



Mended Hearts™  
of Orlando - Central Florida



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Hi Everyone! Welcome to your November 2018 newsletter.

We are now officially at the start of the Holiday season with the first Holiday being Thanksgiving. It's a day to celebrate and take pause and give thanks for all that we have and the chance to share with those less fortunate.

I can't wait to cook all the side dishes that will accompany the Turkey. Side dishes including sweet potatoes, mashed potatoes, string beans, peas, carrots, corn, lima beans and stuffing, etc. There are so many to choose from. It is truly a day of giving thanks.

Details about this month's meeting can be found on the last page of this Newsletter. Note: It's on November 13<sup>th</sup>, a week early to accommodate Thanksgiving. I plan on bringing in oatmeal cookies for all of us to enjoy. I also will be handing out sheets of medication side effects. Very handy information to have for a quick reference.

Our speaker for this month's meeting will be Jessica Davis, RD, a dietician at ORMC. The topic will be "Eating Healthy During Thanksgiving Holiday".

Finally, all the details about the Holiday Party are enclosed on Page 8.

Hope to see you all there.

Peace,

Larry



**Upcoming Events**

- Mended Hearts Monthly Meeting November 13th (last page)
- Holiday Party December 9th. (Page 8)

## FDA Panel to Review 2008 Guide on CV Trials for Diabetes Drugs

Miriam E. Tucker  
October 24, 2018

The US Food and Drug Administration (FDA) is now taking a second look at its 2008 guidance recommending that manufacturers conduct trials to prove cardiovascular safety for all drugs intended for the treatment of type 2 diabetes. On October 24 and 25, 2018, the FDA's Endocrinologic and Metabolic Drugs Advisory Committee will discuss the original rationale for the [2008 guidance](#), as well as the lessons learned from the eight clinical trials that have been conducted based on the guidance — including their costs versus benefits — and whether changes are needed at this time.

The guidance arose out of concerns about [cardiovascular harm](#) arising from older studies, but none of the eight trials have identified excess cardiovascular risk from the drugs in question, and three have actually shown benefit. "Now that we have results of several trials and 10 years of experience with drug development under the guidance, it seems apropos to review what we have learned and consider what changes to the approach, if any, are necessary," according to the [FDA briefing documents](#) posted online ahead of the meeting.

The specific questions the panel is considering is "whether an unacceptable increase in cardiovascular risk needs to be excluded for all new drugs to improve glycemic control in patients with type 2 diabetes, regardless of the presence or absence of a signal for cardiovascular risk in the development program."

The panel will also be asked to discuss broader issues pertaining to the guidance. These include its impact on drug assessment, the inclusion of high-risk patients in order to obtain statistically significant numbers of endpoints, and the specific numeric cut-offs for exclusion of cardiovascular risk.

Another discussion point will be how the cardiovascular safety findings for one drug should or shouldn't be applied to other drugs in the same class.

Prior to the guidance, clinical trials for glucose-lowering drugs were typically short (6-12 months), with evaluation of cardiovascular safety based on a small number of events in people who weren't necessarily at high risk for them.

The 2008 FDA document changing that paradigm was prompted by data from several sources, including the randomized ACCORD trial that was [stopped early](#) because of a significant 22% increased risk for death in the intensive glucose-lowering arm, and a [meta-analysis of 42 trials](#) of rosiglitazone (Avandia, GlaxoSmithKline) that suggested increased risks of both myocardial infarction and cardiovascular mortality.

To the advisory panel, the FDA says: "Taking all of this into consideration we will ask you to provide your thoughts on the guidance and your recommendations for evaluating this concern [cardiovascular safety of diabetes drugs] moving forward."

[Read the full article online. Click here](#)

THIS MONTH'S SUDOKU PUZZLE (Solution page 7)

1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	<b>9</b>	<b>3</b>	1 2 3 4 5 6 7 8 9	<b>8</b>	1 2 3 4 5 6 7 8 9	<b>6</b>	1 2 3 4 5 6 7 8 9
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<b>8</b>	<b>5</b>	<b>1</b>	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	<b>6</b>	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	<b>2</b>
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<b>7</b>	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	<b>1</b>	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	<b>2</b>	1 2 3 4 5 6 7 8 9
<b>4</b>	<b>2</b>	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	<b>1</b>	1 2 3 4 5 6 7 8 9	<b>6</b>

**Our Last Meeting**

**Speaker: Dr. Scott Bush, Clinical Psychotherapist**

Dr. Bush is a Licensed Mental Health Counselor, Christian Sex Therapist, and minister.

