



Mended Hearts Houston

December 2017

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



**Mended Hearts
Houston:**
832.355.4160

Same-day delivery coming

The endless days of waiting for packages ordered online are coming to a close as online retailers lead the charge to make same-day delivery a reality. According to Forbes, Amazon has already made a big move toward phone-to-home delivery.

Amazon simply has the massive scale required to build warehouses in major cities, positioning it geographically for the task. Its warehouses will then be keyed to

same day order-in, order out.

Once an order is placed, they use a sophisticated algorithm to give the warehouse picker the best route to find all of the items needed to get the order out the door almost immediately.

Fast order picking gives them the time edge to deal with local delivery services or, in the case of one-hour shipping, even traffic jams.

Nutcrackers have origins deep in human history

Nuts have been a staple of the human diet for millennia and where there are nuts, so there are also nutcrackers.

Nutcrackers — today one of the symbols of Christmas — have a long evolution from simple stones to elaborate, and mostly decorative figurines.

The oldest existing metal nutcrackers were made about 300 BC and were levers. By the 13th century, iron and brass nutcrackers began to take on shapes, and after the 15th century wood carvers began to make lovely, intricate figures.

The colorful wooden soldier figures were first seen in the Erzgebirge regions of Germany during the 1800s. In 1872, Wilhelm Fachtner, known as



the "father of the nutcracker," initiated the first mass production of nutcrackers in the shape of human figures. Sometimes those figures were of real people such as queens and kings. That tradition continues today when you can buy nutcrackers wryly made into the likeness of politicians.

Nutcrackers became associated with Christmas during the Victorian era when children began to receive small nutcrackers in their Christmas

stockings.

Today, their popularity has been enhanced by the traditional performances of Tchaikovsky's "Nutcracker Suite" ballet during the Christmas season.

While some decorative nutcrackers can still crack nuts, most are decorative pieces brought out as the tree goes up and the wreath goes on the door.

Cashew never sold in a shell

You don't need a nutcracker of any sort for cashews because they are never sold in a shell.

The cashew shell contains oils related to the same chemical in poison ivy that causes skin rashes, according to The Nutcracker Museum. The toxic oils are easily roasted off, usually in outdoor settings since, like poison ivy, inhaling the burning oils causes severe lung irritation. Above the nut, grows the cashew apple, an edible juicy fruit, that has the toxic coating on its delicate skin.

The evergreen cashew tree can grow up to 46 feet tall. The oldest cashew tree in the world is found in Brazil. It covers an area of about 2 acres. Thought to be about 1,000 years old, the ancient cashew tree produces about 60,000 fruits each year.



By Abhishek Jacob - Own work, Wikipedia

Low blood pressure can be risky for the heart

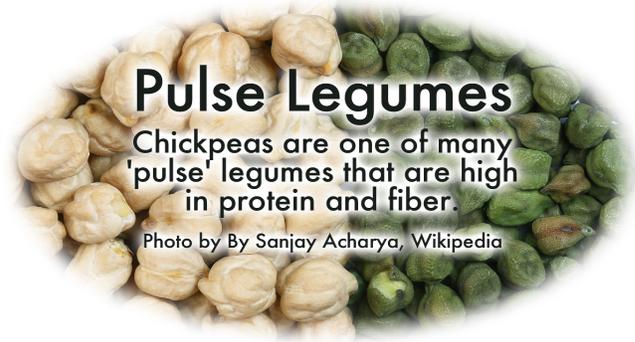
Everyone knows that high blood pressure is dangerous for the heart, but so is low pressure. A recent study in the Journal of the American College of Cardiology focused on what happens as the systolic blood pressure (SBP), and diastolic blood pressure (DBP) change.

For instance, most experts agree that if these numbers should go above 140 mmHg or 90 mmHg (hypertension), respectively, then they should be treated with medication. On the other end of the spectrum, levels that are too low, less than 60 mmHg (hypotension) could result in the heart muscles not receiving enough oxygen and eventually becoming damaged. These levels indicate an increased risk for heart disease and even death. Taking medication for high blood pressure could lead to a situation in which pressure becomes too low as well as highlighting the fact that doctors must monitor these cases closely.

Symptoms of low blood pressure can come in many forms, and The American Heart Association highlights dizziness, nausea, fainting, dehydration, blurred vision, clammy skin, and fatigue as possibilities. There isn't a specific level of blood pressure that causes these symptoms and each person will measure slightly differently. Noticing any of these symptoms, regardless of whether or not they are related to blood pressure is an excellent time to seek the advice of a medical professional.

Pregnancy is one of the most common causes of low blood pressure as a woman's circulatory system expands for the growing child. Underlying heart problems, endocrine issues, diabetes, blood loss, anemia, and certain types of infections and allergies can also be the culprit.

