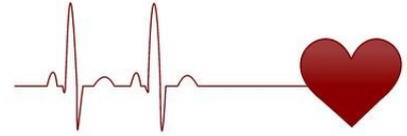




Mended Hearts™
of Orlando - Central Florida



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

Heart Disease Alert

Progress against heart disease stalls; death rate rises

After decades of dramatic progress, the death rate for heart disease has begun to show a slight increase.

The death rate for heart disease has been declining during the past four decades due to public health campaigns, the introduction of medication to control high blood pressure and diabetes, and better medical care for people who suffer a heart attack, according to the Centers for Disease Control.

Until 2011, heart disease was set to be replaced by cancer as the number one killer in the U.S., but the decline in heart disease deaths slowed. Then, in 2015 the death rate from heart disease started rising, by 0.9 percent, keeping it as the leading cause of death in the US.

Heart disease wasn't the only disease rising in 2015. Eight of the 10 leading causes of death increased.

These changes have had the most significant impact on life expectancy since 1997 with the overall death rate up 1.2 percent and life expectancy down to 78.8 years, according to the Wall Street Journal.

It is too early to tell whether this is just a temporary increase or the beginning of a more permanent change of direction, experts say.

Researchers from Kaiser Permanente, Northern California division of research, blame increasing levels of obesity for the rise in heart disease related deaths. The death rate for the elderly has remained relatively unchanged over time, but as obesity has increased, more middle-aged people are dying. When compared with the early 1970s, levels of obesity have more than doubled for adults and tripled for teenagers. Obesity causes high blood pressure, high cholesterol and diabetes, all of which are major risk factors for heart disease.

Controlling the major risk factors is seen as the key to bringing heart disease related deaths back down. **Cardiac rehabilitation**, for people who have already suffered a heart attack, could also be used more effectively to reduce future heart-related deaths. Pages, February 2017

What To Do!!

Move More

Eat Less Processed Foods

Eat More Whole Veggies, Fruits and Beans

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Seventeen Number Two

February, 2017



“ The Bad News is that time flies. The Good News is that you’re the pilot.” Michael Altshuler

Month-ahead travel planner

Washington D.C. welcomes guests for Cherry Blossom festival

Early spring is the perfect time to visit Washington, D.C., where one of the most popular attractions is in full bloom in late March and early April.

The Cherry Blossom Festival runs from March 20 to April 16. This event focuses on the 3,700 beautiful cherry trees that were given to the U.S. by Tokyo in 1912. The trees tend to hit their peak bloom at the end of March.

The festival features an homage to Japanese culture during the largest Japanese Street Festival in the U.S. with sushi, origami, J-Pop music, fireworks, a parade, and more.

Just because there is a festival going on doesn't mean that the normal attractions that Washington D.C. has to offer won't be on display. Steeped in history, many of this city's attractions are available at no cost so that anyone can learn about America's history, culture, and arts. Traditional stops include the Museum of Natural History, Lincoln Memorial, war memorials, National Cathedral, and more.

It would be tough to run out of things to do on a trip to the capital, but it is important to note that reserving spaces for things such as tickets can potentially save a lot of time and money. Formmers recommend that visitors seek these out weeks or even months in advance to ensure that they do not miss out on their favorite attractions.
www.formmers.com Pages, February 2017

Frozen Grapes

A Delicious, Sweet Treat: Buy, fresh Red Seedless Table Grapes, wash, drain and pat dry with a paper towel. Separate grapes from their vine and store grapes in a plastic container. Put grapes in the freezer and let remain there for at least 5-8 hours. When you have a sweet craving, just take out the frozen grapes and enjoy the treat. Nutritious and Delicious, no down side of fat and sugar involved like candy and most desserts.

Mended Hearts Inc. Board Contacts

President
Corrie Crum
407-730-2577

Vice President
Vacant

Secretary
Larry Sartori
407-909-1269

Photographer
Vacant

Special Projects
Larry Cirillo
407-948-2030

Treasurer
Claire Jones,
407-380-6042

Marketing
Vacant

Visiting Chair
Mike Weber
407-814-8890

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407-303-1526

Joanna Gerry,
407-841-5164

Betsy McKeeby,
407-303-9300

Hospitality
Linda Burns
407-277-0918

Social Functions Chair
Corine Weber
407-814-8890

Membership
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407-677-1064
Corine Weber
407-814-8890

Newsletter
Vacant



Mended Hearts Orlando - February Cardiac Event

Last Name	First Name	Date
Maressa Weber	JoAnn Mike	2005 February 9, 2001

Mended Hearts Orlando - January & February Birthdays

Last Name	First Name	Date
Burns	Linda	January 27
Esler	Bill	February 2
Seibert	Carole	February 22
Jagiela	JoAnn	February 27

Blood pressure in both arms

It might be best to take your blood pressure in both arms. According to a study published in Clin Exp Hypertens 2016, a large difference in the systolic blood pressure between arms might be a sign of cardiovascular disease.

Mild differences are not uncommon and should not cause worry. But if the difference in systolic pressure is greater than 10 mm HG, this could mean an artery in that arm has narrowed, possibly from atherosclerosis. And that could mean that blood flow is impeded to vital organs like the heart or brain.

The study analyzed data from seven other studies. Pages, Feb 2017

February Sudoku

How to solve sudoku puzzles

To solve a sudoku, you only need logic and patience.

Simply make sure that each 3x3 square region has only one instance of the numbers 1-9.

Each number can only occur once in a 3x3 region. Similarly, each number can only appear

9	6	5	8	7	2	3	1	4
4	1	8	3	9	5	7	6	2
8	6	5	9	4	1	3	7	2
6	7	2	4	9	5	1	3	8
3	5	4	8	1	2	7	6	9
9	8	1	7	3	6	2	5	4
5	3	6	1	8	9	4	2	7
7	2	8	6	5	9	4	1	3
1	4	9	3	2	7	6	8	5

1				2				5
7					4			
		6	1					7
9				3		2		
	5		8		2		6	
		2		9				8
8					1	3		
			5					1
4				7				6

once in a column or row in the larger grid. The difficulty on this puzzle is easy.



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.



February 21 , 2017
Tuesday, 7-8:30 PM
Orlando Health Heart Institute
1222 S. Orange Ave.
Orlando, Florida 32804

Directions: Orlando Health Heart Institute (OHHI) is located 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 also 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 your left.

Speaker: Debbie Shaw MSN, RN who is the TAVR Coordinator at Orlando Health will be discussing TAVR treatment. She will address all the approaches as well as the MitraClip procedure for mitral valve.

2017 Mended Heart Officers Election will be conducted at the February MH meeting.

March 21, 2017
Tuesday, 7-8:30 PM
Diabetes Center Conference Room 5th Floor
Florida Hospital Orlando Campus
2415 N. Orange Ave Medical Offices Building
Orlando, Fl. 32803

Parking: Park in the **McRAE** Parking Garage accessed on Rollins Street. Park on 3rd Floor of garage if possible. At the elevators on the 3rd floor of the parking garage – turn left and go into the Medical Office building complex. Follow signs to 5th floor. Parking garage vouchers will be provided at the meeting.

Topic: Exercise Experience with Amber Gross, Exercise Physiologist for FH Cardiac Rehab
Come and enjoy an evening with Amber leading out in chair exercises and other fun activities we can do to Sit Less and Move More!!

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

2017 March meeting
2017 February meeting

Contact Eileen Krause - 407-342-3708
Contact Joanna Gerry - 321- 843-1093



January 2017 MH Meeting



*Certificates of Appreciation for support of MH given to
Carl Pain and Eileen Krause*

