

HEART – to – HEART



Hamilton County Mended Hearts Chapter #350

“It’s great to be alive — and to help others!”

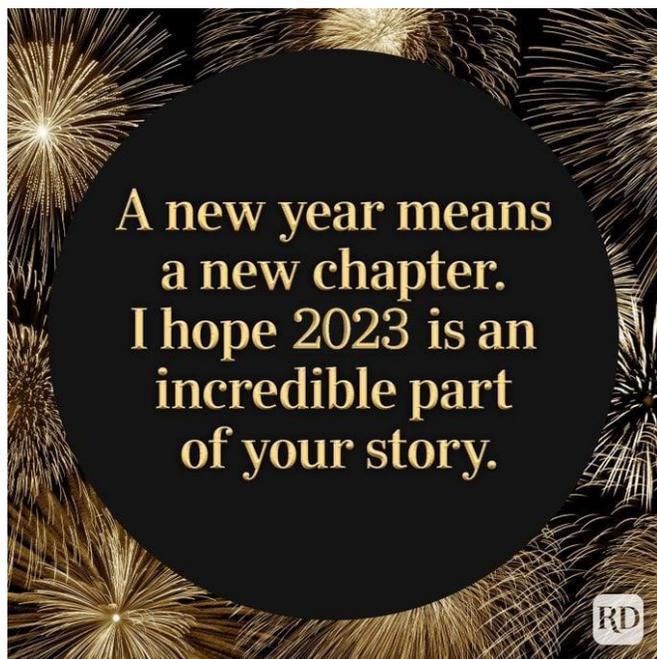
Volume 14, Issue 1

January 2023



Next Meeting!

February 15, 2023 at 11:30 am at 395 Westfield Rd, Noblesville IN. Call (317) 776-7377



NO SUPPORT GROUP MEETING IN JANUARY

Please forward any ideas for the newsletter or information you would like to discuss at the next meeting by the 20th of the month to newsletter editor: lindakm1951@yahoo.com.



www.mendedhearts350.org

Mended Hearts, Inc.
Founded 1951
Incorporated 1955
Chartered May 12, 2008

SAVE THESE DATES!!!

MEETING TIMES:

Meeting held at 395 Westfield Rd, Noblesville, IN, Classrooms A & B, Entrance 4 – 11:30 am.

- January 1st – New Year’s Day
- January 1st – Kwanzaa Ends
- January 11th – MH Board Meeting
- January 6th – Cuddle Up Day
- January 10th – Peculiar People Day
- January 16th – Martin Luther King, Jr Day
- January – NO SUPPORT GROUP MEETING
- January 26th – Spouse’s Day

AMERICAN HEART MONTH

- February 1st – MH Board Meeting
- February 2nd – Groundhog Day
- February 12th – Superbowl Sunday
- February 14th – Valentine’s Day
- February 15th – MH Support Group Meeting
- February 16th – Do a Grouch a Favor Day
- February 17th – Random Acts of Kindness Day
- February 20th – President’s Day
- February 22nd – Ash Wednesday
- February 26th – Tell A Fairy Tale Day

- March 1st – MH Board Meeting
- March 15th – MH Support Group Meeting

Board of Directors meetings are on the 1st Wednesday of each month at 11:30 am at Riverview Health on 4 South. All members are welcome to attend.



The Mended Hearts, Inc.

Cancellation of MHI 2023 Conference

Regretfully we must announce the cancellation of our June 2023 Conference due to a low number of registrants. While we are disappointed to cancel the event, we cannot move forward without a guaranteed number of attendees.

Those who have already registered for the event will be fully reimbursed; we are beginning that process now. We extend our sincere apologies for any inconvenience this may cause to those who have already reserved hotels or flights. If you have questions or concerns about reimbursement or if you have paid for a flight, please contact info@mendedhearts.org.

Heartfully,
The Mended Hearts, Inc.

Your Blood Type May Influence Your Stroke Risk, Study Shows

People with type A blood have a greater risk for early stroke, though lifestyle choices can influence this risk.

By Jocelyn Solis-Moreira
Published on September 9, 2022
Fact checked by Marley Hall

Fast Facts

- People with blood type A may be at a higher risk of having a stroke before the age of 60, a new study found.

- There were genetic differences among those who had blood type A as compared to other blood types, including a greater risk of developing blood clots that can cause strokes.
- Blood type may make someone more or less likely to develop a stroke, but age, gender, race, and lifestyle factors also play a role.

Your blood type can tell you many things about yourself, such as your risk for certain health conditions, your risk for blood clots and even whether you may be prone to kidney stones. Now there's evidence that your blood type may also predict one's risk for experiencing a stroke.

Newly published research in the journal *Neurology* shows a strong association between having blood type A and an increased risk of early-onset ischemic stroke before the age of 60.

