



Mended Hearts™
of Orlando - Central Florida



President's Message

Welcome all to your November 2019 Newsletter.

Well today November 1st was actually and finally the first cool day of our Fall season. The cooler air felt so wonderful. Joan and I walked for 3 ½ miles enjoying the nice weather. So, get out and enjoy all that the Fall season has to offer.

We held our first Walkathon for Mended Hearts on October 12th. About 10 people showed up for the walk and we had a lot of laughs and raised money for National Mended Hearts.

I am thrilled to announce we now have a Chapter Vice President. The new Vice President is Scott McClendon. I welcome him to my team and our Board of Directors. Good luck Scott!

Please mark your calendar for November 12th for our monthly meeting which will be held at Advent Health (more information is in the Newsletter). Also mark your calendars for December 8th for our annual Holiday Party. Join us for plenty of laughs, music and good food. Everyone attending is guaranteed a small gift. Hope to see you all there.

Thanks for all who contributed to make our Walkathon a success.

Finally, it's great to be alive and to help others. Our motto is an inspiration for who we are and what we believe in.

Till next time, peace to all of you!

Larry

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Chapter 296
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Upcoming Events

- NOTE!!!: November meeting November 12, 1 week early! Flyer on last page
- December 8th Our Annual Holiday Party at Cariera's

Monitoring your heart rhythm with a smartphone: A good call?

An app that detects an irregular heart rhythm could be reassuring for people worried about afib.

Published: October, 2016



Image: Prykhodov /Thinkstock

Just over two years ago, the FDA approved the AliveCor Heart Monitor, which consists of a smartphone app plus a phone case with special sensors on the back. Touching the sensors with your fingers allows you to see a simple version of your heart's electrical activity on the phone screen. In the latest version, called Kardia, the sensors just need to be near (not necessarily on) your phone. The readout reveals if your heart rhythm looks normal or if you appear to have atrial fibrillation (afib)—a rapid, irregular heart rhythm that raises the risk of stroke.

Currently, several new smartphone apps to alert you about possible afib using just the phone itself—no special case required—are under development. Recent research suggests they're about as accurate as the Kardia system, although they haven't yet been cleared by the FDA and aren't on the market. If and when they are, could these apps help improve afib screening?

Possibly, but only if they are carefully tested and proven to show high-quality representations of the heart's rhythm, says Dr. Kevin King, a cardiologist at Harvard-affiliated Brigham and Women's Hospital. "And I would still do additional testing with a Holter monitor or event monitor to confirm the diagnosis," he says. These wearable monitors record your heart's electrical activity (a test known as an electrocardiogram or ECG) for days or up to a month.

Afib: Difficult to detect

This longer monitoring is often necessary to detect afib, because the chaotic heart rhythm may last just a few minutes and occur only occasionally. So a brief ECG done in a doctor's office may not pick up sporadic bouts of afib. While some people have troubling symptoms such as dizziness and breathlessness, up to a third of people with afib have no symptoms.

A typical ECG uses 12 electrodes placed on the chest, arms, and legs to record the heart's electrical activity. But a simpler version, known as a single-lead ECG (like that used in the Kardia system), is sufficient to detect an irregular pulse, which raises the suspicion of afib. You can share the 30-second recordings with your cardiologist, which might help inform your treatment. People diagnosed with afib typically take anti-clotting drugs to lower their risk of stroke.

Lights, camera, action?

One of the new apps under development measures color changes in the light reflected from the blood in your finger when you press it against the camera and flash of the smartphone. The fluctuations in color can be used to determine your pulse rate and any irregularities, Dr. King explains.

