

Mended Hearts

May 2018

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



**Mended Hearts
Houston:
832.355.4160**

Fruits stall decline in lung function, study finds

A diet rich in fresh fruits may slow down the lung's natural aging process, according to researchers at the Johns Hopkins Bloomberg School of Public Health.

Researchers found that adults who ate more than two tomatoes or more than three portions of fresh fruit a day had a slower decline in natural lung function than others.

Among former smokers, the results were striking, showing that over a 10-year period diets appear to help repair smoking

damage.

Eating processed fruits, such as tomato sauce, did not show results.



Memorial Day

The sound of honor: Tom Day and the bugles

Meet the bugle boy from Chicago with a mission more serious than reveille these days: Tom Day, veteran Marine, is the guy who wants every veteran to be honored with live Taps.

In 2000, Congress said that every veteran's family could have military honors at their loved one's funeral, including a bugler playing Taps. The problem was there weren't enough buglers to play Taps. At the time, the military had only 500 buglers, a huge deficit considering that 1,800 veterans were dying every day.

The Defense Department was trying to make do with boom boxes behind gravestones or fake bugles that play a digital recording inside.

Day, who already played bugle for veteran funerals, knew it wasn't the same. It wasn't right. It wasn't military and it wasn't honorable. So, he founded Bugles Across America. Day sent out a call for players of all horns, including trumpets, coronets or bugles, to volunteer to

sound the profound 24-notes of Taps.

That was 18 years ago and today there are nearly 8,000 volunteer Taps players. According to the Weekly Standard, even that isn't enough. Day's buglers sound Taps at 35 percent of veteran funerals, leaving 16,000

digital bugles to do the rest.

Still, you have to admit his efforts amount to something. BAA doesn't take a penny of government money. Donors fund a shoestring budget for the organization that operates out of Day's basement in suburban Chicago. He has 50 state directors, all volunteers, who audition volunteer buglers over the phone. Families can search for and book a real bugler (if one is available) through the organization's Web site. When a bugler is requested, all volunteers in the area are notified and, when

someone takes the job, they do everything free.

Day likes to stretch out the 24 mournful notes so that they echo for just over one minute. It's a 24-note prayer, he says. He played that tune 169 times in 2017. At age 78, he plans to repeat the same kind of schedule.



The population is graying

Recently published projections by the US Census Bureau show that the number of people over the age of 65 is set to outnumber children by the year 2035. For the first time in history, it is forecasted that there will be almost 2 million more older adults than children under the age of 18 - a trend believed to be precipitated by a decline in fertility along with aging baby boomers.

According to the Washington Post, there will be increased pressure on lawmakers to fund Medicare and Social Security, especially because older Americans vote at higher rates.

While the shrinking workforce is expected to weigh on economic growth, experts say that this could be offset by automation and the use of robots to replace workers.

In the first projections published since 2015, analysts say that even with no major changes in immigration policy, immigrants will equal natural born citizens by the year 2030. By 2040, the number of immigrants will be twice as large as natural births.

Although it is projected that the population will continue to grow, analysts say that there will be a change in the country's diversity. The number of people classified as white is expected to shrink by 2024, dropping to less than half the population by 2045.

Similar trends are already underway in Europe.

Customary Way

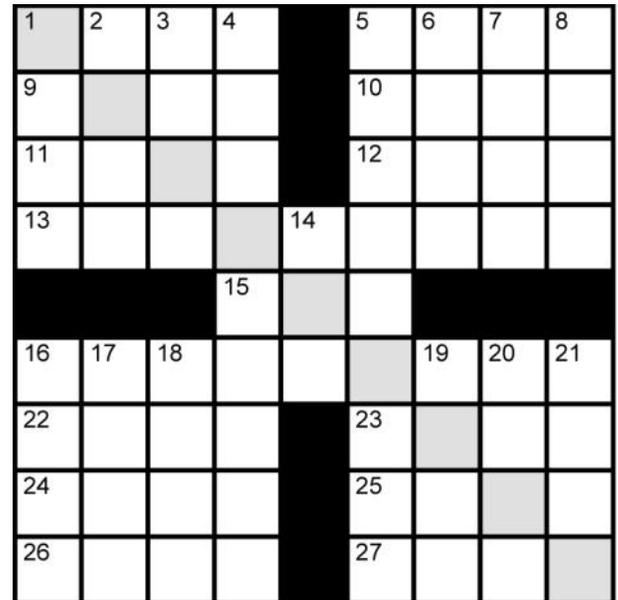
The headline is a clue to the answer in the diagonal.

