



Mended Hearts™
of Orlando - Central Florida



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

President's Message

Congratulations Larry Sartori—Mended Heart President

Thank You for volunteering to enthusiastically embrace this new responsibility.

Thank You to all the Officers and Board Members who make it possible to have an active chapter

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Seventeen Number Three

March, 2017

SPRING IS IN THE AIR

Welcome to your Chapter 296 newsletter. As most of you know, I was recently elected President of your Chapter. I hope that together we can continue to inform, support and educate each other as well as the many patients we visit at the 2 hospitals that we serve.

Just as spring is a rebirth of flowers and trees blooming again, you too, can share in the spirit with just a few changes in your lifestyle. How about a resolve to eat healthy and exercise regularly? Prepare more homemade dishes. You would be surprised how quickly you can prepare a tasty, healthy meal at home. Also, a positive attitude in your job, your relationships and interaction with people will make you feel good.

I'm always here to help you in your quest for eating Healthy!

Best of Health to Each of You,

Larry Sartori





**Mended Hearts Inc.
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Newsletter
Vacant



Start a Garden Today

Gardening can be very relaxing and rewarding. Visit your local Garden supply store and refresh your existing space. Better yet, plan an additional space to include fresh veggies and herbs. Fresh Veggies have the most nutrients and phytochemicals for healing, plus the best taste.

Plan to eat a salad every day – here is a Low Fat Lemon Juice Salad Dressing Recipe.

- 5 Tbsp. Lemon Juice
 - 1 Tbsp Honey
 - 1 Tsp. salt
 - 1 Tsp. olive oil
 - 1/2 Tsp. garlic powder
 - 1/4 Tsp. Dry Sweet Basil
 - 1/8 Tsp Dry Dill Weed
- Combine all ingredients – Shake well - Pour on salad

Mended Hearts Orlando - March Cardiac Event

Last Name	First Name	Date
Meneses	Lee	March 31, 2004
Sartori	Larry	March 23, 1982

Mended Hearts Orlando - March Birthdays

Last Name	First Name	Date
Maressa	JoAnn	March 9
Sartori	Larry	March 16
Walker	Bruce	March 21

Nearly Half of Heart Attacks may be “Silent”

A study in the journal *Circulation* (May 2016) reports that almost half of all heart attacks may occur without any of the classic symptoms. These are called a “silent heart attack” because the person doesn’t realize they had a heart attack. As we all know, the crucial key to recovering from a heart attack is the speed at which a patient receives treatment. In the case of a silent heart attack, the person may not seek treatment at all, and the heart muscle may be permanently damaged.

In this study, researchers analyzed the records of 9,498 middle-age adults already enrolled in an ongoing atherosclerosis study. Over an average of nine years from the start of the study (1987-1989), 317 of the participants had silent heart attacks while 386 had heart attacks with clinical symptoms. A silent heart attack was defined as Electrocardiogram (ECG) evidence of a heart attack, with no clinical documented heart attack. Researchers continued to follow participants for more than 20 years to track deaths from heart attack an other diseases.

They found that silent heart attacks made up 45% of all heart attacks. Silent heart attacks increased the chance of dying from heart disease by 3 times and increased the chance of dying from all causes by 34%. Silent heart attacks were more common in men but more likely to cause death in women.

Silent heart attacks can be detected by ECG. Once discovered, they should be treated as aggressively as clinical heart attacks with symptoms, including lifestyle changes and attention to risk factors.

Reference—<http://circ.ahajournals.org/content/early/2016/04/28/CIRCULATIONAHA.115.021177>

<http://newsroom.heart.org/news/nearly-half-of-all-heart-attcks-may-be-silent>

Food of the Month

Cauliflower

Cauliflower can easily be described as a super food. It comes in different colors, white which is the most common, red and burgundy. It is a heart healthy food which can be steamed, grilled or mashed and combined with potatoes if you like. Cauliflower has a starchy texture, and is low in calories, low in carbohydrates, high in vitamin K, and C, potassium, **fiber**, folic acid and omega-3 This heart healthy flowering anti-inflammatory vegetable known as cauliflower is available year around. Enjoy some this week.



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.



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!!

April 18 , 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.

Topic: 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

2017 March meeting
2017 April meeting

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

February 2017 MH Meeting



Certificate of Appreciation given to Joanna Gerry for her support of Central Florida, Chapter 296 Mended Heart's, its goals and patients.

Happy Winner of our evenings
50-50 Fund Raiser



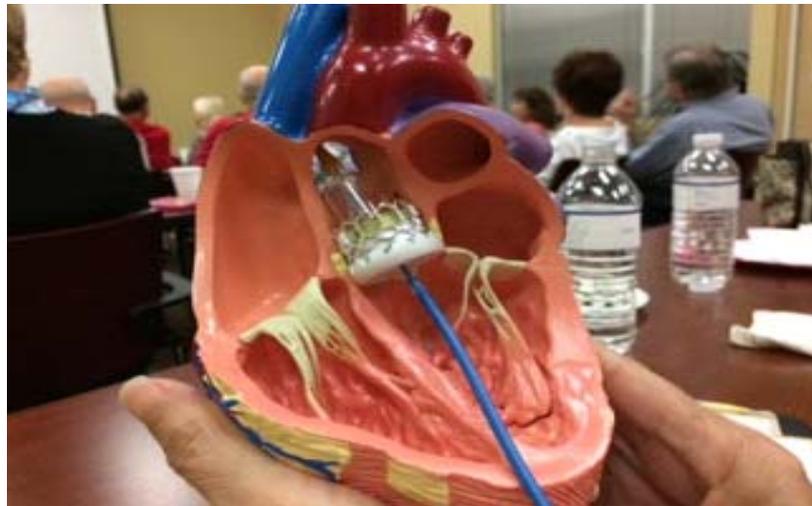
Thank You
Gary Price for presiding
over our yearly election
of the 2017 Mended
Hearts officers/board
members.



TAVR patients with Joanna Gerry and Guest Speaker, Debbie Shaw, MSN, RN



TAVR Valve



Mended Heart Attendees at the March Mended Heart Meeting.

Guest Speaker is
Debbie Shaw MSN, RN
TAVR Coordinator at
Orlando Health