Stroke is one of the leading causes of death in the United States, according to the Centers for Disease Control and Prevention (CDC), whose data shows that someone experiences a stroke every 40 seconds and dies from one every 3.5 minutes. Nearly 90% of all strokes are ischemic strokes, which is when a blood clot stops blood from reaching the brain.

While the new study suggests there's a strong genetic factor linking blood type to stroke, the study's co-author Braxton Mitchell, PhD, MPH, a genetic epidemiologist at the University of Maryland School of Medicine told *Health* that you shouldn't worry too much about your blood group.

"In the grand scheme of things, it's a smaller risk factor than others," Mitchell said, explaining that blood type is one of many genetic and environmental factors that increase a person's risk of stroke.

Here's a closer look at how big (or small) of a role your blood type plays.

10 Stroke Symptoms Everyone Should Know Type A Blood Group Showed Strongest Link to Early Onset Stroke

Researchers involved in the new study sought to understand how important genetics are when it comes to a person's risk of stroke. To do that, they conducted a genome-wide association study that included collecting data on stroke cases from around the world. A majority of the study data was from the United States and Europe.

From 48 different studies, researchers analyzed health information associated with nearly 17,000 individual stroke patients whose ages ranged from 18 to 59 years old. More 599,237 medical cases not involving stroke acted as controls. People were divided by the four main blood groups based upon whether they had an early stroke, late stroke, or no stroke.

Researchers looked for genetic variants across the genome and between the study groups. They found significant genetic differences between patients who had experienced a stroke and those who had not. The differences were observed specifically in the genes coding for the ABO blood group.

"It was surprising to me that the ABO blood group was by far the strongest association that we saw in early-onset stroke," explains Dr. Mitchell. "And not only that, the association was much stronger for early-onset stroke than it was for late-onset stroke. So that was a surprise for us."

Having type A blood was associated with an 18% greater chance of developing early-onset stroke. This included a greater risk of developing blood clots, which can trigger a stroke. In contrast, people with blood type O were 12% less likely to have an early stroke than other blood types.

There was also a slight risk of both early and late stroke in people with type B blood. However, after the researchers adjusted for sex and other contributing factors of stroke, the association was gone.

Findings May Be Catalyst for Those at Risk

Sandra Narayanan, MD, a vascular neurologist and neurointerventional surgeon at Pacific Neuroscience Institute, who was not involved in the study, told *Health* that the research adds to what scientists already know about uncontrollable risk factors for heart disease—

such as the genetics that contribute to a person's blood type.

However, Narayanan added that the findings may be the catalyst that people with a riskier genetic profile for stroke need to make healthier lifestyle changes.

From a medical standpoint, Dr. Narayanan added that understanding the genetic basis behind stroke could "initiate the conversation regarding medications or other strategies to reduce arterial or venous thrombosis."

Because only 35% of participants were not European, she adds that future studies with more diverse populations may help to better understand stroke risks across blood types of different races and ethnicities.

I Had a Stroke at 41. Here's What I Wish I Had Known

Additional Stroke Risk Factors

Along with genetics and blood type, age is another factor that can elevate your risk of stroke. The CDC warns that after age 55, your stroke risk doubles every decade. While strokes happen most often among people 65 years and older, one in seven strokes happen in those between 15 and 49.

A person's sex can also influence stroke. A 2022 review reports that women more than men are more likely to have a stroke and a disproportionate burden of disability and death afterward.

A separate 2022 study calculated that young women between 35 to 45 faced a 44% greater risk of ischemic stroke than men of the same age. The CDC explains that women tend to be in more danger of having a stroke because of pregnancy and using birth control pills.

Amongst all races and ethnicities, Black individuals have the greatest stroke risk. The American Heart Association says one of the reasons Black Americans have a higher prevalence of stroke is because two-thirds of this racial group tend to have at least one risk factor for stroke, including:

- Diabetes
- Sickle cell anemia
- High blood pressure
- High cholesterol

- Obesity or being overweight

What's more, a 2021 CDC study suggests that Black Americans have the worst outcomes. Black men, most of all, faced the greatest risk of stroke death and the lowest 5-year survival rate.

However, Dr. Mitchell said that there are much more influential components than the uncontrollable risk factors mentioned above. "It's a somewhat rare event," he adds. "I would tell people that if you really worried about your risk of stroke, I would look at your other risk factors and try to get them under control."

