

August 2017

Good News



Mended Hearts—Houston Chapter 38, CHI Baylor St. Luke's Medical Center



**Mended Hearts
Houston:
832.355.4160**

High-priced meds hit pocketbooks

Expensive medicines are increasingly hitting seniors and other beneficiaries of Medicare's prescription drug program, known as Part D, according to a Wall Street Journal study.

In 2015, the median out-of-pocket cost for a drug purchased through Part D was \$117.

That was up nearly half from \$79 in 2011.

Some 220 Part D drugs had annual out-of-pocket costs of \$1,000 or more in 2015, up 86 percent from 118 drugs in 2011.

Drug prices rose 14 percent per year overall from 2011 to 2015, the study found.

Avoid a medical emergency Heat and humidity add up to danger

Emergency rooms see an increase in cases of heat stroke and dehydration in July and August.

The American College of Emergency Physicians gives this advice on how to stay safe in hot weather:

*Check the heat index before going out to work, play or practice and plan accordingly.

*Avoid direct sunlight in the middle of the day. Schedule activities for the early morning or early evening hours.

*Wear loose, light-colored clothes and hats. Dark colors absorb more heat.

*Drink lots of water or sports drinks; about 8 ounces an hour when in the sun in order to avoid dehydration.

*Take frequent breaks in the shade or in air-conditioning to cool off.

Calculate the "apparent temperature" before taking part in activities. According to the National Oceanic and Atmospheric Administration:

* At 90 degrees and 50 percent humidity, it feels like 96. At 70 per-



cent humidity, it feels like 106 degrees. Heat exhaustion is likely, so take it easy.

Heat exhaustion can include cramps, heavy sweating, nausea, heart-rate changes and dizziness. Get the victim out of the sun, remove excess clothing and place cool towels

on extremities. Fan and give small sips of water.

* At 95 degrees and 50 percent humidity, it feels like 107 degrees. At 70 percent humidity, it feels like 124 degrees. At that temperature and at any higher temperature or humidity, it is extremely dangerous to be outside and heatstroke could occur.

* At 100 degrees, humidity ranging from 35 percent to 55 percent can cause heat exhaustion. At 100 degrees, humidity of 60 percent or higher puts a person into heat stroke territory.

Heatstroke is a medical emergency. Symptoms include confusion, an altered mental state, unconsciousness and hot, dry skin. Call 911. Do not give fluids, which can cause seizures.

64th Mended Hearts National Education and Training Conference:

'Let freedom ring...Let your heart sing!' was the theme for the Mended Hearts Education and Training held in Nashville, TN at the beginning of July. Over 235 attendees gathered at the Gaylord Opryland Hotel to hear expert speakers and chapter leaders discuss the newest advances in heart disease, learn about what's new in cardiac nutrition and health education, and gather tips on improving their chapters. Attendees came away inspired and ready to pass along what they learned to their fellow chapter members.

We would like to thank the conference speakers who took the time to share their knowledge with our members. We would also like to thank our conference sponsors. We are grateful for your support of this important event.

Heart of My Heart – Dr. Alden Harken:

For those of you who were not able to attend this year's conference, we wanted to share with you a portion of Dr. Alden H. Harken's conference-closing speech. Thank you to Dr. Fredonia Williams of Huntsville chapter 260 who put together this speech summary and excerpt.

Heart of My Heart—Dr. Alden Harken

At the closing conference session, attendees were honored to hear Dr. Alden H. Harken, son of Mended Hearts Founder, Dr. Dwight Harken express that his Dad's biggest disappointment would be in not seeing all of the great things that folks like us do daily with heart patients. He stressed that although he has done hundreds of heart surgeries, he hasn't had one himself.



Dr. Harken explained that Mended Hearts happened because of the concept of a group of people reaching out to each other. He told a moving story of how his father recognized the difference in people who had surgery and helping others vs people helping others who had not had surgery. At the age of 10, he and his sister often made rounds with his Dad. Although they were very often left in the car, he shared some humorous stories of meeting the four heart patients who, along with his dad, started Mended Hearts. These four patients confirmed that there was something different about them helping other people and asked Dr. Dwight Harken if they could help him help other people.

Thus, Mended Hearts was born. "It's great to be alive but it's even better when we can help others."

He closed his remarks by informing us that what Mended Hearts folk do daily is so important. "As Mended Hearts volunteers, you see the worth of the people you talk to. You're nonjudgmental, you appreciate who they are and you understand their feelings because you've been there and you communicate with them in a fluent language that they understand". According to Dr. Harken, "the tower of empathy is huge. Empathy is seeing with the eyes of someone else, which you do, listening through the ears of someone else, which you do, and feeling with the mended heart of another.

