as the risk remains. Unfortunately DVT may cause vein damage and/or blockage impairing blood flow, and fluid accumulation [edema].

For most healthy adults DVT is relatively rare and should not be of major concern. To lower the risk of DVT one should stay well-hydrated, and avoid alcohol when confined to a small area such as an automobile or airplane seat for an extended period of time.

*W. Hunter*

# The Polypill!

Professors, N.J. Wald and M. R. Law, researchers at The Wolfson Institute for Preventive Medicine, London awoke the western world recently with the announcement that cardiovascular deaths and stroke could be mostly prevented if all adults over fifty-five years of age would take one **Polypill** each day! *This is a pretty revolutionary proclamation in an age wherein cardiovascular deaths account for nearly ninety-six percent of the deaths for those over sixty-five years of age.*

The researchers are quite convincing as they suggest that most persons over fifty-five years of age, living in west, will likely die of a cardiovascular event — **whether or not** a confirmed diagnosis of cardiovascular disease has been recorded. Thus, to Professors Wald and Law, it follows that wisdom supports their argument for an inexpensive preventive prescription for all adults over the age of fifty-five.

Actually the Polypill is simply a formulation of some six commonly prescribed medications for persons with known risks for cardiovascular disease. The researchers cite numerous studies to support their recommendations:

- 1. The death rate for persons over fifty-five years of age with CVD is 5 % per year.**
- 2. Age is the most important factor in cardiovascular deaths.**

Wald and Law believe that daily Polypill use would add more than twenty years of

life for persons between fifty-five and sixty-five years of age!

**In their strongest statement, Wald and Law write: “It is time to discard the view that risk factors need to be measured and treated individually...”**  
**“No one preventive method would have so great an impact on public health in the western world.”**

The formulation recommended by Wald and Law would use generic compounds. Some of these compounds may produce adverse effects for some people, however, the formulation could be adjusted by replacement with other compounds.

Undoubtedly other researchers will follow the lead of Wald and Law and other formulations will be subjected to careful research. Perhaps the important **contribution of these researchers is the declaration that all ageing persons living in west should be concerned and should consider preventive measures which might improve their longevity....and quality of life!**

*W. Hunter*



# April 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.*

**May 19, 2009**

**Tuesday Evening 7:00 PM – 8:30 PM**

**Orlando Regional Lucerne Hospital, Lucerne Terrace, Classroom #1 Orlando, Florida 32804**

**Directions: From Downtown** – heading south on Orange Ave., turn right (west) onto Gore St. Continue on Gore for 2 blocks. Turn right onto Lucerne Terrace. Use parking lot on right hand side of Lucerne Terrace. You can park close to the building.

**From I-4 heading west:** Go to Anderson St. exit, turn right on Anderson, go to Division Street, turn left, go to Gore St., turn left, go to Lucerne Terrace (not at light) turn left onto Lucerne Terrace. Turn right into parking lot.

**Enter the building** through the doors under the Red-Maroon Canopy. Follow signs to Classroom # 1.

**Annie Phillips, Licensed Clinical Social Worker**, will be joining us again to facilitate our “Sharing and Caring” meeting. Everyone will benefit from our evening’s discussions which will be informal and offer opportunities for sharing and reassurance with other cardiac patients and their families.

**June 6 -10, 2009**

**Mended Hearts National Convention**

Doubletree Hotel at Universal, Orlando

Registration forms at [www.mendedhearts.org](http://www.mendedhearts.org)

**June 22, 2009**

**Florida Hospital Community Lecture**

Minimally Invasive Approaches to CardioThoracic Surgery

Joseph Boyer MD

Call 407-303-1700 for required reservation and location details.

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](http://www.mendedheartsorlando.org)

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

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