Preventative Measures

This may be surprising, but about 80% of strokes are preventable, said Dr. Narayanan. To prevent a stroke from happening in the first place or reduce your risk of it happening again, she recommends these strategies for maintaining a healthy lifestyle. These include:

- Quit smoking or not smoking altogether.
- Keep a blood pressure machine at home if you have high blood pressure and keep track of your measurements everyday. Dr. Narayanan says to bring these numbers with you or the log to your doctor's appointments. "Goal BP is <140/90 mm Hg (or <130/80 mm Hg for patients with diabetes mellitus)."
- Eat a Mediterranean-style diet rich in fruits, vegetables, whole grains, fish, and nuts.
- Exercise. Research suggests that exercising for at least 2½ hours per week for 3 months after a stroke boosted a person's health and overall quality of life. Dr. Narayanan says that even moving around for 10 minutes daily makes a bigger difference than not doing anything.
- Know your cholesterol. "If you've already had a stroke or [transient ischemic attack], aim for low-density lipoprotein (LDL of <70 mg/dL)."

"Consistency is key to maintaining healthy lifestyle interventions. Start early. [About] 10-15% of strokes occur in adults less than 50 years of age," advises Dr. Narayanan.



Martin Luther King, Jr.

Below is an excerpt of a transcript from his celebrated "I Have a Dream" speech, delivered on Aug. 28, 1963, on the steps of the Lincoln Memorial.

"I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow jail cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive. Go back to Mississippi, go back to Alabama, go back to South Carolina, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our Northern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair, I say to you today, my friends.

So even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident, that all men are created equal.

I have a dream that one day on the red hills of Georgia, the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood."

Chicken Wild Rice Soup



Ingredients

- 2 quarts chicken broth
- 1/2 pound fresh mushrooms, chopped
- 1 cup finely chopped celery
- 1 cup shredded carrots
- 1/2 cup finely chopped onion
- 1 teaspoon chicken bouillon granules
- 1 teaspoon dried parsley flakes
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried thyme
- 1/4 cup butter, cubed
- 1/4 cup all-purpose flour
- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 1/2 cup dry white wine *or* additional chicken broth
- 3 cups cooked wild rice
- 2 cups cubed cooked chicken

Directions

In a large saucepan, combine the first nine ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.

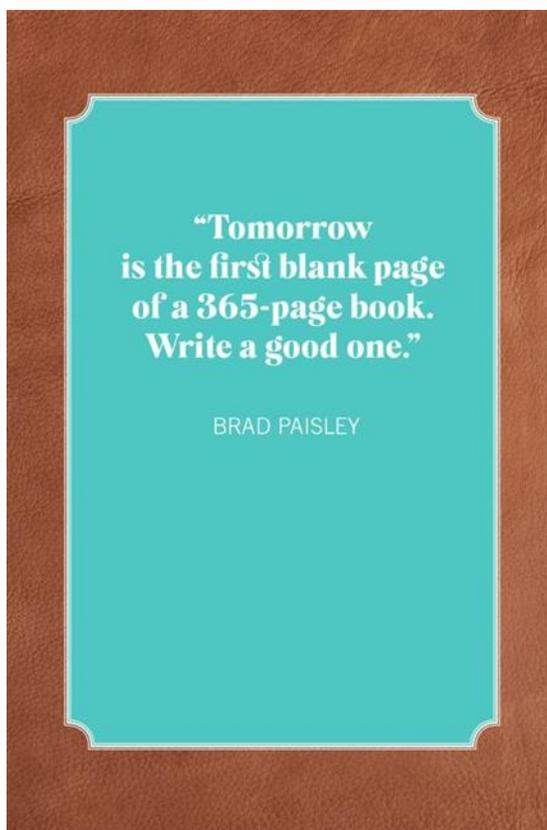
In Dutch oven, melt butter; stir in flour until smooth. Gradually whisk in broth mixture. Bring to a boil; cook and stir for 2 minutes or until thickened.

Whisk in soup and wine. Add rice and chicken; heat through.

Yield: 14 servings (3-1/2 quarts).



"Hurry! Our New Year's resolutions start in ten minutes."



Mended Hearts volunteers make a difference every day!

Each year Mended Hearts volunteers make a difference in many lives. Patients newly diagnosed with heart disease can have many questions that can be best answered by someone who has “been there”. Consider taking a few hours a month to make a difference. If you would like to be a Mended Hearts volunteer, contact any Chapter 350 member listed below.

***Our Mission Statement:
To inspire hope and improve the quality of life for heart patients and their families through on-going peer-to-peer support, education, and advocacy.***



HAMILTON COUNTY MENDED HEARTS CHAPTER #350 OFFICERS AND CHAIRPERSONS

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Maureen Price

Bertie Gilster

Central Regional Director

National President – Ron Manriquez

Executive Vice President – Denise Duch Widzowski

Secretary/Treasurer – Al Voss

Director of Programs – Jodi Smith

The Mended Hearts Prayer

The Mended Hearts, Inc.

We ask for your blessings, Lord.

We ask for strength.

That we may pass it on to others.

We ask for faith,

That we may give hope to others.

We ask for health,

That we may encourage others.

We ask, Lord, for wisdom,

That we may use all your gifts well.

