



Mended Hearts™  
of Orlando - Central Florida



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

## President's Message



Happy 4<sup>th</sup> of July everyone! It has been a beautiful weekend for all here in Orlando to enjoy time off from work and fellowship with friends and family. I have missed you all these past two months, but I heard June's meeting was fantastic with the music therapy.

With the coming of July brings the usual heat and humidity here in, so we invite all to join us for the annual Chapter #296 Anniversary dinner at Deer Run Country Club in Casselberry, July 17<sup>th</sup>. Please be sure to check out the information and send your check to Larry Sartori. We ask that you RSVP by July 12<sup>th</sup> so we can get an idea of how many to expect for the dinner. There will be entertainment as well as our usual raffle and door prizes, but do not come for just that reason, please come to spend good quality time visiting with your Mended Hearts family.

We will not have a meeting in August in order to give everyone a break, but will be meeting again September 20<sup>th</sup>, more information to follow in this newsletter in addition to some great upcoming topics and speakers for the fall season. Our annual holiday party will be in December and need anyone willing to volunteer his or her time to help plan the party, and/or have an idea where you would like to have the gathering, would be greatly appreciated; feel free to contact me if you are interested.

Corrie Crum

President

# The Central Beat

Mended Hearts Inc., Chapter 296  
Volume Sixteen, Number Seven  
July, 2016



***There are two ways of shedding light: to be the candle or the mirror that reflects it.***

***-Edith Wharton***

### **Signs Your Treatment Isn't Working**

If you or a loved one has heart failure, you probably know how important good daily habits are to treatment. A healthy weight, active lifestyle, and proper medication are all key ways to take charge of the disease.

But even you've been carefully following doctor's orders, it's crucial to keep an eye out for the return of symptoms. That's because heart failure can be under control for a time and then become an issue again.

Keep up with your regular checkups, and know which symptoms may mean your treatment needs to be tweaked.

#### **1. Trouble breathing or shortness of breath**

When your heart can't properly fill and empty, blood backs up in your veins. This causes fluid to leak into your lungs. Your doctor may call it pulmonary edema. This can make it hard to breathe during activities, rest, or even sleep. You may be woken up by sudden breathlessness. Maybe you'll need to prop yourself up with extra pillows to breathe easier. This constant search for air can leave you tired and anxious.

#### **2. Fatigue**

When your heart isn't pumping right, the body starts to move blood from less vital parts like your arms and legs to the centers for survival -- the heart and brain. This can leave you feeling exhausted after everyday activities.

#### **3. Persistent cough**

An ongoing wheeze or cough that brings up white or slightly blood-colored mucus can be another symptom of fluid building up in your lungs. Call the doctor if you notice it.

#### **4. Weight gain or swelling**

Just as fluid can build up in your lungs when the heart fails to properly pump blood, fluid can also increase in your tissues. This can be made worse by the fact that your kidneys get rid of sodium and water. As a result, your feet, ankles, legs, or belly may swell. This can cause shoes and socks to feel tight. It may also cause a seemingly sudden change in weight.

#### **5. Lack of appetite or nausea**

Because blood is being moved away from your digestive system, your appetite may not be as big as it usually is. You might also feel a bit nauseous.

#### **6. Increased heart rate**

When your heart struggles to pump the right amount of blood, it may speed up to make up for it. This can lead to palpitations, which could cause your heart to race or feel like it's fluttering or throbbing.

#### **7. Confusion, trouble thinking**

Unusual amounts of things like sodium in your blood can bring disorientation, confusion, or memory loss.

If you've seen any of these seven red flags, get medical help right away. Waiting for symptoms to get worse can be dangerous. With the right care, you can keep things under control.

SOURCES:Centers for Disease Control and Prevention: "Heart Failure Fact Sheet."American Heart Association: "About Heart Failure."American Heart Association: "Warning Signs of Heart Failure."UCSF Medical Center: "Heart Failure Signs and Symptoms."Harvard Health Publications: "Don't Delay When Heart Failure Threatens"

Reviewed by James Beckerman, MD,FACC on 5/26/2016

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

President  
Corrie Crum  
407-730-2577

Vice President  
Vacant

Secretary  
Larry Sartori  
407-909-1269

Photographer  
Linda Burns  
407-277-0918

Special Projects  
Larry Cirillo  
407-948-2030

Treasurer  
Claire Jones,  
407-380-6042

Marketing  
Vacant

Visiting Chair  
Mike Weber  
407-682-1172

Programs:  
Eileen Krause,  
407-303-1526

Joanna Gerry,  
407-841-5164

Betsy McKeeby,  
407-303-9300

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Linda Burns  
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Corine Weber  
407-682-1172

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Lee Meneses  
407-677-1064  
Corine Weber  
407-682-1172

Newsletter  
Anthony Machado  
407-303-9360



## Mended Hearts Orlando - July Birthdays

Last Name	First Name	Date
Jones	Claire	July 25th
Pain	Juanita	July 31st

## Mended Hearts Orlando - July Cardiac Event

None for the month of July.



