



**Mended Hearts**™  
of Orlando - Central Florida



*President's Message*

Welcome everyone to your February 2019 Mended Hearts Newsletter.

For the first time, we are distributing the Newsletter (a privilege of membership) to everyone on our mailing list who requested this. You can opt out of future issues but you will find only great information, healthy recipes, jokes and puzzles and recaps of recent events and notices of future events.



Hope you are all feeling well and looking forward to the month of LOVE with Valentine's Day and National Heart Month. I encourage everyone to wear RED on Fridays this month to remind everyone that heart disease is such an evil event.

Mended Hearts National should consider sponsoring a Heart Walk for all our chapters to participate in and raise money from local sponsors. Perhaps someday we will see such events taking place during Heart Month.

Our next guest speaker is Dr. Adam Waldman. He will conduct a question and answer seminar. So, if you have any questions on your health, he will be happy to answer your concerns. It should be an interesting evening. Hope you can attend.

Finally, this Valentine's Day make someone happy and show your love to people who are important to you.

Till then... eat healthy, exercise and be happy!

Peace & Love,

Larry

Mended Hearts  
Chapter 296  
Board Contacts

President  
Larry Sartori  
407-909-1269

Vice President  
Corrie Crum  
407-730-2577

Secretary  
Linda Burns  
407-277-0918

Treasurer  
Claire Jones  
407-380-6042

Visiting Chair  
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Hospitality  
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407-909-1269

Programs  
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407-421-0136

Joanna Gerry  
407-841-5164

Betsy Mckeeby  
407-637-1013

Social  
Functions Chair  
Corine Weber  
407-814-8890

Newsletter  
Gary Szasz  
407-342-1400

**Upcoming Events**

- February 9 - Cluster Meeting at Osceola Regional Medical Center (6)
- February 19 - Monthly Meeting at Orlando Health (last page)

# Excessive Salt Intake Accounts for 1 in 10 Cardiovascular Deaths, Study Finds

By: ActiveBeat Author on Thursday, August 21st, 2014

## [VISIT THIS WEBPAGE](#)

A new study has clarified the dangers associated with consuming too much salt. The finding: excessive sodium consumption accounts for roughly one in ten cardiovascular deaths each year.

The [study](#) was carried out by a research team from the Friedman School of Nutrition Science and Policy, which is based at Tufts University in Medford, Maryland. The team's leader, Dr. Dariush Mozaffarian, says that while it's been known for some time that consuming too much salt can be dangerous, "the effects of excess sodium intake on cardiovascular diseases globally by age, sex, and nation had not been well established."



To find out more about how salt affects the heart, Mozaffarian and his team analyzed data from more than 200 surveys examining sodium intake. They also studied nutrition data from around the world to see how salt intake can vary by age, gender, and country.

The researchers' findings were shocking: in 2010, the average sodium intake was just under four grams per day — which is roughly double the recommendation set by the World Health Organization (WHO).

In no part of the world were people consuming less than two grams of sodium per day. Only people in sub-Saharan Africa, where people typically consume 2.2 grams of sodium per day, did people even come close to the recommended limit. On the opposite end of the spectrum was Central Asia, where people typically consume more than 5.5 grams of sodium each day. The research team determined that this excess intake of salt could be associated with 1.65 million cardiovascular-related deaths each year. That represents about 1 in 10 deaths from cardiovascular causes.

Medical experts, including University of Cambridge public health researcher John Powles, believe the study's findings show that there needs to be more emphasis on the dangers associated with consuming too much salt. "These new findings inform the need for strong policies to reduce dietary sodium ... across the world," Powles said.

Sudoku Puzzle for February

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

Puzzle Solution

Patient: Doctor, I think I need glasses.  
 Teller: You certainly do! This is a bank.

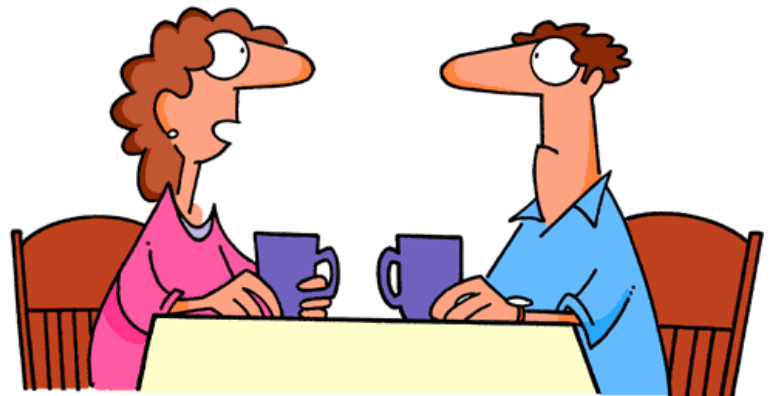
Doctor: Nurse, how is that little girl doing who  
 swallowed ten quarters last night?  
 Nurse: No change yet.