He relayed an experience he shared with a group of people interested in self-aggrandizement vs people like Mended Hearts volunteers who are always looking to help other people. The study group took two sets of balloons; they put 500 Mended Hearts members' names on each balloon and 500 hedge fund bankers' names on their respective balloons. The two groups were placed in separate rooms simultaneously. Instructions were to grab a balloon that had their own name on it. In half an hour, 9% of hedge fund individuals had found the balloon that had their own name on it, but 94% of Mended Hearts people had balloons with their own name on it. Why the difference? According to Dr. Harken, the hedge fund people grabbed a balloon, said, it's not mine and let it go back up. Mended Hearts people grabbed a balloon, saying that's Donnette's balloon, let me go find Donnette, and gives her the balloon. That's what Mended Hearts folks do. According to him, we help each other. It's a huge difference in the way we think.

He closed by saying "you don't need money to help others, you need a heart. Contribute to the community in a very constructive fashion. To be happy in life, help others." The group joined him in singing "Heart of My Heart" which I found in iTunes and it's a very lively song.—Dr. Fredonia Williams

The 2017-19 Board of Directors

The 2017-19 Board was installed during the national conference. Pictured here are the Executive Committee members. L-R; Gus Littlefield, treasurer; Donnette Smith, president; Patrick Farrant, vice-president; Millie Henn, executive vice-president; Angel Olvera, Mended Little Hearts vice-president.



Health Notes

Wireless pace-makers improve quality of life

Pacemakers have been an important part of the medical scene for decades and, according to Engadget, they could be getting an overdue upgrade in the near future. Traditional pacemakers are implanted into a patient's chest with wires leading from the battery-powered device into the heart itself. Although they are remarkably effective, patients often require minor surgery at certain points to replace wires and batteries as they degrade and pose an increased risk of infections and bleeding.

A new technology could allow the pacemaker to be powered by microwaves sent to the device from an external battery pack. In this way, one or several pacemakers can be implanted directly into the heart and would likely last much longer and cause fewer issues for the patient. Having multiple devices also means that patients with more severe conditions will be eligible for the procedure.

Potassium limits hypertension

Less salt can help balance your blood pressure, but don't forget potassium. The body holds onto sodium when potassium is low, according to Alicia McDonough of the University of Southern California. Increase potas-

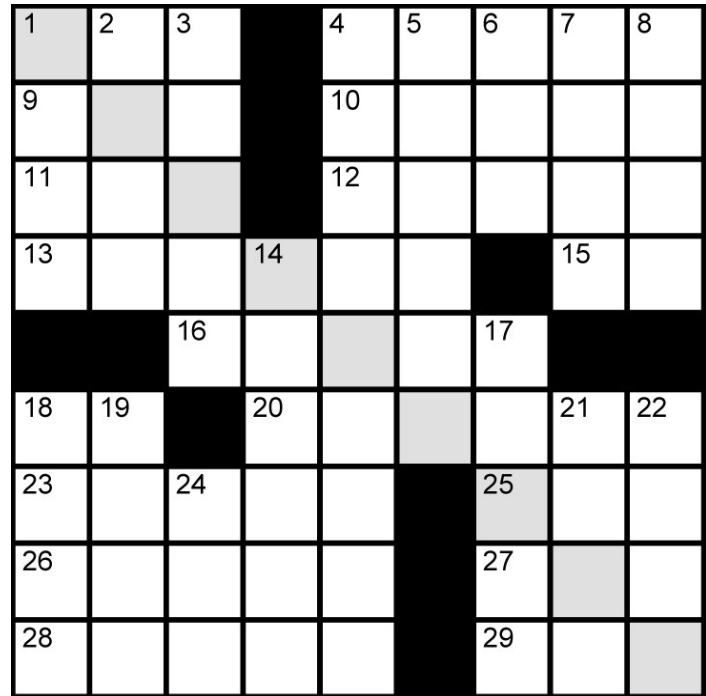
Across

1. Like a bairn
4. Blue-pencils
9. Amscrayed
10. Explosion maker
11. "C'___ la vie!"
12. Ming things
13. Moon of Neptune
15. Rocky's greeting
16. Times of old
18. ___ way of
20. Non ___ mentis
23. Consumed
25. Back then
26. Strong string
27. French vineyard
28. Put in a stake
29. Comics shriek

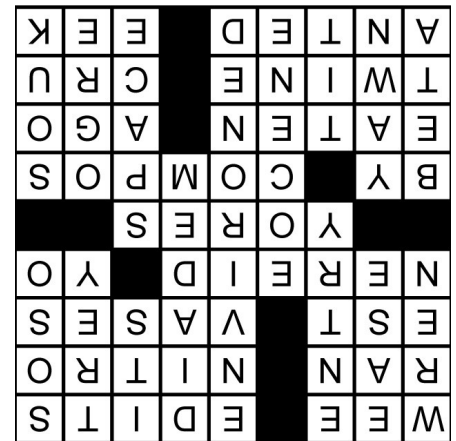
Down

1. Small songbird
2. Comfort
3. Contest effort
4. Surrounded
5. Tiara
6. Possessive pronoun
7. Four's inferior
8. Comme ci, comme ca
14. Dawn-of-mammals epoch
17. "The final frontier"
18. Kind of blocker
19. Sign of boredom
21. Fairy tale villain
22. Hebrew open air market

Mark of the maker



24. Small songbird



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

sium intake by eating vegetables, fruits, legumes, fish, and yogurt.