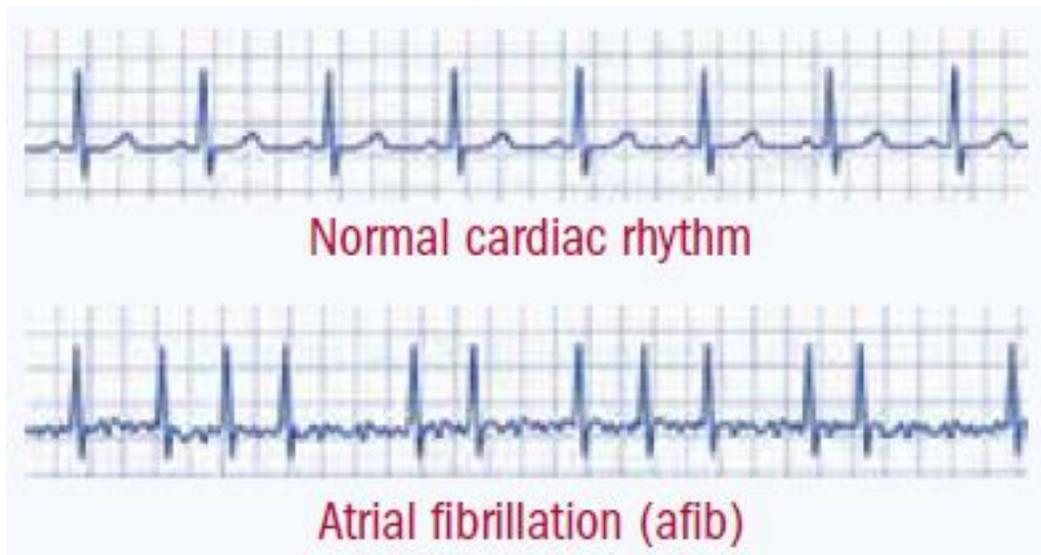
A recent study in the *Journal of the American Heart Association (JAHA)* compared this app to the AliveCor heart monitor in more than 1,000 people. All were ages 65 and older and at risk for afib. Both techniques were equally accurate in detecting afib, which was found in nearly 3% of the participants and verified with a 12-lead ECG done within 15 minutes of the suspicious app readout.

At the August 2016 European Society of Cardiology meeting, researchers reported results from a small preliminary study using a different afib detection app. To use this app, you lie on your back and place the phone over your heart. It takes advantage of the phone's gyroscope and accelerometer (the internal sensors that track your speed, movement, and orientation) to detect your pulse.

A reassuring rhythm

For the *JAHA* study, trained personnel helped participants use the phone-based devices correctly. In the real world, false positives—reporting afib when it is not actually present—might be more common. For example, a finger slip might create a blip that looks like afib, says Dr. King. On the plus side, both Kardio and the new app based on color changes had a very low rate of false negatives, meaning they rarely misclassified actual bouts of afib as a normal rhythm. As such, the apps might be useful for people who feel their heartbeat is occasionally racing and irregular, but for whom a conventional workup revealed no abnormalities. "When these people feel symptoms, it could be very reassuring to see a validated app report their heart rate as normal and regular," he explains.

Electrocardiogram



Caused by a rapid quivering of the heart's upper chambers (atria), afib changes the heart's normally steady pace to one that's rapid and irregular. Nearly one in 10 people ages 65 or older have afib, which increases the risk of stroke fivefold.

<https://www.health.harvard.edu/heart-health/monitoring-your-heart-rhythm-with-a-smartphone-a-good-call>

Walkathon



October Meeting
An amazing team effort



Celebrating Our Survivors

Birthday	Nancy Walker	1
Birthday	Izzy Sanabria	3
Birthday	Joan Sartori	17
Birthday	Keith Fogarty	25
Cardiac Event	JoAnn Maressa	2007

If you struggle to memorize medical terms, take a look at this cheat sheet to make things a little bit easier – and funnier – for you:

Artery: The study of fine paintings

Bacteria: Back door to cafeteria

Barium: What doctors do when patients die

Catscan: Searching for kitty

Cauterize: Made eye contact with her

Coma: A punctuation mark.