Mended Hearts™  
of Orlando - Central Florida

### Chapter 296

### 15th Anniversary Dinner

**Date:** Sunday, July 17, 2016

**Time:** Social Hour 4:30 – 5:30 PM

Dinner Served at 5:30 PM

**Hosted by:** Mended Hearts #296

**Price:** \$20.00 per Person

#### Buffet Dinner

Garden Salad, Chicken Picata, Roast Beef, Baked Ziti, Vegetable Medley, Rolls and Butter, Coffee, Tea, Iced Tea and Anniversary Cake

CASH Bar Available

Entertainment: Scotty Jordan

**Location:** The Deer Run Country Club  
300 Daneswood Way  
Casselberry, Florida 32707  
(407) 699-7993

**RSVP:** Larry Sartori by July 12, 2016  
Call: (407) 909-1269  
Or Email: [lsartori@cfl.rr.com](mailto:lsartori@cfl.rr.com)

Please send payments to Larry Sartori, 8912 Sunset Blvd, Orlando 32836.  
Make all Checks payable to Mended Heart #296.

#### Directions to Country Club

From I-4 to Route 436. Take exit and go East on Rt 436 for 4.5 miles. Turn left onto Red Bug Lake Rd (Use the New Overpass). Turn Left onto Eagle Circle. Turn right to stay on Eagle Circle (At the 7-11 store). Turn left onto Daneswood Way.



**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.*



**July 17, 2016 Mended Heart Anniversary Dinner**  
**Sunday Afternoon 4:30pm Social Hour; 5:30pm Dinner**  
**The Deer Run Country Club**  
**300 Daneswood Way, Casselberry, Florida 32707**

**SAVE THE DATE!**  
**Reservations: Larry Sartori, Call (407) 909-1269**

**August, 2016**  
**Summer Vacation—No Monthly Meeting**

**September 20, 2016**  
**Tuesday, 7-8:30 PM**  
**Orlando Health Heart Institute**  
**1222 S. Orange Ave. Orlando, FL 32804**

**Directions:** Orlando Health Heart Institute (OHHI) in downtown Orlando on the corner of Orange Ave and Underwood across from the Cancer Center. The physical address is 1222 S. Orange Ave. The building is a five story glass building with a red banner across the top of the building that reads Heart Institute. You may park in the garage next to the Heart Institute and enter the building via the first floor where you may valet park. Walk from the parking garage to the OHHI building located next to the garage, enter the building. Just follow the Mended Hearts signs in the building. Walk to the left of the Reception Desk and the classroom is on the left.

**Topic/Speaker: To be determined**

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

1-888-432-7899 or 214-206-9259-<http://www.mendedhearts.org>

Our **local** web address is [www.mendedheartsorlando.org](http://www.mendedheartsorlando.org)

2016	September meeting	Contact Joanna Gerry - 321- 843-1093
2016	June Meeting	Contact Eileen Krause - 407-342-3708





**Mended Hearts and Mended *Little*  
Hearts  
Education and Training Conference  
“On the Road” 2016**

In 2016, the Mended Hearts and Mended *Little* Hearts National Education and Training Conference will be “on the road” in six locations across the United States. With multiple locations, the conference will reach more heart patients, caregivers and families than ever before. Please join us in this exciting journey as we train and educate our network of members to provide peer-to-peer support to heart patients in every community.

The conference program offers the latest in cardiovascular treatment and care, hands-on training for accredited visitors and chapter leadership, and peer-to-peer networking.

***Southern Region***

**October 28-29, 2016**

**Huntsville, Alabama**

**Register Today!**  
[www.mendedhearts.org](http://www.mendedhearts.org)

Conference Hotel

Embassy Suites Hotel

800 Monroe Street

Huntsville, Alabama 35801

*Note: The conference sessions will be held at Huntsville Hospital.*

Conference Registration Rate: \$50

Hotel Rate: \$124 plus taxes

For more information about the conference including the program agenda, hotel accommodations and registration information, please go to the Mended Hearts website at [www.mendedhearts.org](http://www.mendedhearts.org).

We hope we’ll see you “on the road” in 2016!





### Women Less Likely to Get Blood Thinner for Irregular Heartbeat

*They have a higher stroke risk from the condition than men, doctor notes*  
By Robert Preidt

(HealthDay News) -- Among people with the common heart rhythm disorder known as atrial fibrillation, women are less likely than men to receive blood-thinning drugs, a new study reveals.

Blood thinners are important for people with atrial fibrillation because they help prevent stroke. Atrial fibrillation causes an irregular heartbeat.

