



Chapter 296 Newsletter



Study: Blood test may detect Alzheimer's earlier

A simple blood test may revolutionize screening for Alzheimer's disease. According to a new study in the journal JAMA Neurology, elevated levels of a biomarker called p-tau217 can predict key characteristics of Alzheimer's disease as accurately as more advanced tests and imaging. Researchers hope that the blood test will make early screening more cost-effective and accessible for everyone.

Colorectal Cancer Awareness Month: Five things to know about colorectal cancer

Colorectal cancer is the third most common cancer diagnosis among both men and women in the U.S., with about 153,000 total new cases in 2023 alone. It's also the second leading cause of cancer-related deaths in the U.S., and was projected to claim about 53,000 lives in 2023 alone, according to the American Cancer Society. But survival rates have steadily ticked upwards for decades, thanks to early detection and widespread lifestyle changes.



Here are five key things to know about colorectal cancer:

1. Colorectal cancer is a catch-all term for cancers that originate in the colon or rectum. About 1 in 23 men and 1 in 25 women will develop colorectal cancer during their lifetime.
2. You can reduce your risk of developing colorectal cancer if you maintain a healthy weight, exercise regularly, eat a healthy diet that prioritizes fresh foods and limits red or processed meats, abstain from tobacco, and limit your alcohol consumption.
3. People with first degree relatives (parents, siblings, children) who have been diagnosed with colorectal cancer or adenomatous polyps have a higher risk of developing cancer themselves. Some gene mutations, such as Lynch syndrome, are also linked with colorectal cancer in families.
4. Regular screening, such as a colonoscopy, is crucial to find colorectal cancer early or prevent it entirely. The U.S. Preventive Services Task Force recommends regular screening for all adults age 45 to 75. People with certain risk factors, like a family history of colorectal cancer, may need earlier and more frequent screenings.
5. Common colorectal cancer symptoms include blood in your stool, unusual diarrhea or constipation, feeling like your bowel does not fully empty, abdominal pain, or unexplained weight loss. Talk to your doctor right away if you notice any of these symptoms.

March Trivia, Did You Know.....?

March is known for 2 major holidays, one known for the celebrating and wearing green and the other for finding and eating lots of candy.

In old Roman calendars, one year used to be ten months long, starting in March and ending in December.

The birthflower for March is a daffodil and there are 2 birthstones, aquamarine and bloodstone.

There are 2 zodiac signs in March, Pisces until 3-20 and Aries starts 3-21

March and June finish on the same day of the week every year.

March Holidays—2024

March 1st — Share a smile day.)

March 2nd—Dr Seuss Day

March 3rd — National Anthem Day.

March 10—First Evening of Ramadan

March 12th — National Plant a Flower Day

March 12th — National Organize Your Home Office Day.

March 13th — National Good Samaritan Day.

March 14—Pi Day

March 17th — St. Patrick’s Day

March 20th — First Day of Spring

March 21st — National Flower Day.

March 25th — Holi. The Hindu festival of colors is celebrated around the World

March 25th — Earth Hour

March 29th — Vietnam Veterans Day.

March 30th — National Farm Worker’s Day and Take a Walk in the Park Day

March 31—Easter

Save The Date
Chapter 296 Anniversary Party
July 28, 2024
Details To Follow

Please note that the March 2024 Chapter 296 Monthly Meeting will be held via Zoom. Be sure to join us at this online meeting where you will be inspired and learn something new! Flier with more details included in this newsletter.

January 2023 Monthly Hospital Visit Numbers

Orlando Health:	Patients 50	Total Visits 68
AdventHealth:	Patients 92	Total Visits 92
	Heart Transplant Visits 5	

Follow us on Facebook: Mended Hearts of Orlando-Central FL#296



Chapter 296 March Zoom Meeting

Date: March 19, 2024

Time: 7:00 to 8:00pm

Topic:

Shockwave IDL

New Technology that uses sound or acoustic waves to break up calcification in arteries.

Speaker:

Aaron Schmoltd
Territory Manager-Orlando
Shockwave Medical

Bio Info: Aaron Schmoltd has over 20 years experience in cardiology beginning as an invasive cardiac specialist at Springfield Memorial Hospital in Illinois. He also has cardiac experience working at St. Mary's Hospital in Illinois, St Jude Medical, and The Mayo Clinic in Jacksonville, FL.