Across

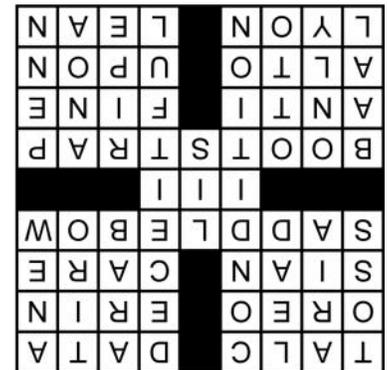
1. Locker room supply
5. Facts and figures
9. Hydrox alternative
10. Land of leprechauns
11. City in central China
12. Give a darn
13. Pommel
15. Sundial number
16. Self puller-upper
22. Not pro
23. Dandy
24. Chorus member
25. ___ reflection
26. Capital of Rhone
27. Incline

Down

1. Fling
2. "Tosca" tune
3. Its symbol is Pb
4. Out of ___ (in poor shape)
5. Misleading
6. Kuwaiti, e.g.
7. Novice
8. Again
14. Sue Grafton's "___ for Lawless"
16. Canaanite deity



17. Nothing but
18. "Beetle Bailey" dog
19. Ready for picking
20. Wild ox
21. Ivy League team



Genetic therapy predicts drug effectiveness for arthritis

Ineffective therapies for rheumatoid arthritis cost patients more than \$2 billion a year, according to a paper in Arthritis and Rheumatology.

That could be changing as scientists use genetic profiling of joint tissue to see which drugs will work for patients, according to a new Northwestern Medicine study.

Instead of a trial and error approach to treating RA, scientists hope to develop genetic profiles to show them which medicines will be most effective.



Debt and retirement equal a serious problem

Debt is more acceptable these days, but it is becoming a drag on retirement, especially when the unexpected happens.

According to new research by Employee Benefit Research, more households headed by someone 75 or older are in debt. The number for whom debt is excessive -- more than 40 percent of income -- has increased 25 percent in the last 10 years. In fact, 50 percent of 75-plus households have debt in housing or credit cards, up from 31 percent in 2007.

Newly retired people or those nearing retirement are more likely to have debt than retirees in the 1990s, even though debt payments as a percentage of income have declined.

According to Forbes, it is important to get debt paid off when approaching retirement. Unexpected problems can cause serious financial woes for new retirees. Health problems after retirement or a job loss before retirement can send people burdened with debt into bankruptcy.

Credit cards declined more frequently in 2017

Twelve percent or 26 million people had either a credit or debit card declined last year in the U.S., according to USA Today. Insufficient funds accounted for just 32 percent of these. The rest were for increasingly common fraud prevention issues.

About 30 percent of credit users, along with 16 percent of debit users, reported having their cards declined due to a fraud protection program.

Using a card out of state or country can prompt a decline. Contact your bank before you travel.

Online transactions with debit cards are increasingly blocked if the credit card processor is out of country. The consumer can usually clear the transaction with their bank first.

Study: Non-narcotic pain medications work as well as opioids

Nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen were shown to work better than opioid-based medications at treating chronic back pain, according to research by the Minneapolis VA Health Care System.

Dr. Erin Krebs, one of the lead authors of the study, said that the study shows that there is no discernible benefit to using opioids over NSAIDs that outweighs the potential risk of accidental death or addiction from the more potent pain relievers.

The study looked at 240 patients at a VA primary care clinic that were seeking treatment for chronic pain. Researchers randomly assigned half of the patients a mix of opioids and half a mix of either acetaminophen or ibuprofen for one year. Before and after the trial started, each patient was asked to rate how their pain affected their daily lives and the intensity of the pain itself on a 10-point scale. While both groups found overall relief over the course

of the year, the results were nearly identical for both measures and indicated that there might not be any apparent reason for the more powerful drugs to be used under normal circumstances.



Opioid-related deaths continue to be the most significant driver of drug overdoses in the United States with 42,249 recorded in 2016 alone, according to

the Centers for Disease Control. Many states, especially in the Northeast and Midwest regions, saw significant death rate increases and prescription rates still hover around 66 per 100 people. It is possible that further research into non-opioid pain medications could help reverse this trend while still providing relief to sufferers of chronic pain.

Preparing the basic morel

The woody flavored morel mushroom graces dishes ranging from eggs to meat, but the basic preparation is frying.