Age, as well, can lead to one form of low blood pressure called orthostatic hypotension that causes big drops after standing or eating.



Plant based proteins put the pulse in your diet

Pulses are in the nutritional spotlight, and we aren't talking heart beats.

Pulses -- a branch of the legume or pea family -- are harvested for their seeds. Pulses include chickpeas (also called garbanzo beans), lentils, and dried peas and beans like kidney, navy, black and lima. Some legumes are not pulses: soybeans, peanuts, peapods and green beans, for example.

What makes pulses important are their protein and fiber content, important qualities especially for those on meatless diets.

Besides being inexpensive, pulses also have a low glycemic index, so they raise blood sugar levels less than other carbohydrates, according to the Harvard Health Letter.

Pulses are easily added to salads and stews to increase the protein punch, but food makers are increasingly providing new products that make it easy to add pulses to the diet. Among the new products are flours used in mixes for brownies and pancakes. Pulse flour made from garbanzo beans or peas can be used as a coating for food you would typically drench in white flour before sautéing.

Pulse pastas made from red lentil or black beans are also new, replacing semolina or durum wheat.

There are even new pulse-based snacks such as crackers and chips made with black beans, safflower oil and sea salt.

You can also add pulses to your diet through soups. White bean, lentil chili, and pea soup are just a few.

Best holiday cold prevention: Handwashing

If you are visiting family for the holidays, be sure to wash your hands frequently. Lots of people mean lots of germs.

Always wash your hands for at least 20 seconds during and after helping in the kitchen: Sinks, faucets, and counters are the biggest offenders.

Be especially aware of those little germ machines: The grandkids. They touch everything, so they pick up germs. Hug them tight then wash up.

In fact, you might consider using a gel hand cleaner after handling toys, TV remotes, and door handles.



Health Notes

Eye floaters:
Annoying,
but usually
harmless

Many people, especially as they age, will notice what looks like something faint floating in their field of vision.

WebMD explains that these 'floaters' are quite common and they can appear as dots, squiggly lines, webs, and rings.

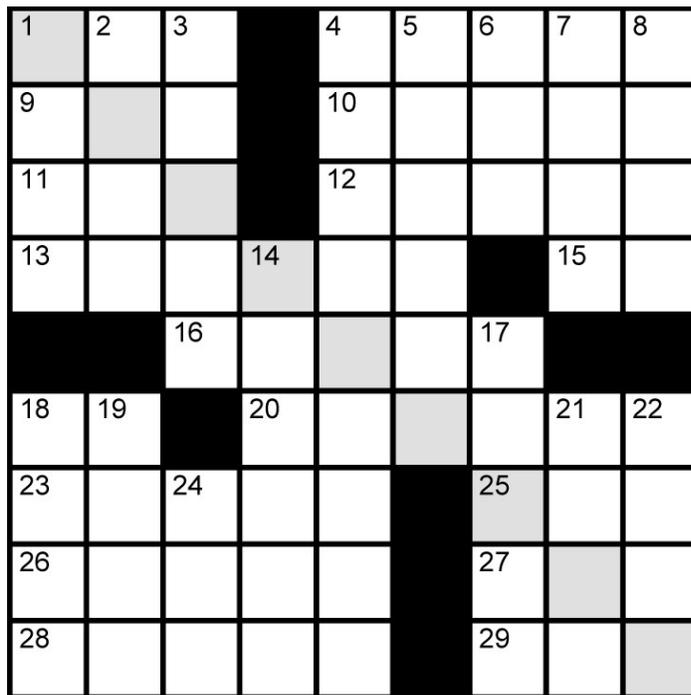
They develop over time as collagen in the back of the eye clump together and cast shadows on the retina. This fluid is called the vitreous, and it creates these clumps as it shrinks during the aging process. They are not usually dangerous and can come and go over time, but severe cases can be quite frustrating if they affect vision.

In rare cases, these floaters can be a sign of a more serious condition such as eye disease, diabetic retinopathy, tumors, or injury. Harvard Medical School warns that as the vitreous shrinks it can begin to tug on the retina it is attached to as it pulls away. In some cases, this will tear the retina and can lead to retinal detachment and permanent vision loss. This situation will require immediate medical attention to avoid losing vision, but in most cases, the tear

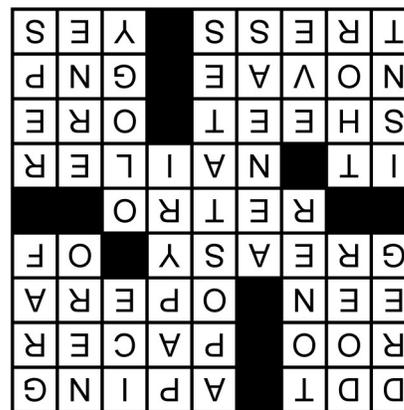
- Across
1. "Silent Spring" subject
 4. Imitating
 9. Aussie hopper, for short
 10. Harness racer
 11. Dusk, to Donne
 12. "La Bohème," e.g.
 13. Oily
 15. "___ thee I sing"
 16. Vintage
 18. Tagged player
 20. Carpenter's tool
 23. Bedding item
 25. It needs refinement
 26. Star bursts
 27. Econ. statistic
 28. Lock of hair
 29. Survey choice