His specialties are EMDR, trauma, chronic pain, parenting, finding the root of a problem, panic attacks, obesity and sex therapy.

Dr. Bush's slide presentation included interesting details about discovering the root problems such as panic attacks, obesity, sex therapy and more and he shared how he has personally treated his patients using trauma therapy. He demonstrated how this therapy reveals the triggers from past events and how they can change life for the better going forward.

Everyone attending showed great interest in the subject matter judging by the many great questions asked by the members and guests.





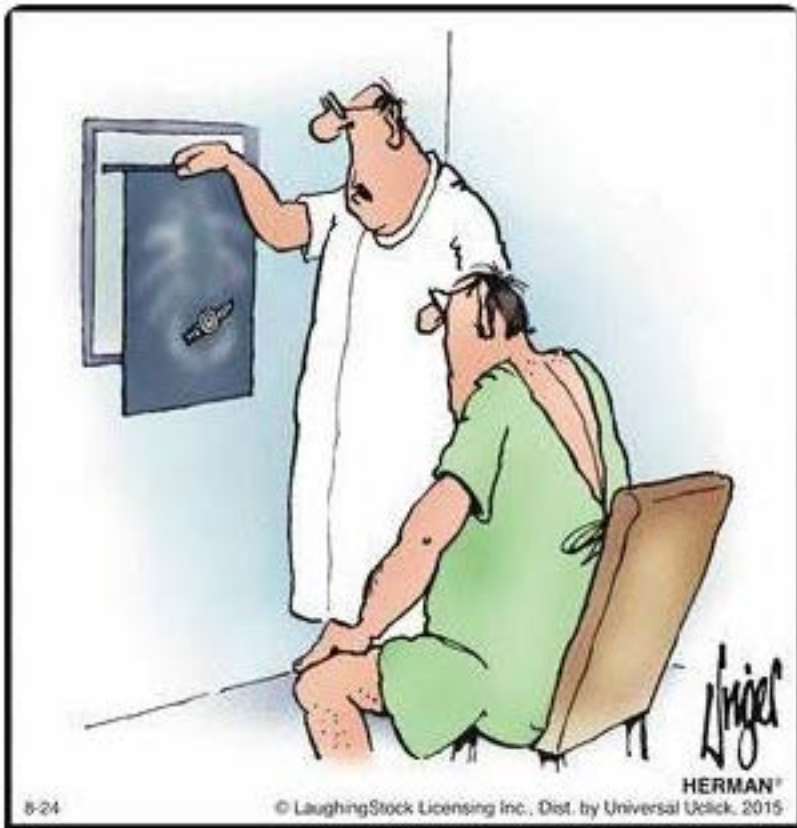
"You have sleet apnea."

© Jonny Hawkins 2018



"Geez Louise—I left the price tag on."

Shanakar



HERMAN®

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"I'll have to open you up again; that watch has great sentimental value."

### Puzzle Solution

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

# Cilantro-Lime Shrimp Salad by ROBYN STONE

MAY 18, 2017

## INGREDIENTS FOR THE SALAD

1 large or 2 medium heads fresh romaine,  
chopped  
2 lb. boiled or steamed shrimp, peeled  
and deveined  
2 avocados, cut into large pieces  
2 c. sliced grape tomatoes  
2 tbsp. diced red onion

## FOR THE CILANTRO-LIME VINAIGRETTE

1/4 c. extra-virgin olive oil  
1/4 c. lime juice  
1 clove garlic, minced (or 1/2 teaspoon garlic powder)  
1 tbsp. chopped fresh cilantro  
1 tsp. Dijon mustard  
kosher salt  
Freshly ground black pepper



## DIRECTIONS

- In a large bowl, add chopped romaine. Top with shrimp, avocado, tomatoes, and red onion.
- Whisk together olive oil, lime juice, garlic, cilantro, Dijon, salt, and pepper. Pour dressing over salad and toss.