Doctor: I've got very bad news - you've got  
 cancer and Alzheimer's.  
 Patient: Well, at least I don't have cancer.

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



"Your blood pressure is up. Quit taking campaign promises with a grain of salt."



"When I'm dieting, my doctor says it's okay to cheat once in a while. I'm going out with your friend Larry tonight."

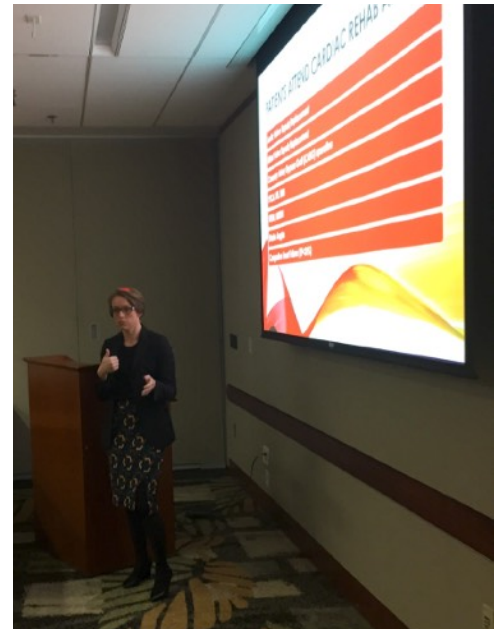
# Let's celebrate!

Birthday	Bill Esler	2
Birthday	Carole Seibert	22
Birthday	JoAnn Jagiela	27
Cardiac Event	Larry Cirillo	2001
Cardiac Event	JoAnn Maressa	2005
Cardiac Event	Gary Price	2001
Cardiac Event	Mike Weber	2001

## Last meeting



Thank you Ashleigh Funk for teaching us all about CREATION Health and all the benefits of lifestyle that goes well beyond Cardiac Rehabilitation. For those who missed the meeting, Ashleigh taught us about the 8-principals that result in a holistic and healthy lifestyle. CREATION Health is a faith-based wellness plan for those who want to live healthier and happier lives and share this unique whole person health philosophy. By consistently practicing the eight principles of CREATION Health – Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, and Nutrition – we fulfill God’s original plan for our lives, which is to live and be happy.





Save the Day Feb 9, 2019

Mended Hearts

Spring Gathering

Join us at

Osceola Regional Medical Center

700 W Oak Street

Kissimmee, FL 34741

Breakfast and Networking 8:00 am - 9:00 am

Cardiac Educational Sessions

Lunch

Mended Hearts Informational Sessions

Door Prizes and Raffles

Closing Session 4:30 pm



Mended Hearts<sup>™</sup>  
of Osceola

[Click Here to Register](#)

## Recipe of the month!



# Sautéed Salmon with Citrus Salsa

Consider this speedy salmon dish a real change from rich Holiday food for a Mended Hearts Valentine's Day. The tart, bright citrus topper cuts through the natural fattiness of the salmon; it would overwhelm lighter fish like cod or flounder. Serve for a simple, elegant date night, or double to serve 4. After freeing the citrus sections, squeeze the membranes over a bowl and make a quick vinaigrette for enjoying during the week.

## Ingredients

- 1 tablespoon extra-virgin olive oil, divided
- 2 (6-oz.) salmon fillets, skinned
- 1/2 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup grapefruit sections
- 1/2 cup orange sections
- 1/4 cup thinly sliced

## How to Make It

### Step 1

Heat a nonstick skillet over medium-high. Add 1 teaspoon oil to pan; swirl to coat. Sprinkle fillets evenly with 1/4 teaspoon salt and pepper. Add fillets to pan; cook 4 minutes on each side or until desired degree of doneness.

### Step 2

Combine remaining 2 teaspoons oil, remaining 1/4 teaspoon salt, grapefruit sections, and remaining ingredients in a bowl; toss. Spoon grapefruit mixture evenly over fillets.

## Nutritional Information

- Calories 365 Fat 16.8g Saffat 3g Monofat 8.6g Polyfat 4g Protein 38g Carbohydrate 15g Fiber 3g Cholesterol 90mg Iron 2mg Sodium 567mg Calcium 63mg Sugars 10g

**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.

**Tuesday, February 19, 2019, 7:00-8:30 pm**

**Speaker - Dr. Adam Waldman**

**Topic – Advances in Cardiology**

Adam Waldman, MD, joined the team at the Orlando Health Heart Institute Cardiology Group in 2006. He is board certified in internal medicine, cardiovascular disease and echocardiography. He has been an assistant professor of internal medicine at the University of Central Florida in Orlando since 2010. Dr. Waldman will be conducting an informative “Question and Answer” session. The meeting is free and always full of friendship, support and light snacks.

**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.

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](http://www.mendedheartsorlando.org)

2019 February meeting  
 2019 March meeting

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