Join Zoom Meeting

<https://us06web.zoom.us/j/81088187989?pwd=ZPlGpmSS0HBJ38FSBermzbj07osIAC.1>

National Kidney Month:

Get tested

Every day your kidneys go about their work of removing excess fluid and waste from your blood. You probably never think about them. But you should.

In addition to filtering waste, the kidneys have several other important jobs to do. Consider this: They produce the two hormones needed to make red blood cells and regulate blood pressure, and they produce the active form of vitamin D, which helps maintain calcium for bones and other body functions.

At your regular checkup, ask your doctor about a blood test to measure your kidney function. Early detection of a problem is very important.

Each kidney has millions of tiny nephrons that act as filters. Beginning around age 40, a natural loss of nephrons occurs, but because there are so many, that doesn't cause problems unless other factors are present. If you have high blood pressure, diabetes, or both, some nephrons will lose their ability to filter blood.

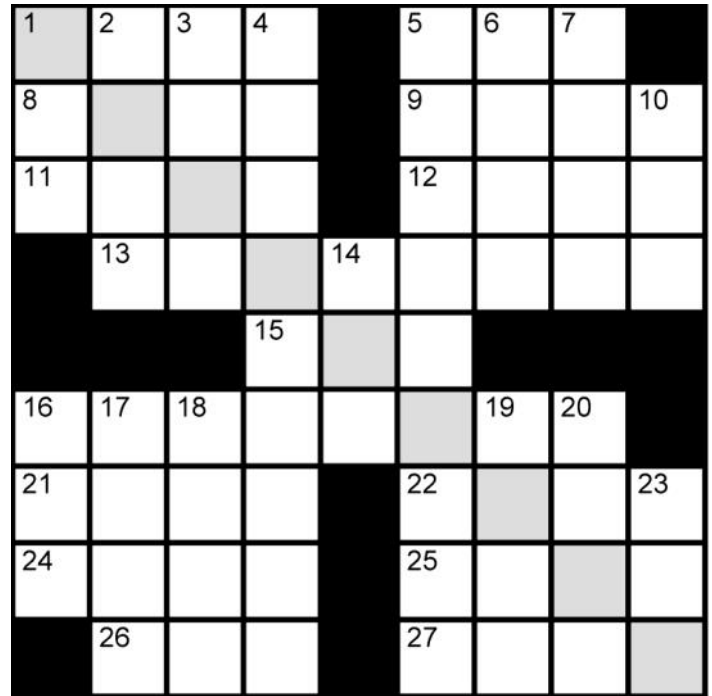
In addition to controlling diabetes and blood pressure, you can protect your kidneys with these steps.

* If you regularly take over-the-counter painkillers, especially for a long period of time, check with your

PLANETARY RESIDENTS

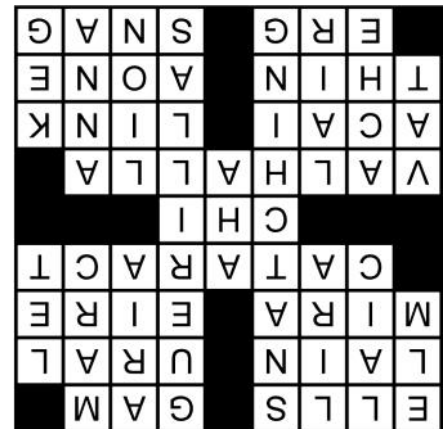
Across

- 1. Some bent pipes
- 5. School of whales
- 8. An anagram for anil
- 9. Russian river
- 11. Actress Sorvino
- 12. Cork's country
- 13. Common eye problem
- 15. Fraternity letter
- 16. Wagner opera setting
- 21. Antioxidant berry
- 22. Connect
- 24. Slender
- 25. Top-rated
- 26. Unit of work
- 27. Unforeseen difficulty



Down

- 1. Freddy Krueger's street
- 2. Secular
- 3. Old Italian money
- 4. Pickpocket's activity
- 5. Freedom fighters
- 6. La Scala highlight
- 7. Artist Chagall
- 10. Allow
- 14. "Caught you!"
- 16. Big wine holder
- 17. Hurt
- 18. Place to hibernate
- 19. Animal with a mane
- 20. "___ Karenina"
- 23. Fraternity party staple



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

doctor. The doctor may be able to recommend a safer alternative.