In people with atrial fibrillation, blood doesn't move from one part of the heart to the other as it should. Instead, the blood can pool and may clot. If a clot travels to the brain, it can cause a stroke. Blood-thinning drugs can help keep clots from forming, according to the U.S. National Heart, Lung, and Blood Institute.

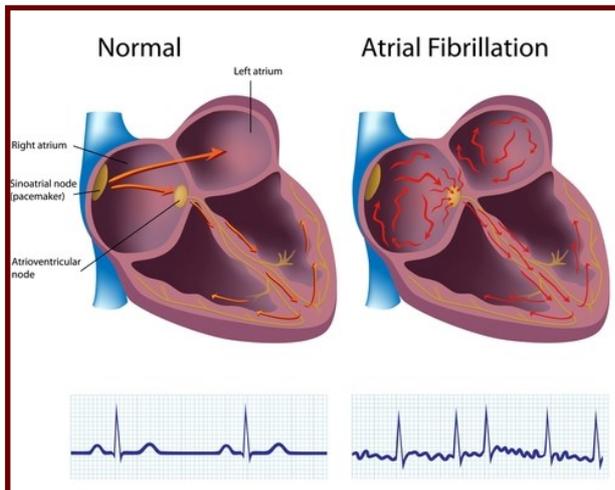
For the study, researchers reviewed data from nearly 1,600 people with atrial fibrillation. Among these patients, 55 percent of women were taking blood thinners, compared with 61 percent of men.

"The irony is that women have a higher risk of atrial fibrillation-related stroke, controlling for other risk factors such as hypertension [high blood pressure], diabetes, congestive heart failure, yet women are being undertreated," said study investigator Dr. Mark Eckman. He is a professor of clinical medicine at the University of Cincinnati.

"There are some take-home messages. Doctors need to realize we have mental biases that women are healthier and at lower risk of stroke," he said in a university news release.

"It's the same story for coronary artery disease and risk of heart attacks. We think women are at lower risk and we ignore warning signs. Thus, when we are making decisions for blood-thinning therapy for patients with atrial fibrillation, we need to remember that women are at higher risk and we need to make sure we treat them aggressively enough to prevent stroke," Eckman said.

The study was published recently in the *Journal of the American Geriatrics Society*.



### The Health Risks Posed by Mindless Munching

*Being more aware of your food might help improve cholesterol and blood sugar levels, study suggests*

By Mary Elizabeth Dallas

(HealthDay News) -- Along with diet and exercise, mindful eating may benefit overweight people trying to shed excess pounds, new research suggests.

"Mindful eating practices promote awareness of experiences related to the desire to eat, actual sensations of hunger, fullness, satisfaction and enjoyment," study author Jennifer Daubenmier, from the University of California, San Francisco, said in a university news release.

The study included almost 200 obese adults. All of the participants followed the same diet and exercise regimen.

Half of the group was randomly assigned to also receive additional information on nutrition and exercise, as well as information on relaxation and stress management, the study authors explained.

The other half of the study group followed a program focused on "mindful eating." This group was taught to be "present" while eating and to be aware of the thoughts and emotions related to the experience. This program also included meditation, yoga, breathing exercises, and the practice of being loving and kind to oneself and others, the researchers said.

Both groups had similar weight loss. But six months after the program ended, people in the mindfulness group had greater improvements in triglyceride levels (a type of blood fat) and "good" (HDL) cholesterol levels. The mindfulness group also had lower blood sugar levels one year later, the study found.

The researchers noted that these small improvements would reduce some of the risks of metabolic syndrome, a serious condition that increases the risk of heart disease.

"High stress levels, sedentary lifestyles and availability of inexpensive high-calorie foods mean it is easy to fall into the habit of mindless eating. We often find ourselves overeating not because we're hungry, but because the food looks or tastes delicious, we're distracted or we wish to soothe away unpleasant feelings," Daubenmier said.

"Practicing mindfulness can be effective in allowing us to recognize our patterns without judging ourselves, and to make more thoughtful food choices about when, what and how much to eat in ways that are both satisfying and healthy," she added.

The mindfulness program didn't force participants to give up all high-calorie foods. However, it directed them to recognize cravings and allow them to pass. It also encouraged participants to savor their favorite guilty pleasures in smaller portions that wouldn't exceed their calorie goals, the study authors said.

"Mindfulness training may promote sustained improvements in healthy eating that may contribute to better longer-term improvement in some aspects of metabolic health [when combined with a weight-loss program]," Daubenmier said.

The study was published in the March issue of the journal *Obesity*.

SOURCE: University of California, San Francisco, news release, March 17, 2016

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# June 2016 Meeting

## Music Therapy



A special thank you from Chapter 296 to our special guests from the Florida hospital Orlando Music Therapy program! Thanks for bringing your positive message and music to our Mended Hearts meeting!

