



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



*President's Message*

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Happy December and welcome to your newsletter. I hope you all had a very Happy Thanksgiving.

Here we are now in the Holiday season. It seems to me this year just seemed to fly by. So, let's slow down time and enjoy every day in this month. Don't forget we are having our annual holiday party on December 8<sup>th</sup>. We are planning a gift for all those who attend and a raffle for a chance to win a gift card. Hope to see you at Cariera's Fresh Italian Restaurant in Winter Garden. Social hour starts at 3:30 and dinner will be served at 4:30. So come out and join your Mended Hearts family.

Gary Szasz, editor for this Newsletter for the past two plus years was awarded the Regional Newsletter of the Year on behalf of our Chapter 296. This was a well deserved reward and a great acknowledgement for a newsletter so many of us enjoy every month.

In conclusion, some chapter news. Claire Jones just sent national a check for \$2500 that we collected from our walk-a-thon on behalf of National. A job well done by all who helped make this a success. Mike Weber raised the most money for our chapter. Congratulations Mike and thanks to all who participated.

Have a fabulous Holiday Season and may you receive all you wish for.

Peace to all,

*Larry*

**Upcoming Events**

- December 8th Our Annual Holiday Party at Cariera's Page 7
- Next Monthly Meeting Tuesday, January 21, 2020 Last Page

# 10 Heart Health Breakthroughs

See the latest advances in cardiac drugs, surgery, technology and prevention.

By **Lisa Esposito**, Staff Writer Feb. 14, 2018, at 2:06 p.m.

**Editors Note:** *This is an excerpt from a much longer review of the very latest news in all the latest treatments for every type of heart problem. Its a great article which could be found at this link. <https://health.usnews.com/health-care/patient-advice/slideshows/10-heart-health-breakthroughs>*

## Heartening developments

It's an exciting time in cardiology and patients only stand to benefit. Medications fight [heart disease](#) from new angles and less-invasive procedures challenge established open-heart surgery. Women's heart conditions gain greater attention and streamlined devices boost quality of life for people with heart failure. Evidence continues to build on what truly prevents heart disease (like exercise) and what doesn't. See what three leading [cardiologists](#) suggest as the most significant, recent heart-health advances.

## Next-generation cholesterol medication

If super-high cholesterol runs in your family, a class of drugs called PCSK9 inhibitors may help protect you from cardiac events. This new generation of cholesterol-lowering medication is used for people with [familial hypercholesterolemia](#), explains Dr. Richard Becker, director of the University of Cincinnati Heart, Lung and Vascular Institute. Other patients with high LDL or "bad" cholesterol who don't respond well to their current medications may benefit as well. These injectable drugs, such as evolocumab (brand name Repatha) and alirocumab (Praluent), work differently than statins. A large randomized study, funded by drugmaker Amgen and published in the May 4, 2017, [New England Journal of Medicine](#), found treatment with evolocumab, combined with statins, reduced LDL levels and lowered the risk of heart attack and stroke.

## Anti-inflammation treatment

Scientists have long suspected inflammation as a culprit in causing arterial plaque buildup and heart attacks. A recent NEJM study may bolster that theory. An anti-inflammatory drug called canakinumab, currently used to treat juvenile arthritis, was randomly assigned to participants who had survived heart attacks. In the study, funded by drugmaker Novartis, patients who received the anti-inflammatory drug showed significantly lower rates of recurrent heart attacks, nonfatal strokes or cardiac death. "Time will determine whether anti-inflammatory treatment is going to be developed and become part of the standard of care," Becker says. "But many times, with discoveries that are groundbreaking or representing a sea change, we don't recognize their potential right away."

### November Meeting Review

Laura Hollenberger, APRN-C, and Kyle D. Thorner, PharmD, BCPS are part of the AdventHealth Orlando's Heart Success Center Team. Though Laura was suffering with laryngitis Kyle led an informative presentation and discussion on the medications used for the treatment of heart failure. He clearly explained their benefits and risk factors.



Regional Newsletter of the Year



<https://www.bbcgoodfood.com/recipes/lemon-garlic-roast-chicken-charred-broccoli-sweet-potato-mash>

## Lemon & garlic roast chicken with charred broccoli & sweet potato mash

By [Jennifer Irvine](#)

**PREP: 10 MINS**

**COOK: 1 HR - 1 HR, 15 MINS**

**EASY**

**SERVES 2**

A healthy, all-in-one roast lunch, that supplies two portions of veg and a vitamin C boost

*Powered by Whisk.com*

### Ingredients

- 1 small free-range chicken
- 2 garlic cloves
- 1 tsp rapeseed or canola oil
- small bunch thyme
- 1 lemon
- 1 small head broccoli (about 200g), cut into small florets
- 200g sweet potato, peeled and cubed (cook 100g extra if you are using for Chicken wrap with sticky sweet potato, see 'goes well with')
- 1 tbsp low-fat cream cheese



### Method

- Heat oven to 200C/180C fan/gas 6 and put the chicken in a large non-stick roasting tin. Halve 1 garlic clove and rub it over the chicken. Drizzle with oil, rub in with your fingers, then stuff the cavity with the thyme, 1 lemon half and the garlic you just used.
- Cut the other lemon half into quarters and scatter around the chicken with the other garlic clove, halved.
- Cover the tin with foil and bake for 40 mins, then remove the foil and spoon over the hot juices. Arrange the broccoli around the chicken, turning well in the juices, and return the tin to the oven for another 20-30 mins. To check that it is cooked through, pierce

- between the leg and thigh – if the juices run clear, the chicken is ready. Re-cover with foil and set aside while you prepare the sweet potatoes.
- Put the sweet potatoes in a pan of boiling water, return to the boil, then simmer for 7-10 mins until tender. Drain well, then mash. Set aside 100g of sweet potato mash if using for Chicken wrap with sticky sweet potato, see 'goes well with', then add the cream cheese to the rest and stir well.
  - Remove the broccoli from the roasting tin and divide between 2 plates.
  - Put the chicken on a serving plate, discard the lemon and garlic from the tin and remove as much of the fat from the juices as possible. Pour the remaining juices into a serving jug.
  - Carve the chicken and serve about 100g (1-2 slices) per person (keep the rest of the chicken for Chicken wrap with sticky sweet potato if making, see 'goes well with'). Serve with the broccoli and mashed sweet potatoes, and a drizzle of the lemony-garlic juices on top.