To begin, soak morels in cool water with a dash of salt for 15 minutes.

Rinse and repeat two more times. This removes any insects from the honeycombed exterior. Pat dry.

Cut the cleaned mushrooms in half lengthwise. Trim stems as needed. Dip in a bath of milk or egg and toss with flour to coat.



Melt a half cup to a whole cup of butter in an iron skillet over medium heat. Iron or non-coated metal skillets are best for browning.

Cook for 3 to 4 minutes or until golden brown, stirring occasionally. Eat them

piping hot.

Popular variations include substituting crackers for flour or adding Parmesan cheese.

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Do You Focus on Fitness #4Mind4Body?

May is Mental Health Month; MH & MLH are raising awareness about the connection between physical health and mental health, through the theme Fitness #4Mind4Body.

The campaign is meant to educate and inform individuals about how eating healthy foods, stomach health, managing stress, exercising, and getting enough sleep can go a long way in improving one's health. A healthy lifestyle can help prevent the onset or worsening of mental health conditions like depression and anxiety. It can also play a big role in helping people recover from illness.

We all know that stress can have a huge impact on all aspects of our health, so it's important to take time to focus on stress-reducing activities like meditation or yoga.

We want everyone to know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy, but by looking at your overall health every day - both physically and mentally - you can go a long way in ensuring that you focus on your Fitness #4Mind4Body.

For more information, visit <http://www.mentalhealthamerica.net/may>



Join us this May as we challenge ourselves each day to make small changes - both physically and mentally - to create huge gains for our overall health. Each day of the week will have a theme for the type of activity we will be asking people to do.

MINDFUL MONDAY
TASTY TUESDAY
WORKPLACE WEDNESDAY
THOUGHTFUL THURSDAY
FITNESS FRIDAY
STRESS-FREE SATURDAY
SLEEP WELL SUNDAY

Visit <http://MHAchallenge.com> or follow Mental Health America on Facebook, Twitter or Instagram for the challenge of the day. Share your progress by posting with #4Mind4Body.

LEARN MORE AT MENTALHEALTHAMERICA.NET/MAY

Mended Hearts and Mended *Little* Hearts National Training & Education Conference in San Antonio

Don't miss out on our early bird special! Register for our National Education & Training Conference being held this summer in San Antonio before prices go up. Join us in Texas July 14-18 at the Hyatt Regency San Antonio Riverwalk where we will be steps away from the legendary San Antonio River Walk. Need more reasons to attend?

10 Reasons to attend Conference in San Antonio

1. Celebrate and network with old and new friends from across the country.
2. Learn from healthcare experts about the latest therapies for congenital & acquired heart disease.
3. Share your personal story of survival and recovery.
4. Share your chapter's activities and accomplishments with other leaders.
5. Hear tips to grow your chapter and provide high quality services.
6. Socialize at the fun MH/MLH reception.
7. Join in our service project for children in the hospital.
8. Visit the nearby historic Alamo or take a boat ride on the San Antonio river taxi.
9. Learn best practices in visiting to share with visitors in your chapter.
10. Get inspired and re-energized.

Register today at www.Mendedhearts.org

Conference Photo Submission

Interested in submitting photos in this year's conference program book? For more information call 888-432-7899 or email info@mendedhearts.org.



Purchase a Conference Program Book Ad on or before June 1, 2018

Acknowledge and/or memorialize a special Mended Heart or Mended *Little* Heart family member by purchasing an ad in the 2018 Conference Program book or advertise your chapter by placing an ad in the conference program book. All ads will be in black and white and may be purchased in a variety of sizes. To see prices and sizes please call 888-432-7899 or email info@mendedhearts.org.

2012 Mended *Little* Hearts & Mended Hearts Service Project

We are excited to announce that during the MH & MLH conference we will host our 2nd annual service project! This year we have decided to distribute our "Stitch" the lion along with a handmade card to children and families in the three local children's hospitals, letting them know that they are not alone. To find out more about this special event, and how you can participate in it please email info@mendedhearts.org

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

Satellite Sites

speakers of interest to heart patients, families and caregivers
members, guests and spouses welcomed
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*

SUGARLAND

*Verle Petri
281.242.8767
verle.petri@gmail.com*

THE WOODLANDS

*Susan Rivera
281.363.2084
suesjd@sbcglobal.net*

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*

CONROE

*Kathleen Berringer
936.597.4019
katberr@consolidated.net*

Houston
832.355.4160

national
mendedhearts.org 1.888.432.7899