*Always seek prompt treatment for strep throat. When streptococcus invades the kidneys of adults, it can lead to kidney problems and kidney failure in some cases.

* Be cautious about "natural" supplements. Products labeled "natural" aren't necessarily safe, and some can work like prescription drugs. Patients taking blood thinners should know that garlic, ginger, ginko biloba, and ginseng all contain natural anticoagulants, and could cause internal bleeding in people taking blood thinners.



"Of course you did better in history. There was a lot less of it when you were my age."

Protein satisfies hunger and preserves muscle

It's true that protein satisfies hunger in a way that fats and carbohydrates can't -- possibly one reason why high protein, low-carb diets are popular.

Protein has a second quality that may be equally important to people who are losing weight. One of protein's amino acids, leucine, appears to be the key to preserving muscle while losing fat, say researchers at the University of Illinois. Other studies show that leucine can promote muscle building when overall calories are low.

To get plenty of leucine from protein and still avoid the animal fat in meat, consider these low-fat, leucine-rich protein sources:

1/2 cup firm tofu, 1,511 mg. leucine

1/2 cup low-fat cottage cheese, 1,440 mg.

leucine

8 ounces fat-free milk, 818 mg. leucine

1 ounce reduced-fat mozzarella cheese, 670

mg. leucine

1 ounce reduced fat cheddar cheese, 608 mg.

leucine

Hard-boiled or soft-boiled egg, 538 mg.

leucine

It's time to prepare for storms

Springtime and early summer are the seasons for windstorms, tornadoes, and hail in many parts of the country.

If they are common where you live, put together a power outage kit to ensure that you're prepared. Keep it in a water-resistant storage container in a location you can easily access.



The kit should include:

* A safe light source such as a battery-powered lantern, flashlights or battery-powered area lights, and extra batteries. Avoid candles.

* An assortment of hand tools including pliers, a screwdriver, a cutting blade and a wire cutter.

* Include a utility knife, duct tape, a utility lighter to light pilot lights, a fire extinguisher, and a first aid kit.

Note that if all your phones are portable, they won't work when the power is out, and you won't be able to charge your cell phone.

Other items you will want to have available are a battery-operated radio for news updates and instructions, a battery-operated clock, prescription medications, and pet supplies.

There could be a long wait before power comes on, so know where you can find your favorite books, decks of cards, and games.



Studies: Vitamins may slow memory loss

Three new studies suggest that taking a daily multivitamin may slow memory loss in older adults.

Over a period of two years, the studies compared the cognitive function of people who took a multivitamin with those who took a placebo pill with no active ingredients. The studies were part of the larger COSMOS Trial, a joint project between Harvard and the Fred Hutchinson Cancer Research Center in Seattle.

All three studies appeared to show that taking a daily multivitamin does have an effect on preventing normal memory loss from aging. Researchers said that in healthy older adults, the vitamin appeared to help preserve reasoning, attention, and planning, plus to ability to recall memories from everyday life.

But the researchers have yet to pinpoint which components in the multivitamin provided the protective effect, and they don't yet know how vitamins influence cognition.

According to NBC News, geriatric medicine specialists cautioned that the results should be interpreted in the right context, since even healthy people show minor decline in cognitive function over two years. People with vitamin deficiencies -- especially in B12, A, and E -- may also benefit from a multivitamin, since those vitamins may be linked to cognitive decline.

The history and benefits of asparagus

It was the favorite vegetable of Julius Caesar, King Louis XIV, and Thomas Jefferson. But the history of asparagus began long before that.

The name comes from the Greek "asparagos," meaning stalk. The Romans borrowed asparagus from the Greeks and cultivated it in every land they visited.

Asparagus is a member of the lily family and is related to onions, leeks, and garlic. It is low in calories (half a cup contains just 20 calories) and fat, while the tip is high in vitamins C, A and K.