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Executive Director – Andrea Baer

Vice President – Marvin Keyser

MLH Vice President – Angel Olivera

Field Services & Comm Mgr – Mandy Sandkuhler

Benefits of Mended Hearts Membership

Connection. Being a member offers opportunity for connection with the nation's largest community-based heart patient organization providing hope and encouragement to heart patients and their families.

Relationships. Membership provides many opportunities to personally connect with fellow heart patients, family members and caregivers in your community and nationwide. When you open your heart to a Mended Hearts membership, you have an opportunity to create life-long friendships at home and across the country with people from all walks of life.

Giving Back. Our accredited visiting program enables survivors and caregivers to "give back" to other patients what they've learned from their experiences.

Chapter Activities. We encourage all members to participate in chapter activities -- which can include ongoing informational meetings, support group sessions, social activities, community health events, and a hospital-based visiting program, to name a few.

In the Know. Membership offers internal organizational communications via the Internet--providing the latest organizational updates and important heart-health information.

National Conference. Members have the opportunity to attend annual national conference featuring nationally recognized speakers on the latest topics of highest interest to the heart-patient community; professional development skills building sessions; networking and social activities.

Website. Membership offers access to a password-protected members-only site on the Mended Hearts Website.

Branded Items. Members receive access to a wide variety of Mended Hearts-branded wearables and other items to show off your Mended Hearts pride!

Leadership. As a volunteer organization run by and for volunteer heart patients and their caregivers, Mended Hearts offers many leadership opportunities to impact change for the betterment of the heart patient community at the local, regional and national levels.

Mended Little Hearts. Connection with Mended Little Hearts, the Mended Hearts program in communities nationwide that provides support to the "littlest heart patients of all" and their families.

Local discounts for members.

Additional Benefits Received by Members of Hamilton County Mended Hearts Chapter #350

1. Location! Location! Location! The location at Riverview Health is convenient for Mended Hearts Visitors, as well as members who exercise in the Cardiac Rehab Gym.
2. Riverview Health provides the paper and cost of printing for Chapter #350 newsletter, and provides lunch for Mended Hearts monthly meetings.
3. Riverview Health provides Hamilton County Mended Hearts Chapter #350 with office space and meeting rooms for both Board of Directors meetings and the regularly scheduled Chapter monthly meetings.
4. The speakers at the Chapter monthly meetings provide the members with up-to-date information on a number of topics and answer a variety of questions.
5. Hamilton County Mended Hearts Chapter #350 Visitors get discounts on food in the Riverview Health cafeteria, merchandise at both gift shops in the hospital, Culver's, lunch at Michaelangelo's and other businesses.



The Mended Hearts, Inc.
 International Headquarters and Resource Center 1500
 Dawson Road
 Albany, GA 31707
 Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

NEW MENDED HEARTS NEW MENDED *LITTLE* HEARTS RENEWAL DATE _____
 Name (Mr. /Mrs./Ms.) _____ Chapter/Group _____ Member-at-large _____
 Address _____ Phone _____
 City / ST / Zip _____ I want to be a MH 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: Caucasian; Black; Asian; Am. Indian; Other _____ Gender: Male Female

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.

INDIVIDUAL MEMBERSHIP

FAMILY MEMBERSHIP

Associate Member --- FREE

- * Can attend any chapter meeting for MH or MLH
- * Can join online communities
- * Can access Member Portal
- * Receives the National e-newsletter

Individual Member --- \$20 annual donation per person

- * All of the benefits of an Associate Member, PLUS
- * Membership Card
- * Car Decal – Select _____ MH or _____ MLH
- * One-time 5% off coupon for purchase from the MH store
- * One year annual subscription to Heartbeat magazine (\$30 value)

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 Conference or Symposium

Silver Member --- \$100 annual donation per person

- * All the benefits of a Bronze Member, PLUS
- * A Stainless Steel Mended Hearts Travel Mug

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

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 Conferences / Symposia
- * Recognition in the next *Heartbeat* 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

FAMILY MEMBERSHIP

For members of one household with one mailing address only

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 or _____ MLH
- * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

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 Conference or Symposium

Family Members: _____

Spouse__Child__Heart Patient Spouse__Child__Heart Patient Spouse

Child__Heart Patient

ALL Donations are tax deductible

PAYMENT INFORMATION:

Membership Level _____ \$ _____
 Additional tax-deductible Donation to
 Mended Hearts Mended *Little* Hearts \$ _____

TOTAL TO NATIONAL \$ _____

ADDITIONAL CHAPTER/GROUP DONATION:

Chapter/Group Name: _____
 Amount: \$ _____

TOTAL TO CHAPTER \$ _____

****Please note: To be a member of a Mended Hearts Chapter or Mended *Little* Hearts Group, you must be a member of The Mended Hearts, Inc.**