

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

# The Central Beat

Mended Hearts Inc., Chapter 296  
Volume Seven Number Six  
November 2008

## President's Message

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### October Meeting

Dr George Andreae discussed the many ways we can reduce cardiac risk factors. It was a very interesting and enlightening session.

### **NOVEMBER MENDED HEARTS MEETING**

**November 18, 2008 7-8:30 PM**

Florida Hospital Altamonte

601 East Altamonte Drive  
Altamonte Springs, Florida 32701

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.

Marjorie Hider RN MA LMHC NCC will be our featured speaker/facilitator. Marge is an active Licensed Mental Health Counselor in our community who will be leading us in a sharing experience, looking at stress reduction and building effective communication skills. She will be using fun tools to aid us in identifying needs. Marge is an experienced cardiac nurse educator.

Flu Season Don't forget to get your flu shots

Veterans Day

Thanks to all our veterans for their support of our country during their tours of duty, as well as to our current active duty military personnel. Our special thanks to their families for their support also. Also a moment of prayer and silence for those who have lost their lives.

MENDED HEARTS NATIONAL CONVENTION—June 6 – 10, 2009 Orlando, Florida

**Secretary Needed for Mended Hearts. 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*



## **Eighteen Thousand Miles of Tiny Vessels**

Imagine a complex and flexible network of small vessels with a trillion branches. The total length of this network exceeds eighteen thousand miles. Your capillary system delivers blood rich in oxygen and nutrients to more than a trillion vital cells. Large arteries branch to smaller arterioles to capillaries, finally to pour into veins, carrying the waste of cellular metabolism.

Sometimes these tiny arterioles thicken, stiffen, narrow and clog restricting or blocking blood flow to the waiting cells. **Micro vascular Disease** is a serious condition threatening the very survival of living cells. MVD affects the whole body. Yet, MVD is not readily detected by the diagnostic procedures used to predict cardiovascular disease. MVD does produce symptoms such as fatigue, lightheadedness, and sometimes chest and shoulder pain, however, these symptoms are also associated with other ailments. Too frequently the predictive symptom pointing to MVD is the discoloration of the extremities [fingers and toes] sometimes leading to gangrene.

**What is MVD?** MVD is a disease of the small branches of the arteries wherein these micro vessels are damaged, most commonly this damage is the result of chemicals produced as part of the immune response — **autoimmune micro vascular disease**. When damage occurs, small vessels occlude impairing blood flow. Sometimes these vessels can re-grow — angiogenesis — to overcome the occlusion. This is the normal healing process. Serious complications of MVD include damage to vital organs [e.g. brain, heart, liver, kidneys....] and eventually death.

**Preventing MVD from progressing?** Treatment for MVD is directed to the underlying cause. Lifestyle changes should be the first line of treatment. [No smoking, healthy diet, exercise, etc.] If the disease is caused by autoimmune reactions, a rheumatologist becomes the first team leader. If there is a blood abnormality, a hematologist should be consulted. If diabetes mellitus is present an endocrinologist is a must.

**In any case:** Be sure to keep up your intake of — blueberries, blackberries, colored fruit, and... Pistachio Nuts [see next page] W. Hunter

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

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## Do You Love Pistachios?

Those tasty-quirky little nuts “Pistachios” are apparently good for you! And, that is especially good news for persons with rising cholesterol levels! Two small, but carefully controlled, research studies strongly suggest that the anti oxidants provided by pistachios lower cholesterol levels and decrease the HDL/LDL ratio.

### First Study:

“In a randomized crossover trial, 15 free-living humans with moderately high blood cholesterol, were given a diet wherein 15% of the daily calories came from pistachios to see if it would have a significant impact on their blood lipid levels. All subjects consumed their normal diets during a five-day baseline period. Then, half the subjects were randomly selected to participate in the pistachio diet for four weeks, followed by four weeks on the regular diet; the other half followed the diets in reverse order.”

### Results: The Pistachio diet —

**Significant reduction of the LDL/HDL ratio**  
[a recognized factor in CVD]

### Second Study:

“The researchers conducted a randomized, crossover design, controlled feeding experiment to test the effects of pistachios added to a heart healthy moderate fat diet on cardiovascular disease risk factors.....Participants begin the study by eating an average American diet of 35 % total fat and 11 % saturated fat for two weeks. Then, they tested three diets for four weeks, with a two week break between each diet.”