- Down
1. Remnant
 2. Live wire, so to speak
 3. Copier need
 4. Deserters
 5. Ancient scrolls
 6. Swelling reducer
 7. Adopted son of Claudius
 8. Five-time U.S. Open champ
 14. Lover of Dido, in myth
 17. Science suffix
 18. George Harrison's "___ It a Pity"

The Spirit of Giving



19. God with a hammer
21. Marine eagle
22. Gym set
24. Genesis name



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

can be treated with laser or cold therapies.

Treating the floaters themselves is not always a realistic option, and over time, most people seem to notice them less often. For those severe cases, the Mayo Clinic explains that there are two main ways to eliminate eye floaters: lasers and surgery. Using lasers, an ophthalmologist can pinpoint specific floaters and try to break them up into less noticeable pieces. Unfortunately, results with this treatment are mixed, and there is some risk of retina damage. The other option, surgery, involves removing the vitreous and replacing it with a similar fluid. Like the laser treatment, results are mixed, and new floaters can develop later.



"Tell Santa that Rudolph's check engine light is on."

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Mended Hearts meets Corporate Partners at American Heart Association

Mended Hearts volunteer leadership and staff met with corporate partners (cardiovascular medical device and pharmaceutical companies) while at AHA Scientific Sessions in Anaheim, California on November 12-13-14.

Donnette Smith, President; Marcia Baker, Director of Development & Corporate Partnerships; and Norm Linsky, Executive Director, coordinated 15 different meetings with our national company partners.

Meetings focused on current and potential Mended Hearts projects to enhance our advocacy and strategic goals. Several new partnerships are being developed as a result of our discussions.



Mended Hearts team at AHA is joined by our newest Medical Advisory Council member, Dr. Shrihari Naidu, interventional cardiologist, Westchester Medical Center, New York.

2018 Mended Hearts/Mended Little Hearts Education & Training Conference

Join us next year in San Antonio, Texas for the Mended Hearts/Mended Little Hearts Education & Training Conference, July 14 - 18, 2018. The 66th Annual Conference will be held at the Hyatt Regency San Antonio on the famous San Antonio Riverwalk and across the street from the Alamo. Chapter members and officers won't want to miss this event. Details to be announced soon.



Edwards LifeSciences

We would like to thank Edwards LifeSciences for the 500 Bravery Bags that they recently donated to Mended Little Hearts! On November 8th, Edwards, a wonderful corporate partner to Mended Hearts and Mended Little Hearts, hosted their annual Women in Leadership Conference in Irvine, California.



MH Director of Patient Advocacy, Andrea Baer, shared her journey and spoke about how our organization works through service to others. Julie Marshall, Lead Coordinator of Mended Little Hearts of San Diego spoke as well. The event was attended by 200 women who work for Edwards. The attendees then packed 500 Bravery Bags to donate to Mended Little Hearts groups across the country.

Quick and easy baked French onion soup

A featured dish at fine restaurants, French onion soup in its various forms can be found in neighborhood eateries and in private homes. If you love French onion soup, but not all the work it takes to make it, this recipe will please you and your family.

Baked French Onion Soup

2 cans of Campbell's Select Harvest caramelized French onion soup
2 packages garlic and cheddar croutons
2 cups shredded Parmesan cheese
2 teaspoons Pernod or Herbisant liqueurs (licorice flavored)

Divide the cans of soup into four portions, half filling four large oven-proof baking bowls. Add 1/2 teaspoon of the Pernod or Herbisant to each dish of soup and stir.

Float 5-6 of the croutons on the top of the soup. Layer 1/2 cup of shredded cheese over the croutons. In a pre-heated oven at 350 degrees, bake the soup until the cheese has melted and is browning around the edges of the dish. Other cheeses, either shredded or sliced, may be substituted if desired.

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	<input type="checkbox"/> \$25 (\$20 National + \$5 Chapter)	<input type="checkbox"/> \$38 (\$30 National + \$8 Chapter)
Renewal (billed by National)	<input type="checkbox"/> \$25 (\$20 National + \$5 Chapter)	<input type="checkbox"/> \$38 (\$30 National + \$8 Chapter)
Lifetime Membership	<input type="checkbox"/> \$200 (\$150 National + \$50 Chapter)	<input type="checkbox"/> \$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

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*

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*

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*

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*

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