**Celebrating Our Survivors**

Birthday	Fred Gamble	8
Birthday	Carl Pain	9
Birthday	Hans Frankfort	13
Cardiac Event	Bill Cekala	2015/8

**Q: How can Santa deliver presents during a thunderstorm?**

**A: His sleigh is flown by reindeer.**

**On a Facebook page for beginning artists, one asked, “Any suggestions for painting dogs?” Another responded, “Wait till they’re asleep.”**

**My paramedic team was called to an emergency. Before we took the patient to the hospital, I had a question for his wife. “Does your husband have any cardiac problems?” I asked.**

**“Yes,” she said with a note of concern. “His cardiologist just died.”**

**–Aaron Webster**

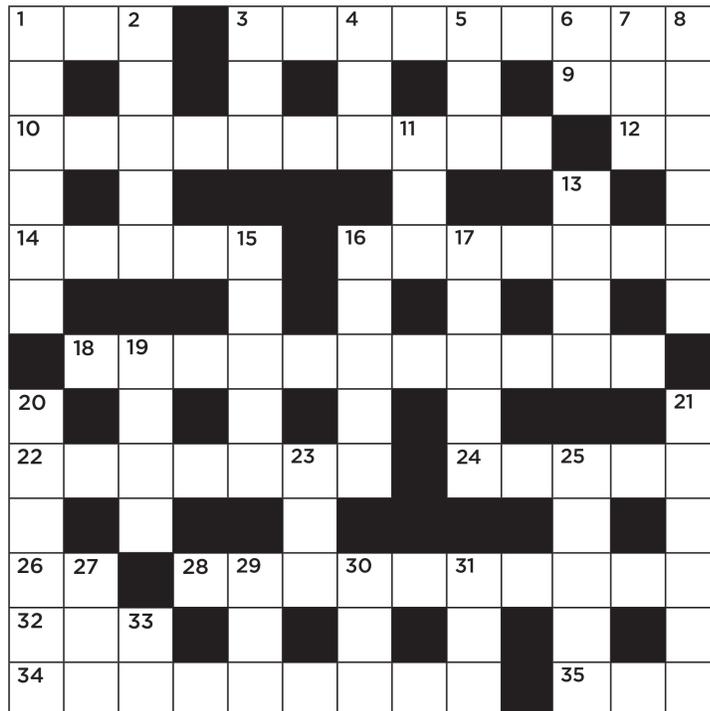
# Crossword Puzzle of the Month

**ACROSS**

- 1. Half-pint
- 3. Sleepy
- 9. Sean Lennon's mom
- 10. Sneezy (phrase)
- 12. "\_\_\_ apple a day ..."
- 14. Bloom of the Netherlands
- 16. Dopey
- 18. Grumpy
- 22. Happy
- 24. Cheap and showy
- 26. Physician's request
- 28. Doc
- 32. \_\_\_ Mahal
- 34. Bashful
- 35. Suitable

**DOWN**

- 1. Unsullied
- 2. Flower part
- 3. August baby, probably
- 4. Tic-\_\_\_-toe
- 5. Hubbub
- 6. Monopoly starting space
- 7. Barefoot Food Network star
- 8. Communicate
- 11. Santa syllables
- 13. Clean with a cloth
- 15. Concise
- 16. Don Draper, for example
- 17. Unfit
- 19. Compatriot
- 20. What a swindler does
- 21. Young swan
- 23. Unusual
- 25. Pause mark
- 27. "So there!"
- 29. Forever and a day
- 30. Shakespeare classic: Richard \_\_\_
- 31. *Life of Pi* director Lee
- 33. *Dallas* villain



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**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

4:30 pm Dinner Served

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](mailto:corineweber@att.net) by December 7, 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.

### Solution to Crossword



C	U	P		L	E	T	H	A	R	G	I	C
H		E		E		A		D		O	N	O
A	P	T	T	O	A	C	H	O	O		A	N
S		A				O			W			V
T	U	L	I	P		A	S	I	N	I	N	E
E				I		D		N		P		Y
	B	A	D	T	E	M	P	E	R	E	D	
C		L		H		A		P				C
H	A	L	C	Y	O	N		T	A	C	K	Y
E		Y			D				O			G
A	H		M	E	D	I	C	A	L	M	A	N
T	A	J		O		I		N		M		E
S	H	R	I	N	K	I	N	G		A	P	T





**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.

**Speaker**

**Michael Potts, M.D., F.A.C.C.**

A member of Central Florida Cardiology

**Topic: to be determined**

**AdventHealth Orlando Campus  
601 East Rollins Street  
Orlando, FL 32804**

**Location:** Barker Conference Center (Basement level, under the Welch Cafeteria)  
**Date:** Tuesday, January 21, 2020  
**Time:** 7:00-8:30 pm

**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 3<sup>rd</sup> 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](http://www.mendedheartsorlando.org)

2020	January meeting	Contact: Sharry Tamayo (407) 421-0136
2020	February meeting	Contact: Joanna Gerry (321) 843-1093