



Mended Hearts™
of Orlando - Central Florida



President's
Message

September

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Hi Everyone!

Hope you all had a fun and exciting summer. We are approaching the fall season. Time for pumpkin lattes as well as other fall goodies.

Celebrate Life was the theme of this year's national education and training conference. Nine of our chapter members ventured to San Antonio for the conference. Our chapter had the most attendees. Thanks to all who attended.

I personally had a good experience and learned some new facts and ideas to enhance our chapter.

Also, thanks to all who attended our 17th Anniversary party on July 29th. A good time was had by all. A special thanks to Corine Weber for making the beautiful center pieces for the tables.

Mark your calendars for December 9th for our annual Holiday party. More information will follow.

Hope to see all of you on September 18th at our next meeting. Till then stay safe and healthy!

Larry Sartori

Mended Hearts
Chapter 296
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Events for September

- Orlando Magical Dining ends 9/30 (See page 8)
 - Epcot International Food and Wine Festival
August 30 - November 12, 2018
 - Mended Hearts Monthly Meeting September 18th (last page)
 - Upcoming October Cluster Meeting 10/20/2018 in Hollywood, FL.
- For more information contact Marvin Keyser at marvk01@gmail.com.



THE CONFERENCE IN SAN ANTONIO

by Gary Szasz



There is so much to share about this amazing conference. First of all, congratulations to Mike and Larry for encouraging the largest attendance for any Group in the country with 9 attendees. This was my first conference and whatever my expectations were, they were greatly exceeded.

All the speakers were informative and completely relevant to our issues. We all learned a lot about new procedures and technologies that improve the quality and length of life for even the most severe heart health problems. All of the speakers answered on-point questions from the attendees and leaders and all made themselves available for more private chats between sessions.



All the leaders from MH headquarters were there and each took the time to thank and converse with all the attendees. First time attendees were provided a sponsor to show them the ropes and even take them to dinner if they arrived early. There were two separate events for first time attendees as well.

Everyone in Mended Hearts has their own story to tell of course but the personal journeys of two heart transplant survivors were for me the

most incredible and inspiring.

We all belong to an amazing group. We all appreciate the gift of a healthier life, especially after dealing with life threatening issues. We are not just surviving but rather thriving and enjoying life to the fullest.

As an added bonus, the food, mostly various tex-mex served buffet style was delicious and relatively healthy and the location on the Riverwalk could not have been more perfect.

Thank you to Mike, Larry and the board for making it possible for me to attend.



Good' cholesterol: How much is too much?

August 27, 2018

By Ana Sandoiu

Fact checked by Jasmin Collier

New research challenges the popular belief that high-density lipoprotein cholesterol, also known as the "good" kind, is beneficial to one's health, regardless of its levels.

If your tests reveal very high levels of the 'good' kind of cholesterol, you may still be at risk of cardiovascular disease.

Physicians typically advise that people maintain high levels of high-density lipoprotein (HDL) cholesterol on the basis of the assumption that it prevents heart disease and stroke.

This protective effect is thought to be due to the HDL molecules, which "flush" cholesterol from the blood into the liver and out of the body.

However, little is known about people with very high levels of this type of cholesterol.

In fact, some recent research has suggested that high levels of it may actually raise the risk of premature mortality.

A new study reinforces this idea. It was presented by Dr. Marc Allard-Ratick, of the Emory University School of Medicine in Atlanta, GA, at the European Society of Cardiology Congress, held in Munich, Germany.

Time to change how we see HDL cholesterol.

Dr. Allard-Ratick and colleagues examined the link between "good" cholesterol levels and the risk of heart attack and cardiovascular death in almost 6,000 individuals aged 63 years, on average. Most had heart disease; the researchers followed them up over the course of 4 years, grouping them according to their levels of HDL cholesterol, measured in milligrams per deciliter (mg/dL).

These four foods are proven to lower your cholesterol

Several controlled trials have proved the health benefits of these four plant-based foods.

During the follow-up period, 13 percent of the participants experienced a heart attack or died from cardiovascular disease.

Participants whose HDL cholesterol levels were 41–60 mg/dL were the least likely to experience a heart attack or die from a cardiovascular event.