[Click Here to view online](#)



<b>Birthday</b>	<b>Nancy Walker</b>	<b>1st</b>
<b>Birthday</b>	<b>Izzy Sanabria</b>	<b>3rd</b>
<b>Birthday</b>	<b>Ronald Seibert</b>	<b>13th</b>
<b>Birthday</b>	<b>Joan Sartori</b>	<b>17th</b>
<b>Cardiac Event</b>	<b>JoAnn Maressa</b>	<b>2007</b>
<b>Cardiac Event</b>	<b>Patrick McGarry</b>	<b>2015/8</b>

**2018 Southern Regional Connection by Larry Sartori**

I would like to share with you my experience at this years Mended Hearts Southern Connection meeting. It was held at Memorial Regional Hospital, Hollywood, Florida on Saturday, October 20, 2018. Approximately 125 people signed up to attend from Chapters all throughout the Southern Region.

Marvin Keyser, Southern Regional Director acted as host and is also President of the Hollywood Chapter. He opened the meeting at 9 am and welcomed all to this year’s conference.

The first speaker was Lisa Hohler, Pharmacist at Memorial Hospital. She has a spin wheel and people in the audience were asked to spin and answer the question on certain cardiac prescription medicines. Example: What is the newest drug on treating cardiac heart failure? Her answer was Entresto which has been shown to improve life for CHF patients. Her idea of using the “spin wheel” kept the audience engaged.

Next to speak was Dr. Jonathan Roberts. His topic was TAVR and spoke in detail on all matters of heart disease and the function of the heart and how TAVR saves Lives. He also answered many questions that the audience had on their own heart situations.

After lunch, John Shannon, BS, CEP spoke on the importance of exercise and the benefits of cardiac rehab. John works at Memorial Hospital.

Next to speak was Tamara Ward, a nurse from Memorial Hospital and she gave us a historical look at heart failure. Reminding us that it wasn’t that long ago that having heart disease was a death sentence and how today heart disease is controlled and sometimes reversed with the right medications, procedures and positive attitude of the patient.

Last to speak was Al Voss, Treasurer of Mended Hearts and Chapter President for Albany, Georgia. The subject was Chapter rejuvenation. In other words, how to get donations for your Chapter and to just make your Chapter a better running organization.

In conclusion, it was a well run and informative gathering of Chapter Presidents, ARD people and local Chapter members as well as Norm Linksy, Executive Director of Mended Hearts. Norm Linksy spoke of the challenges Mended Hearts is facing. Such as the move to Albany, Georgia as well as some financial challenges we face as an organization.

**Mended Hearts Orlando #296**

**2018 Holiday Dinner**

**Date:** Sunday, December 9, 2018

**Time: 4:30-5:30 PM Social Hour**

5:30 PM Dinner Served

**Hosted by:** Mended Hearts #296

**Price:** \$20.00 per Person

**Buffet Dinner**

Garden Salad, Chicken Marsala, Pork Tenderloin with Pineapple Teriyaki Sauce, Vegetable Lasagna, Vegetable Medley, Oven Roasted Potatoes, Rolls and Butter, Coffee, Tea and Iced Tea

**CASH Bar Available**

**Entertainment:** Rick Langolf

**Bring an adult \$10.00 value exchange gift per family that is wrapped or an unwrapped child's gift for *Toys for Tots***

**Place: *The Deer Run Country Club***

300 Daneswood Way

Casselberry, Florida 32707

407-699-7993

**RSVP:**

**Corine Weber**

407-814-8890 or

email [mikejweber@att.net](mailto:mikejweber@att.net) by Dec. 5, 2018

**Please send payments to: Corine Weber**

2414 Fairbluff Rd., Zellwood, FL 32798-9763

**Checks must be received by Dec. 5.**

**Make all checks payable to: "Mended Hearts Chapter 296".**

**Directions to Country Club**

From I-4 to Route 436: Take exit and go East on Route 436 for 4.5 miles. Turn left onto Red Bug Lake Rd. (Use the New Overpass). Turn Left onto Eagle Circle. Then 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.

**Jessica Davis, RD**

Jessica is a dietician at ORMC and works with patients on the stepdown floor. She will be speaking about heart healthy Thanksgiving, using seasonal veggies and taking advantage of our farmers markets.

**Tuesday, November 13, 2018, 7:00-8:30 pm**

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

**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.

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

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

2018 November meeting  
2019 January meeting

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