

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

The Central Beat

Mended Hearts Inc., Chapter 296
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President's Message

Our speakers at our March meeting were ORHS Executive Chef Nelson Rodriquez, previously with Disney, who prepared a Gas-pacho Healthy Soup and a Mediterranean Wheat Berry Dish and Jessica Brooks, Registered Dietician. Jessica's presentation explained the various food groups with emphasis on different types of fats we consume as well as her suggestions on how we can eat healthy. There was a good exchange of ideas on how we can improve how we eat.

It's not too late to attend the Regional Connection meeting on Saturday May 17th at the Citrus County / Inverness Chapter of Mended Hearts. There will be presentations on stem cell research, heart failure, the impact of Cardio-vascular Disease on the patient and caregiver's) as well as Michele Packard-Milan, the new Executive Director Mended Hearts, Inc. will talk about her vision for Mended Hearts. Attendance is free. A continental breakfast and a hot lunch are included. If you are interested in attending, please see either Lee or myself.

SAVE THE DATE: Tuesday July 15th we will be celebrating our chapter's 13th anniversary at Deer Run Country Club. Details to follow.

We are looking for chapter members who are willing to make follow-up telephone calls to patients we have visited in the hospital. A brief training session will be held beforehand. This is a nice opportunity to "give back". Please see me or Lee if you are interested.

We are always looking for more hospital visitors. If you are interested in seeing how it is done, you can go with one of our current visitors to see what it is like. It is a very rewarding experience. Please see Lee or myself if you have any questions.

Best of health to all.

Mike Weber for Larry Cirillo

Having been given, I must give.

PAUL ROBESON (1898-1976)
Lawyer, Athlete, Performer

Caution: Watch your radiation exposure

Here's what you need to keep in mind.

If you have a heart condition or concern, your doctor may discuss different ways to diagnose or monitor it, including an electrocardiogram (ECG), cardiac catheterization, echocardiogram (ultrasound), radionuclide stress test, coronary CT angiogram, radionuclide myocardial perfusion imaging, or cardiac magnetic resonance imaging (MRI). These tests provide valuable guidance in diagnosing and treating heart disease. But some of them also expose you to ionizing radiation, which can potentially damage cells and increase the risk of cancer. Although no direct link between cardiac imaging tests and cancer has been confirmed, doctors are taking steps to limit the amount of radiation these tests deliver.

"Until 10 years ago, we didn't appreciate how much radiation exposure was incurred by certain tests. Now we know. Moreover, we understand that it's not only the dose that raises risk, but also when and where the radiation is given," says Dr. Warren Manning, chief of noninvasive cardiac imaging and testing at Beth Israel Deaconess Medical Center and a professor at Harvard Medical School. "One or two CT scans over a life-time is appropriate. But if you have a condition that requires repeated monitoring, a test that does not expose you to ionizing radiation, like cardiac ultrasound or MRI, may be preferable," he adds.

A cumulative problem

We receive low doses of radiation from the sun and slightly higher doses when we ride in airplanes or visit higher altitudes. There is no evidence that this type of exposure is dangerous. "If it were, pilots and flight attendants would have an increased risk of cancer, but they don't," says Dr. Manning.

Studies of Japanese atomic bomb survivors and nuclear power plant accident survivors suggest that cancer risk increases as exposure to radiation accumulates. For this reason, the American College of Radiology has set the lifetime radiation exposure limit at a conservative 100 millisieverts (mSv): one mSv is equivalent to the average amount of radiation a person receives in a year. "Below this level, we believe there is no meaningful risk," says Dr. Manning.

Why you should care

Some cardiac imaging tests emit very high doses of radiation. Physicians are particularly concerned about CT scans, since the popularity of

these tests has grown exponentially, exposing large numbers of people to significant doses of radiation. When the amount of radiation from a CT scan is added to that received from dental x-rays, chest x-rays, mammograms, tests performed for other medical reasons, and those done in the past, it's easy for an individual to reach or surpass the 100 mSv mark.