However, for people with very low HDL cholesterol levels (less than 41 mg/dL) and those with very high levels (higher than 60 mg/dL), the risk of adverse cardiovascular events and death increased.

Specifically, people with cholesterol levels higher than 60 mg/dL were almost 50 percent more likely to have a heart attack or die from cardiovascular disease than those with levels at 41–60 mg/dL.



Dr. Allard-Ratick comments on these findings. "Our results," he explains, "are important because they contribute to a steadily growing body of evidence that very high HDL cholesterol levels may not be protective, and because unlike much of the other data available at this time, this study was conducted primarily in patients with established heart disease."

It may be time to change the way we view HDL cholesterol. Traditionally, physicians have told their patients that the higher your 'good' cholesterol, the better. However, the results from this study and others suggest that this may no longer be the case."

Dr. Marc Allard-Ratick cautions that the reasons for the associations revealed remain unclear; but, he speculates, "one possible explanation is that extremely elevated HDL cholesterol may represent 'dysfunctional HDL' which may promote rather than protect against cardiovascular disease."

"One thing is certain," concludes Dr. Allard-Ratick: "the mantra of HDL cholesterol as the 'good' cholesterol may no longer be the case for everyone."

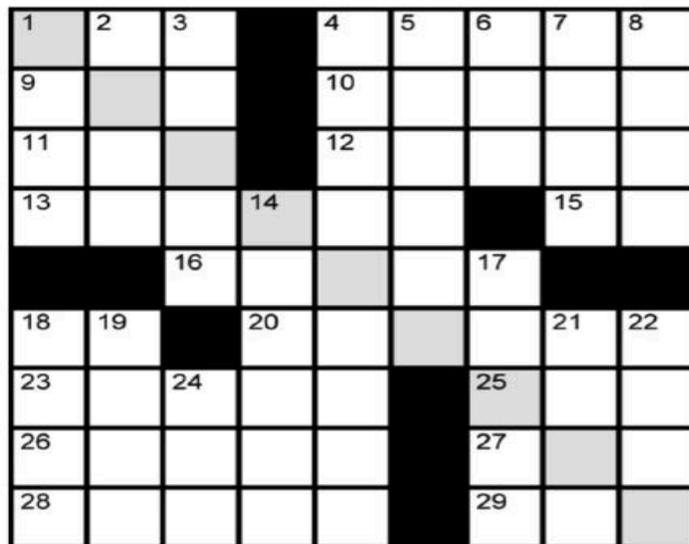
[Read this article online Click here](#)

THIS MONTH'S PUZZLE.

"To my biggest fan"

Across

- 1. Mamie's man
- 4. Gives the cold shoulder to
- 9. Lennon's lady
- 10. Blender button
- 11. Took place
- 12. Flair
- 13. At the summit
- 15. You and I
- 16. Nostrils
- 18. Bell or Barker
- 20. Sunni counterpart
- 23. Non-studio film, briefly
- 25. Plead
- 26. Flora's partner
- 27. Formal vote
- 28. Deluge
- 29. What Leary tripped on

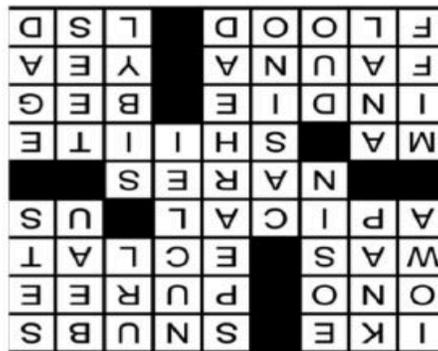


Down

- 1. Hawkeye State
- 2. Sack starter
- 3. Red dye
- 4. Lead an attack
- 5. Cell centers
- 6. WWW address
- 7. Boy friend
- 8. Hardens
- 14. Vegas attraction
- 17. Delphic diviner

- 18. Tick off
- 19. Like a control freak
- 21. Golfer's bagful
- 22. "Good grief!"
- 24. Batman and Robin, e.g.

The headline is a clue to the answer in the diagonal.