Watch out for fortified snacks

Snacks that are "fortified" with vitamins aren't necessarily good for you. According to the Journal of the Academy of Nutrition and Dietetics, adding vitamins doesn't improve the nutritional value of foods that are high in sugar and calories and low in fiber.



"Don't you mean you want to learn to 'Tweet,' not, 'Twerk,' Grandma?"

Finding friendship

In one phase of life, you might find friends at your workplace. In another, you'll find compatriots while raising children. In still another, you might find people who share a hobby.

At every stage, friendships are different. The important thing to remember, according to AARP, is that everyone needs friends and social interaction.

Suppose you were the toast of the town at age 40 with an exciting social life. At age 60 or 70, the people and places in your life have probably changed dramatically. It's not reasonable to expect to have the same life and friends. But friendships can be forged with people from all walks of life.

Find more social interaction and friendships by getting involved in group, church, school, volunteer or work situations. The key is being open to friendship and taking the risk to make a friend.

This robot will weed the garden

Forget the aggravation of weeding the garden, inventors have come up with a robot to do it for you. The little weeding robot is called Tertill. According to Engadget, the makers of the popular automatic vacuum cleaner Roomba have begun work on the robot. The machine will be solar-powered, waterproof, and use sensors to identify weeds and chop them down with a cutter. The kit comes with little collars that alert the Tertill to stay away from and protect wanted plants and vegetables. Although most people would typically pull a weed up by its roots, this device plans to chop down the weeds repeatedly.

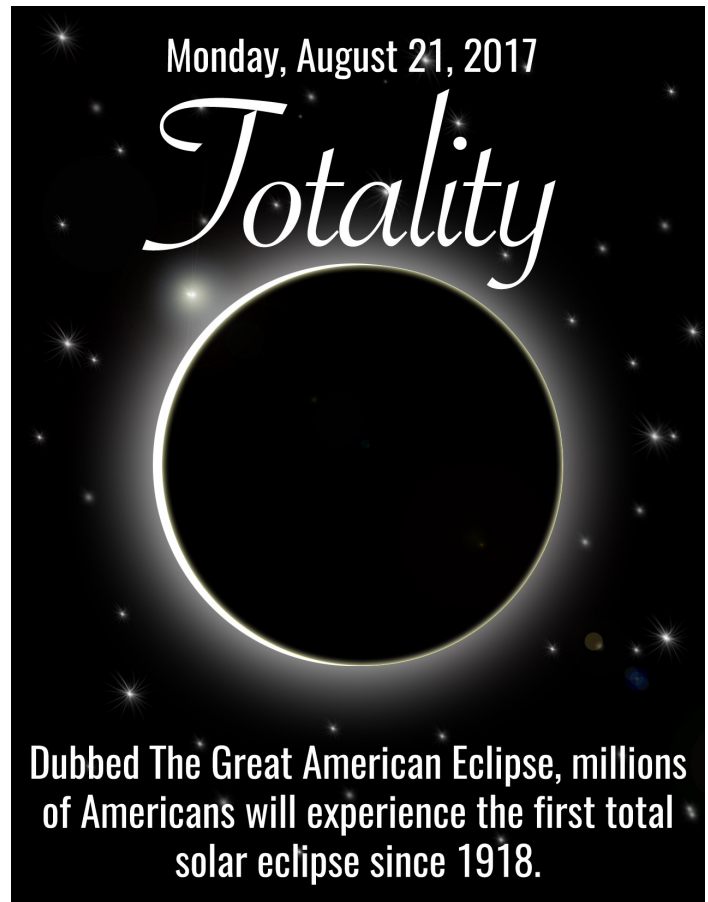
The cold summer of monsters

The year was 1816, one year after the eruption of Indonesia's Mount Tambora. About 11,000 miles away, all of Europe and Asia along with parts of North America were plunged into a dark, cold summer. Debris from the eruption blocked the sun. The earth froze solid in June.

In Switzerland, Mary Shelley was one of a group of writers who warmed themselves around a log fire and decided to write ghost stories. The poet Lord Byron wrote of vampires. From this, came the first full tale of vampires in 1819 written by another writer around that same fire, John Polidori.