Because cancer develops very slowly after radiation damage occurs, your age at the time of exposure matters. "If you are in your 80s, you will probably outlive the danger. But if you are young, it is particularly important to limit radiation exposure," says Dr. Manning.

Risk management

With the heightened awareness of cancer potential from cumulative exposure, medical societies have stepped up efforts to minimize the risk.

The American College of Radiology now emphasizes the importance of conducting tests with as little radiation as possible. Significant changes have resulted, including substituting the agent sestamibi for thallium in nuclear scans. This cuts radiation in half. New protocols allow cardiac CT scans to be performed with one-sixth the conventional radiation dose.

The American College of Cardiology Foundation collaborated with imaging societies to reduce the number of exposures people receive by recommending how often specific tests should be done and encouraging physicians to use radiation-free tests, such as ECG, echocardiography, and MRI, whenever possible. These tests pose no radiation risk.

It all adds up to an experience that allows heart disease to be diagnosed, treated, and monitored

Radiation dose from common tests

<u>TEST</u>	<u>RADIATION</u>
Echocardiogram	0 mSv
MRI	0 mSv
Chest x-ray	0.05 mSv
Mammogram	0.7 mSv
Calcium scoring test	1-2 mSv
Cardiac Catheterization	7 mSv
Chest CT	10 mSv
Coronary CT angiography	3-14 mSv
Radionuclide sestamibi	10-12 mSv
Radionuclide dual isotope myocardial perfusion imaging	25 msv

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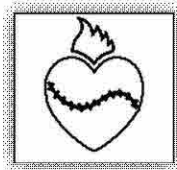
Vacant,
Newsletter

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



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.

June 17, 2014

Tuesday Evening, 7- 8:30 PM

**Winter Park Police Department, Community Room
500 N. Virginia Avenue, Winter Park, Florida**

Directions: Traveling on Hwy17-92 near the Winter Park Village area, turn East on Canton. Go 4 blocks and turn left on Virginia. Park at the WP Police Depart. and come into the lobby. The Community Room is on the second floor.

Speaker: Officer Lina Strube, Community Spokesperson for WP Police Department. She will be covering ways we can enhance our personal safety, prevent fraud and other crimes. She is very passionate about the community and things they can do to protect themselves.

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

2014 June meeting - Contact Eileen Krause – 407-342-3708

Mended Hearts Orlando - May Birthdays

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Gerry	Joanna	05/31
Ham	Norlin L.	05/08
Hunter	Irene	05/01
Scarboro	Johnny Gene	05/02

Mended Hearts Monthly Event Dates

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Desmond	John	5/12/2006
Ham	Norlin L.	5/25/2005
Mirman	Diane	5/1/2008
Pedlow	Kenneth	5/1/1998
Rutherford	Ed	5/3/2000
Wood	Bruce	5/7/2009



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.

April 2014 Mended Hearts Meeting



Don't want to sweat? Join the 'slow bicycle movement'

San Francisco is a hot town for bicycling. But among the growing population of bicyclists are those who avoid speed and spandex in favor of sitting upright and slowly making their way through town in whatever they happen to be wearing. It's a trend that some are calling The Slow.

In Los Angeles, when Karen Canady takes to the streets, she goes really slow. She's not a sissy though, she's a former short-course triathlete and one of a new breed of cyclists in the slow bicycle movement.

They forget about those speeding riders bent over the handlebars of their bikes. Slow bikers can ride to work and go into the office in the same clothes.

On errands or pleasure rides, Canady says she takes in the scenery, smells the aromas and stops to chat with pedestrians and other cyclists. It's pleasant, relaxing fun.

According to AARP, the slow movement began in 2008 in Copenhagen, Denmark. In the United States, slow bicycling clubs are popping up all over. Facebook has more than 9,000 slow-riding members.

They say that when you're not rushing past, with your head down, people talk to you, ask for directions, comment on your bike or otherwise initiate a conversation. Sometimes that means talking to tourists, and sometimes it means striking up a conversation with another slow rider in the bike lane.