Our Anniversary Dinner

GOOD FOOD



FINE ENTERTAINMENT



WONDERFUL FRIENDS





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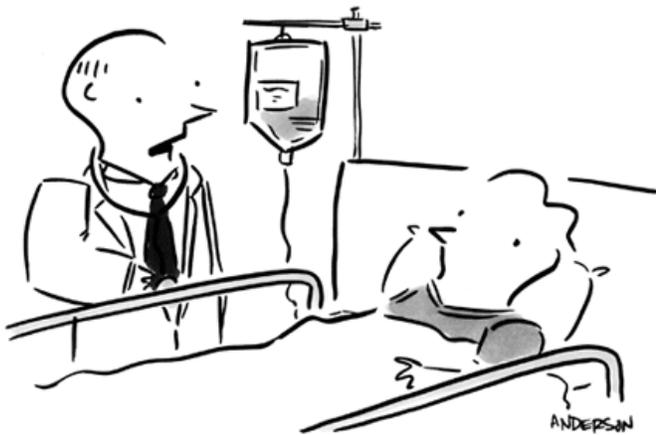
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"We're confident we were able to remove all of the bagel, but we'd like to keep him a few days in case there are any crumbs."

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"Your body's accepting the new organ just fine. So much so, unfortunately, that it's begun rejecting you."



Easy Low-Calorie Shrimp Scampi

BY KIMBERLEY EGGLESTON

Updated 06/21/18

Scampi is the Italian word for prawn (which is another word for shrimp), so translated in English "Shrimp Scampi" means "Shrimp Shrimp." But no matter what the name of this well-known and well-loved dish means, it is defined as a delicious preparation of [shrimp](#) cooked in butter, garlic, and parsley, often served over pasta.

While most shrimp scampi recipes are made with loads of butter, this easy shrimp scampi uses only a bit of butter as the base, supplementing with olive oil to give it a healthier bent. Plus the aromatic olive oil and [garlic](#) make this shrimp scampi extremely flavorful while staying healthy. You can buy raw (usually deveined) shrimp either from your local fish market or frozen in bags from your supermarket. If you are using frozen shrimp, place in a colander and run under cold water until thawed. Peel and dry with a paper towel before cooking.

Although simple to prepare, this dish is impressive, and can easily be doubled for a crowd--perfect for a dinner party. Since cooking time is as long as it takes for the pasta to cook, it is also perfect for a weeknight meal. And no one needs to know it is healthy!

What You'll Need

- 1/2 lb. angel hair pasta
- 1 tsp. unsalted butter
- 4 tsp. [olive oil](#)
- 4 cloves garlic, finely minced
- 1 lb. large raw shrimp, peeled and deveined
- 1/4 cup chopped fresh parsley
- 1 tbsp. freshly squeezed lemon juice
- Dash of salt
- 2 tbsp. grated fresh Parmesan cheese

How to Make It

- Cook the pasta according to the directions on the package.
- While the pasta cooks, in a skillet, heat the butter and olive oil over medium heat. Add the garlic and cook 3 minutes, watching to make sure the garlic doesn't brown.
- Add the shrimp, parsley, lemon juice, and salt, and cook until the shrimp are pink and curled, 2 to 3 minutes a side.
- Drain the pasta and toss together with the shrimp mixture and the Parmesan, and serve.

447 Calories; 8g Fat; 56g Carbs; 37g Protein

[Click Here to view online](#)

Let's Celebrate!

Birthday	Myrna Ham	16th
Birthday	Brett Lemaster	16th
Cardiac Event	Larry Sartori	2006/25
Cardiac Event	Lona Love	2004/1
Cardiac Event	Carl Pain	1999/6



If you don't know about Magical Dining Month you should go to the link below or click on the link. This wonderful way to enjoy fine dining at 50% off features a great selection of restaurants that all include a special menu featuring appetizers, entrees, and desserts for only \$35pp. Karen and I have already enjoyed meals at "Market to Table" in Winter Garden and "Dragonfly" in Dr. Phillips, both places unaffordable for us at their normal pricing. Plus, through Visit Orlando, one dollar from each meal will benefit Best Buddies and Down Syndrome Association of Central Florida.

<https://www.visitorlando.com>

**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 heart problems.

Tuesday, Sept. 18, 2018 @ 7:00-8:30 pm



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

**Guest Speaker: Dr. George E. Andreae
Topics: Cardiac Disease, Medications & Risk Factors**

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 September meeting
2018 October meeting

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