But that cold summer did not produce just one monster, but two. At first, Mary Shelley could think of nothing to write, but then she had a dream of a scientist and the half-living creature he created. Shelley's tale -- Frankenstein -- began in draft as: "It was on a dreary night of November that I beheld my man completed..."

August 30 is called Frankenstein Day, in honor of Mary Shelley, born August 30, 1797. She died at age 53.



The Great American Eclipse cometh

From Oregon to South Carolina, Americans will see the sight that has left mankind trembling and astonished as long as humans have walked the earth.

The Great American Total Eclipse will be one for the record books as totality junkies from across the globe hurry to the best viewing destinations.

On August 21, 2017, for the first time in 99 years, the earth, moon, and stars will line up perfectly in a total eclipse that can be viewed in 14 states. Best viewing is predicted to be in Oregon where sunshine is predicted, especially near Madras. Local time will be 10:21 a.m. PDT and totality will last for about 2 minutes and 7 to 8 seconds, depending on where the viewer stands.

On the East Coast, the eclipse will start a little after 1 p.m. and reach totality just before 3 p.m.

Further inland, viewers in Illinois and Kentucky will experience 40 seconds more totality.

"A solar eclipse can only take place at the phase of new moon, when the moon passes directly between the sun and Earth and its shadow falls upon Earth's surface," according to space.com.

The eclipse will be actively pursued by a sub-culture of totality followers who travel to various parts of the world to experience the out-of-this world phenomena many times during the year. Scientists will also be watching the display and the shadow allows them to see solar flares.

Satellite Sites

- speakers of interest to heart patients, families and caregivers
- members, guests, and spouses are welcome
- free and open to the public

BAYSHORE

Bayshore Medical Center
4000 Spencer Highway
Pasadena, Texas

*Cardiac Rehab Classroom,
Lower Level
10 a.m., second Wednesday
Cecil Ghormley, 713.253.8263*

HEIGHTS

Memorial Hermann
Greater Heights Hospital
1635 North Loop West
Houston, Texas

*South Tower, classrooms B & E
6 p.m., second Tuesday
Jeanne Miller, 713.686.8926*

MEMORIAL CITY

Memorial Hermann
Memorial City Hospital
921 Gessner Road
Houston, Texas

*Main Conference Room
6 p.m., fourth Tuesday
Earl Vanzant, 713.782.8006*

CLEAR LAKE

Clear Lake Regional Medical
Center 495 Medical Center Blvd.
Webster, Texas

*Towers Auditorium,
Clear Lake Heart
6:30 p.m., second Monday
Barbara Vermillion, 281.538.4648*

WILLOWBROOK

Methodist Willowbrook Hospital
18220 State Highway 249
Houston, Texas

*Aspen Room,
Women & Children's Pavilion, first floor
6 p.m., third Tuesday
Jerry Koudelka, 281.858.4060*

Houston

832.355.4160

national

mendedhearts.org, 1.888.432.7899

Mended Hearts, Inc. – Chapter #38 – Houston, TX

Membership Application



It's great to be alive,
and to help others.

Contact Information

Name (Mr./Mrs./Ms.)	
Street Address	
City ST ZIP Code	
Home Phone	
Email Address	
Birthdate	

Confidential Medical Information for the Mended Hearts National Database

Check all procedures or treatments that are applicable.

<input type="checkbox"/> Pacemaker	<input type="checkbox"/> Aneurysm	<input type="checkbox"/> MI	<input type="checkbox"/> Congestive Heart Failure
<input type="checkbox"/> Defibrillator	<input type="checkbox"/> Bypass	<input type="checkbox"/> PTCA	<input type="checkbox"/> Transplant
<input type="checkbox"/> Artrial Septal Defect	<input type="checkbox"/> Valve	<input type="checkbox"/> Stent	<input type="checkbox"/> Other _____

Date(s) of Procedures(s): _____ Surgeon: _____ Hospital: _____

Do you agree to allow Mended Hearts to publish your name and procedure anniversary in the Chapter Newsletter? Yes ___ No ___

Signature _____ Are you retired? Yes ___ No ___

Name of Spouse (if family membership) _____ Spouse Birthdate: _____

Are you interested in: Committee work ___; Hospital Visiting ___; Other (specify): _____

Membership Dues (National and Chapter)

Term:	Individual:	Family:
First year only	___ \$25 (\$20 National + \$5 Chapter)	___ \$38 (\$30 National + \$8 Chapter)
Renewal (billed by National)	___ \$25 (\$20 National + \$5 Chapter)	___ \$38 (\$30 National + \$8 Chapter)
Lifetime Membership	___ \$200 (\$150 National + \$50 Chapter)	___ \$285 (\$210 National + \$75 Chapter)

Please make checks payable to: Mended Hearts, Inc. and mail to:

Membership Chair
Mended Hearts, Inc., Chapter #38
6720 Bertner Ave., 1-132
Houston, TX 77030