D&C: Where Washington is

Enema: Not a friend

ER: The things on your head that you hear with

Fester: Quicker than someone else

Genes: Blue denim slacks

G.I. Series: World Series of military baseball

Hemorrhoid: A male from outer space

Impotent: Distinguished, well-known

Medical Staff: A doctor's cane

Morbid: A higher offer than I bid

Nitrates: Cheaper than day rates

Organ Transplant: What you do to your piano when you move

Outpatient: A person who has fainted

Pap Smear: Making fun of Dad

Pathological: A reasonable way to go

Pharmacist: Person who makes a living dealing in agriculture

Pelvis: Second cousin to Elvis

Post Operative: A letter carrier

Recovery Room: Place to do upholstery

What to do with your turkey leftovers? What about Southwestern Turkey Soup?



Prep 15 m Cook 30 m

Ready In 45 m

Recipe By: Doug Matthews

"An interesting solution to the leftover Thanksgiving turkey dilemma. My 2 1/2 year old daughter helped me make it this year. I like to serve it with warm corn bread."

Ingredients

- 1 1/2 cups shredded cooked turkey
- 4 cups vegetable broth
- 1 (28 ounce) can whole peeled tomatoes
- 1 (4 ounce) can chopped green chile peppers
- 2 roma (plum) tomatoes, chopped
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 tablespoon lime juice
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin
- salt and pepper to taste
- 1 avocado - peeled, pitted and diced
- 1/2 teaspoon dried cilantro
- 1 cup shredded Monterey Jack cheese



Directions

- In a large pot over medium heat, combine turkey, broth, canned tomatoes, green chiles, fresh tomatoes, onion, garlic, and lime juice. Season with cayenne, cumin, salt, and pepper. Bring to a boil, then reduce heat, and simmer 15 to 20 minutes.
- Stir in avocado and cilantro, and simmer 15 to 20 minutes, until slightly thickened. Spoon into serving bowls, and top with shredded cheese.

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Sudoku Puzzle of the Month

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

Solution is on the last page



Celebrate With Us
Mended Hearts Orlando #296

Sunday December 8th
Cariera's Fresh Italian

1041 South Dillard Street
Winter Garden, FL 34787 407-554-3622



3:30 pm Social Hour
Family Style Dinner: Chicken Marsala, Beef Rigatoni, Shrimp Lemone
Cash Bar: Beer & Wine only
Free Raffles of Gift Cards & Table Centerpieces
\$20 per person

We will not have our gift exchange this year

RSVP: Corine Weber @ 407-814-8890 or email corineweber@att.net by December 5, 2019

Send payments to: Corine Weber, 2414 Fairbluff Rd., Zellwood, FL 32798-9763
Checks must be received by December 5, 2019
Make checks payable to "Mended Hearts Chapter #296"

Cariera's Fresh Italian is on Colonial Highway 50,
two miles west of 429 in the Tri-City Shopping Center.

Mended Hearts Chapter 296 Monthly Meeting

Note the Date! 1 week early due to Thanksgiving

Upcoming meeting: Tuesday, November 12, 2019 @
AdventHealth Orlando

Laura Hollenberger, APRN-C, and Kyle D. Thorner, PharmD, BCPS
are part of the AdventHealth Orlando’s Heart Success Center Team.

They will present information on Heart Failure and
medications specific to Heart Failure treatment.

Directions: Take Orange Avenue North and turn on to King Street. Turn into the King St parking garage on the right. Park on any floor with available spots and take elevator/ stairs to third floor. Use the crosswalk located on 3rd floor to cross the railroad tracks. Take the elevator at the end of the crosswalk down to the basement level for the Barker Conference Center. There will be signs directing you to the conference room once in the basement level. Parking vouchers for the parking garages are available at the meeting.

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

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

Puzzle Solution

2019 November meeting

Contact: Sharry Tamayo (407) 421-0136