

Mended Hearts
Chapter 296
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Mended Hearts™
of Orlando - Central Florida



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Welcome to your May 2018 Mended Heart Chapter 296 Newsletter....

WOW... we are in the 5th month of 2018. Time really seems to move so fast!

As we enter our summer season please remember to take some precautions. Don't forget to respect the hottest part of the day noon – 4 pm. Be sure to drink plenty of water when outside and take rest periods if doing outside activities. We want you to be safe and happy.



Scientists have been studying and working on extending life for humans and one conclusion they have found is the less calories humans consume the longer they live. Humans seem to eat and drink more calories than what we should. If you want to live a long life, eat less.

Upcoming events... Anniversary Party, July 29th; this year's National Mended Hearts Conference is being held July 16-18 in the city of San Antonio. If interested in attending the time to act is now. Registration and more information can be found online at the National Mended Hearts website.

Hope to see you at the May 15th meeting which will be held at Orlando Health Heart Institute, Orange Avenue at 7 pm. Our guest speaker will be Consumer Health Librarian Jessica Daly, MLS.

Till then stay safe, healthy and happy.

Peace & Love,

Larry



For Your Calendar

QUESTIONS about your health?
Receive the **ANSWERS** you can trust!

Speaker & Consumer Health Librarian
Guest Speaker & Consumer Health
Librarian

Jessica Daly, MLS

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- Researching Your Health
- Talking with Your Doctor/Healthcare Team
- Understanding Your Medications
- Taking Care of the Caregiver
- Caregiver Survival Tips

Orlando Health Heart Institute
1222 S. Orange Ave.
Orlando, Florida 32804

Date: Tuesday, May 15, 2018

Time: 7:00-8:30 pm

Directions: Orlando Health Heart Institute (OHHI) is 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.

Due to possible changes for future meetings **call** the contact person or check our local web site listed below to confirm that no change has occurred before coming to any meeting. Call the National Office to locate a chapter near you if you do not 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

2018 May meeting
2018 June meeting

Contact: Joanna Gerry (321) 843-1093
Contact: Sharry Tamayo (407) 421-0136

Let's Celebrate

Birthday	Gary Szasz	5/7
Birthday	Norlin Ham	5/8
Birthday	Bill Cekala	5/16
Birthday	Timothy Crum	5/26
Birthday	Joanna Gerry	5/31
Cardiac Event	Ken Pedlow	5/1/1998
Cardiac Event	Norlin Ham	5/1/2005



Larry & Catherine Lobien

Our Last Meeting



At our last meeting Speaker Beverly Mansker, Nurse Navigator for TAVR at Florida Hospital taught us everything we need to know about the advances in Transcatheter Aortic Valve Replacement or TAVR procedures. Thank you Beverly for an awesome presentation.



National Education and Training Conference 2018

2018 National Education and Training Conference and CHD Symposium

Join us in San Antonio: along the Riverwalk!

July 14 – 18, 2018

Hyatt Regency San Antonio Riverwalk

123 Losoya Street, San Antonio, TX 78205

Mended Hearts Education & Training Conference will be held July 15-18



Celebrate Life!

National Education &
Training Conference

July 14–18, 2018 • San Antonio Riverwalk

Conference will begin on Sun. at 4:00 PM and run until Wed. at 1:00 PM

To register for the Mended Hearts Education & Training Conference
please click [HERE](https://mendedhearts.org/national-education-training-conference-2018/)

Or type in the following URL - <https://mendedhearts.org/national-education-training-conference-2018/>

[Become a Mended Hearts Volunteer](#)

Volunteering at ORMC has become a passion and one of my life's most rewarding experiences. The patients doctors and hospital staff really do appreciate our services and thank us at every opportunity. Recently a few of us attended an ORMC luncheon for all hospital volunteers and I was fortunate enough to sit next to the ORMC President Mark Jones. We had a very interesting conversation about the program and hospital services in general. I was fortunate to be able to spend some time with him. *Gary Szasz*





Harvard Health Publishing
HARVARD MEDICAL SCHOOL

Trusted advice for a healthier life

[Harvard Women's Health](#)

[Watch](#)

Clinicians sometimes misread heart attack symptoms in women

Research we're watching

Published: May, 2018

Doctors may be more likely to dismiss heart attack symptoms as not heart-related in women younger than age 55, according to a study published online Feb. 20, 2018, by *Circulation*. This may be the case because women often report other symptoms in addition to chest pain, said the study's authors.

The researchers interviewed more than 2,000 women and 976 men ages 18 to 55 who were hospitalized for a heart attack — what doctors call acute myocardial infarction (AMI) — at 100 hospitals that are participating in a study. They found that both men and women reported chest pain and pressure, but women were more likely to have other symptoms as well, such as pain in the jaw, neck, and arms; indigestion; or shortness of breath. In addition, women were more likely than men to tell their doctors that they thought the symptoms might be stress-related.

Researchers found that 53% of women said that their provider didn't think their symptoms were heart-related, compared with 35% of men. Past research shows that women are more likely to have symptoms other than chest pain when experiencing a heart attack and are more likely than men to die in the hospital from AMI. The authors said more work is needed to identify the differences between male and female AMI symptoms and to help clinicians spot them more accurately.

"Laughter is the best medicine!"

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glasbergen.com

Travel Agency



**"It's a special casino for senior citizens.
The slot machines pay off in prescription drugs."**

© MARK ANDERSON

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"Apparently he was sitting on a wall."



**"We've exhausted all conventional measures.
One last desperate option is to put you on an alternative
medicine that has a 96 percent success rate."**



**"Good news.
Your cholesterol has stayed the same,
but the research findings have changed."**

Healthier Roasted Pork Loin



Recipe of the Month

Recipe by:

MakeltHealthy

"The rosemary flavor and fragrance is even more pronounced in this healthier version of Kathleen's recipe, because we used fresh rosemary rather than dried. We also added fresh carrots, potatoes, and fennel for a delicious and healthy meal!"

Ingredients

- 3 cloves garlic, minced
- 2 tablespoons chopped fresh rosemary
- salt and ground black pepper to taste
- 2 pounds boneless pork loin roast
- 2 tablespoons olive oil
- 4 medium carrots, split lengthwise and cut into 2-inch pieces
- 1 1/2 pounds red potatoes, quartered



Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Crush garlic with rosemary, salt, and pepper to make a paste. Pierce meat with a sharp knife in several places and press the garlic paste into openings. Rub meat with remaining garlic mixture and 2 tablespoons olive oil.
3. Place the pork loin into a roasting pan and cook in preheated oven for 45 minutes, basting with pan juices several times. Add the carrots, potatoes, and fennel to the pan and drizzle with 2 tablespoons olive oil. Season with more salt and pepper. Continue to roast until pork is no longer pink in the center, about 1 1/2 hours. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
4. Remove roast and vegetables to platter. Pour wine into pan, and bring to a boil while scraping browned bits of food off bottom of pan with wooden spoon. Serve with pan juices.

Puzzle For May
Sudoku
Difficulty - Medium
Good Luck!

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

Puzzle Solution

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

And a final joke

A man has a heart attack and is brought to the hospital emergency room. The doctor tells him that he will not live unless he has a heart transplant right away. Another doctor runs into the room and says, "you're in luck, two hearts just became available, so you will get to choose which one you want. One belongs to lawyer and the other to a social worker".

The man quickly responds, "the lawyer's".

The doctor says, "Wait! Don't you want to know a little about them before you make your decision?"

The man says, "I already know enough. We all know that social workers are bleeding hearts and the lawyer's probably never used his. So I'll take the attorney's!"