Low in sodium and high in potassium, asparagus can be good for blood pressure. Just half a cup of asparagus contains 6 percent of the daily requirement of potassium.

It's almost time for asparagus to come shooting up in gardens, flower beds, and in places where it grows wild. Under ideal conditions, it can grow up to 10 inches in a day and reach up to 12 feet in height.

The best asparagus has firm, fresh stalks with tightly closed tips. It's best to store it in the back of the refrigerator or in a produce drawer.

Microwaving preserves more nutrients than boiling or steaming. Cook it upright in a tall container with a few inches of water in the pot. Simmer 5 to 7 minutes with the tips out of the water.

Orange-soy asparagus dressing

Combine 1 tablespoon each of soy sauce and fresh orange juice with 1/2 teaspoon grated orange rind, grated ginger, and dark sesame oil. Stir in 2 shallots or 1 small onion, minced. Drizzle over cooked asparagus and toss to coat.

Sweet & Spicy Mustard Dip with Veggie Dippers

Calories 132 Per Serving

Protein 8g Per Serving

Fiber 3g Per Serving

- 1/3 cup fat-free cream cheese, softened
- 1/2 cup fat-free sour cream
- 1 tablespoon honey
- 1 tablespoon cider vinegar
- 2 teaspoons ground mustard
- 1/4 teaspoon crushed red pepper flakes (optional)
- 1 pint grape tomatoes or cherry tomatoes
- 2 cups baby carrots

Directions

1. In a medium bowl, stir together the cream cheese and sour cream.
2. Stir in the honey, vinegar, mustard, and red pepper flakes until smooth.
3. Serve with the tomatoes and carrots.



Recipe borrowed from <https://recipes.heart.org/en/recipes/sweet--spicy-mustard-dip-with-veggie-dippers>



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Address _____ Phone _____

City / ST / Zip _____ I want to be a support volunteer: Yes No

Email address _____ I am interested in CHD Parent Matching: Yes No

(Please check all that apply) I am a Heart Patient Caregiver CHD Parent Physician RN Healthcare Employee

OPTIONAL INFORMATION: Race: _____ Gender: _____

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

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<p>___ Associate Member --- FREE * Can attend any chapter/group meeting for MH, MLH or YMH * Can join online communities * Can access Member Portal * Receives the National e-newsletter</p> <p>___ Individual Member --- \$20 annual donation per person * All of the benefits of an Associate Member, PLUS * Membership Card * Car Decal – Select ___ MH ___ MLH ___ YMH * One-time 5% off coupon for purchase from the MH store * One year annual subscription to Heartbeat magazine (\$30 value)</p> <p>___ Bronze Member --- \$45 annual donation per person * All the benefits of a Full Individual Member, PLUS * Membership Pin * Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia</p> <p>___ Silver Member --- \$100 annual donation per person * All the benefits of a Bronze Member, PLUS * A Stainless Steel Mended Hearts Travel Mug</p> <p>___ Gold Member --- \$250 annual donation per person * All the benefits of a Silver Member, PLUS * A Red Fleece Blanket * 10% off registration of any National Conference or CHD Symposium</p> <p>___ Heart of Gold Lifetime Sponsor --- \$1500 donation A one-time donation per individual * All the benefits of a Gold member FOR LIFE, PLUS * 15% off registration fees at National MH/MLH/YMH Conferences / Symposia * Recognition in the next <i>Heartbeat</i> magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors</p>	<p>For members of one household with one mailing address only</p> <p>___ Family Membership --- \$40 annual donation * All of the benefits of an Associate Membership, PLUS * One year annual subscription to Heartbeat magazine (\$30 value) * Membership Cards for all members of the family * 2 Car Decals – Select ___ MH ___ MLH ___ YMH * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.</p> <p>___ Bronze Family Membership --- \$75 annual donation * All the benefits of a Family Membership, PLUS * One Membership Pin per member * Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia</p> <p>Family Members:</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p>

ALL Donations are tax deductible

PAYMENT INFORMATION:

ADDITIONAL CHAPTER/GROUP DONATION:

Membership Level _____ \$ _____

Chapter/Group Name: _____

Additional tax-deductible Donation to:

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Amount: \$ _____

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