

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Fourteen, Number Four
April, 2014

President's Message

Sita Price, DNP, ARNP, Orlando Health Heart Institute gave a presentation regarding Congestive Heart Failure. It is the heart's inability to pump blood efficiently and is caused by many factors including an enlarged heart. Many procedures including stents, pacemakers/defibrillators, and bypasses can help in managing this condition. Also a lifestyle of low-fat diet, non-smoking and exercising as well as minimizing stress will help in controlling our heart condition. This was a very informative, insightful, and comprehensive topic delivered in a humorous style. Thank you Sita for your last-minute appearance and look forward to other presentations.

We now have a new and revised website allowing anyone to visit us and obtain information about upcoming meetings.

On May 17, 2014 our Inverness chapter is hosting a regional chapter meetings of all the Florida Mended Hearts chapters. We are invited to attend and interact and exchange ideas with others. If you wish to attend please tell Mike Weber and I by April 25, 2014 so that we can advise how members will attend. There is no cost and continental breakfast and lunch will be provided.

Next Meeting

April 15, 2014, 7:00 - 8:30 PM, Orlando Regional Lucherne Hospital, Classroom #1

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 for Larry Cirillo

Love grows by service.

CHARLOTTE PERKINS GILMAN (1860-1935)
Writer

Answers about aspirin

Should you be taking it? If so, when, how much, and what kind?

Aspirin is often hailed as a wonder drug, thanks to its ability to help stave off heart attacks and clot-caused strokes. But fewer than half of the people who could benefit from a daily low-dose aspirin take it, while many others take it when they shouldn't.

If you don't have heart disease but do have high blood pressure or other risk factors, don't automatically assume daily aspirin is a good idea. "A lot of people take aspirin who really shouldn't," says Dr. Christopher Cannon, a cardiologist at Brigham and Women's Hospital and professor of medicine at Harvard Medical School. "Everyone assumes aspirin is harmless, but it's not." For some, the downsides of aspirin—mainly gastrointestinal bleeding—outweigh its benefits.

Here's what you need to know about aspirin, including details about dosage, formulations, and ways to boost aspirin's benefits and lessen its risks.

Who should take aspirin?

If you've had a heart attack or an ischemic stroke (the type caused by a blood clot), taking a low-dose (81-mg) aspirin every day is probably a wise move. The same is true if you face a high risk of having a heart attack—for example, if you have chest pain (angina) from heart disease, or have had bypass surgery or angioplasty to treat a narrowed heart artery.

Aspirin prevents platelets from clumping together in your blood and forming a clot. Most heart attacks happen when a clot blocks blood flow in a vessel that feeds the heart, so dampening the clot-forming process lowers your odds of a blockage.

To estimate your risk of having a heart attack or stroke over the next 10 years, you can use one of the calculators listed at www.health.harvard.edu/147. If your value is 10% or higher, daily low-dose aspirin may be helpful. But the decision should always be based on a discussion with your doctor. He or she should consider other health conditions you have, medications you take, and even your weight.

Beware of bleeding

In addition to lowering the blood's ability to clot, aspirin also inhibits helpful substances that protect the stomach's delicate lining, creating a

"double whammy" effect. As a result, stomach upset or bleeding in the stomach and intestines can occur. If you take daily low-dose aspirin and your stomach starts bothering you, call your doctor, says Dr. Cannon. With minor bleeding, a blood test may reveal a low red blood cell count (anemia). With more serious bleeding, your stools turn black and smelly, and in rare cases, you may vomit blood, which requires hospitalization and a possible blood transfusion.

Taking aspirin with food may help; so do drugs to treat heartburn, which help protect your stomach. These include simple antacids like Tums, acid blockers like famotidine (Pepcid, Fluxid, generic), or proton-pump inhibitors (PPIs) such as omeprazole (Prilosec, Zegerid, generic). A pill that combines aspirin and omeprazole may soon be available.

Daily aspirin users can also lower their risk of gastrointestinal bleeding by avoiding nonsteroidal anti-inflammatory drugs such as ibuprofen and naproxen. And those who drink alcohol should do so in moderation: no more than one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men 65 and younger.

Enteric-coated or buffered?

Most of the low-dose aspirin sold in the United States is enteric-coated (sometimes called safety-coated). The coating allows the aspirin to pass through the stomach to the intestine before fully dissolving. That is supposed to lessen stomach upset, but in reality aspirin still affects the entire digestive tract via the bloodstream.

"Enteric-coated aspirin does not decrease the risk of gastrointestinal bleeding compared with uncoated aspirin," says digestive disease expert Dr. Loren Laine, a professor of medicine at Yale University. The same is true for so-called buffered aspirin, which combines an antacid such as calcium carbonate (found in Tums) or aluminum hydroxide (found in Maalox) with aspirin.

There's also evidence that not all the aspirin in coated pills gets into your circulation, which can compromise its heart benefits. Your best bet may be chewable low-dose aspirin, which you may remember from childhood as orange-flavored "baby" aspirin.

Mended Hearts Inc. Board Contacts

Larry Cirillo
President
407-948-2030

Lee Meneses,
Vice President
407-677-1064

Bill Cierebiej,
Secretary & Photographer
407-889-2598

Sandy Wynn
Special Projects
407-366-2107

Claire Jones,
Treasurer
407-380-6042

Mike & Toni Philpott,
Marketing
407-333-4334

Mike Weber,
Visiting Program
407-682-1172

Programs:
Eileen Krause,
407-303-1526

Joanna Gerry,
407-841-5164

Betsy McKeeby,
407-303-1526

Vacant,
Hospitality

Mary Stender
Membership
321-696-6183

Justin (JP) Fiorenza
Webmaster
407-376-5053

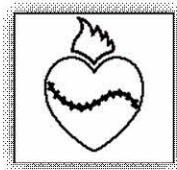
Vacant,
Newsletter

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 15, 2014

Tuesday Evening, 7- 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.

Speaker: To be Determined

May 20, 2014

Tuesday Evening, 7- 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.

Speaker: Dr. Steven Hoff, Cardiovascular Surgeon will speak about new innovative methods to surgically treat cardiac needs.

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

2014 April meeting - Contact Joanna Gerry - 321-843-1093

2014 May meeting - Contact Joanna Gerry - 321-843-1093

Mended Hearts Orlando - April Birthdays

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Price	Gary	04/06
Weber	Corine	04/27

Mended Hearts April Event Dates

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Meneses	Lee	4/16/2004



The Galen Lecture Series of 2014

The Galen Foundation is a non-profit lecture series designed to enhance knowledge on health issues in our local communities.

Dr. Pradip Jamnadas is proud to present:

Galen Lecture series 2014!

Sunday May 4, 2014

Healthy Eating Habits.....

Dr. Pradip Jamnadas, M.D., MBBS, FACC, FSCAI, FCCP, FACP

Venue: Winter Park Garden Club (Mead Garden)

1300 South Denning Drive

Winter Park, FL 32789

Reserve Your Seat!

Time: 3:00pm-6:00pm

"Let food be thy medicine and medicine be thy food" - Hippocrates, 431 B.C.

There will be live demonstrations of healthy foods and recipes.

REMINDER GALEN LECTURES ARE FREE!!

Sponsored by Gujarati Society of Central Florida and Galen Foundation

RSVP to 407-894-4880 or KDickinson@orlandocvi.com

March 2014 Mended Hearts