**Diet One** had no pistachios, with 25% total fat and 8% saturated fat; **Diet Two** included 1.5 Ounces of pistachios per day with a 30% total fat and 8% saturated fat; **Diet Three** included 3.0 ounces of pistachios and 34% total fat and 8% saturated fat. The researchers added pistachios, and granola as a snack.

### Results: Total cholesterol —

**Lowered by 8.4%, LDL by 11.6 %**

[The fats in Pistachios are 90% monounsaturated.]

**“Our study has shown that pistachios eaten with a healthy diet may decrease a person’s CVD risk....”**

**Dr. Penny Kris-Etherton, Investigator**

W. Hunter

## Antioxidants vs Free Radicals

Mounting evidence suggests that free radicals play a role in more than sixty different health conditions including aging, cancer, and cardiovascular disease. Antioxidants have been shown to render free radicals harmless by reducing these highly reactive substances to tame molecules.

Free radicals are highly reactive, electrically charged, molecules. Free radicals are produced naturally during cellular metabolism. In returning to an uncharged state, free radicals attract electrons from other molecules, producing a cascade of reactions before becoming stable. This cascade of reactions has been shown to damage cells. Free radicals are also produced in the environment by ionizing radiation, certain oxidizing agents, and by pollutants.

Antioxidants have the ability to neutralize free radicals by yielding, or sharing electrons, so as to render the radical harmless. Our body naturally produces a comprehensive array of antioxidant enzymes capable to neutralizing many free radicals. Many foods and vitamins and some minerals also act as antioxidants, thus, leading to the claim that these substances\*\* provide protection against the cell damage produced by free radicals.

Wisdom strongly suggests that living a healthy lifestyle, sensible exercise, and a heart healthy diet. No smoking, moderation in the consumption of alcohol, as well as, avoiding saturated fat; sun exposure; automobile exhaust, ionizing radiation and certain heavy metals — may reduce the cell damage due to those free radicals produced by environmental conditions.

**\*\*Disclaimer:** The reader should be informed that the mechanisms of free radical biochemistry is not completely understood. Therefore, claims for the health benefits of anti-oxidants may be logical, but not proven. Indeed, over-use of these substances may be harmful. W. Hunter



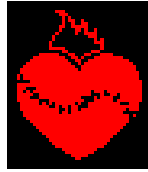


# October Mended Hearts



# Mended Hearts Orlando

Holiday Celebration Dinner with Festive Piano Selections by Karen Bloom



## Date & Time

Tuesday, December 9, 2008

Social Hour: 6:00-7:00 pm

Dinner, Gifts & Door Prizes: 7:00-9:30 pm

Heathrow Country Club 1200 Bridgewater Drive Heathrow, FL 32746

*\*Directions and Map to Heathrow Country Club on the next page*

## Casual or Holiday Dress

*\*We will follow with a Wrapped White Elephant Gift Swap. You can exchange yours for someone else's gift. Lots of fun for those who want to participate!. Just Re-Gift a funny or nice or unusual gift –Any \$\$ amount.*

## Chef's Menu:

Mixed Gourmet Greens with Buttermilk Ranch and Balsamic Vinaigrette

Grilled Chicken Breast with Fresh Herbs

Chef's Fresh Fish Selection

Chicken and Fish Duet

Fresh Seasonal Medley of Vegetables,

Oven Roasted Redskin and Yukon Gold Potatoes

Assorted Rolls

Key Lime Cheese Cake Served In a Champagne Flute

Coffee Decaffeinated and Iced Tea

## RESERVATIONS:

**\$20.00 each - Member**

**\$25.00 each -Non-Members**

Checks; Make payable to **Mended Hearts Chapter 296**,

RSVP & checks must be received by **December 1st, 2008**

**Sorry: No Refunds after Dec. 1—We have to pay for each RSVP**

**\*Sign-up at the November 18<sup>th</sup> meeting at the Florida Hospital Altamonte-OR**



**Mail Checks to:** Mary Stender

615 Horseman Dr.

Oviedo, FL 32765

321-696-6183

Email Questions to: [mtstender@earthlink.net](mailto:mtstender@earthlink.net)

## Heathrow Country Club—

From I-4, take exit 98 (Lake Mary Blvd.) West.

Take first right, International Parkway,

Then a left on Bridgewater Drive to the Clubhouse.

Questions, Call Mary Stender-321-696-6183

