

# Mended Hearts

## June 2018

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



**Mended Hearts  
Houston:  
832.355.4160**

### New shingles vaccine offers reliable protection

Shingrix, a newly approved shingles vaccine, is recommended for all healthy adults age 50 and older, according to the Centers for Disease Control and Prevention. Even if you had a shingles vaccination of Zostavax, the vaccine in use since 2006, you should get two shots of Shingrix, six months apart.

It also doesn't matter if you have had shingles or if you do not know if you had chicken pox or not. The CDC recommends you get the new shingles shot.

On the other hand, you should not get the

vaccine if you have tested negative for immunity to varicella zoster, the shingles virus. If you test negative, you should get the chickenpox vaccine.

If you have the first of the two Shingrix shots, and you have an allergic reaction, do not get the second.

Two doses of Shingrix in adults ages 50 to 69 was 97 percent effective in preventing shingles and protection remained strong four years later.

*400th anniversary of the tie*

### Father's Day still has room for the tie

From the moment humans wore clothing, there were neckties. At the dawn of man, they probably held up shirts.

Today the shirt holds the tie.

This year more than \$13 billion will be spent on Father's Day and 40 percent of that is expected to be for clothing, according to the National Retail Federation. Some of that money is going to ties, even though the gift gets a bad rap as the easy choice.

But it's still a good choice for dads who wear ties. Ties today are for decoration, and everyone wants to look good. Modern ties, in fact, have been making men look good for at least 400 years, though in different forms.

The earliest ties were actually scarves and they could signify rank or have a practical purpose. According to the *gentlemansgazette.com*, Roman soldiers wore scarves, some tied at the neck, as a badge of honor. That was 113 AD. Earlier than that, in 210 BC, Haung Dynasty soldiers were sculpted wearing wide scarves wrapped around their necks and tucked into their armor. This was possibly because it protected them from cold and irritation from the armor.



The modern tie is generally attributed to the Croatian mercenaries who served with both the French and Germans in 1618 during the Thirty Years War. The Croatian fighters wore wide collars tied at the neck, prompting the invention of the word cravat.

After that, men always were pictured with neckwear. For a brief period in the 18th century, men wore those folded, white, high, round collars, called stocks. If you think a tie is uncomfortable, think of wearing a stock made of horsehair.

By the late 1700s, fancy men wore neckties that were supposed to look casually thrown on and tied. In fact, dandy Beau Brummell took hours to tie

his. That wouldn't do for the average fellow going to church.

Finally, by 1900 the tie as we know it emerged, complete with a fashionable and easy way to tie it: The Four In Hand knot, still the most common knot.

Today, ties become skinny or fat, according to fashion, and are made with hundreds of different patterns and fabrics.



**Grilled chicken with Moroccan spices equals love at first bite**

Here's an idea for fabulous grilled chicken that uses common spices in an exotic combination that hints at Morocco.

The key is the marinade. The chicken should bathe in the spice combo for about five hours in the refrigerator.

This marinade works perfectly well for bone-in chicken or tenderloins.

**Instructions:**

Combine olive oil and dry ingredients to make the marinade. Put chicken and marinade in freezer bags. Shake to coat and then massage the marinade into the chicken. Marinate in the refrigerator for 5 to 6 hours.

Cooking time will depend on whether you are using thin tenderloins or bone-in pieces.

Tenderloins will cook very quickly. Preheat grill on high. Place the tenderloins and spoon on marinade. Grill 2 to 3 minutes per side. Keep your eye on them to make sure they don't overcook.

For full chicken breasts, preheat gas grill to 400 degrees with lid down. Turn off one of the burners and place chicken skin-side down on the off burner. Grill over indirect heat for 15 minutes (grill lid closed). Turn over, cook on indirect heat for 10 minutes more. Move chicken over direct heat and cook, turning once, until skin is

well browned and crisp, 3 to 5 minutes.

**Marinade ingredients**

- 1-1/2 to 1-3/4 pounds chicken breasts
- 1/4 cup extra virgin olive oil
- 1 teaspoon salt
- 1 teaspoon sugar
- 3 garlic cloves, minced
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground turmeric

**Political independence, recognized**

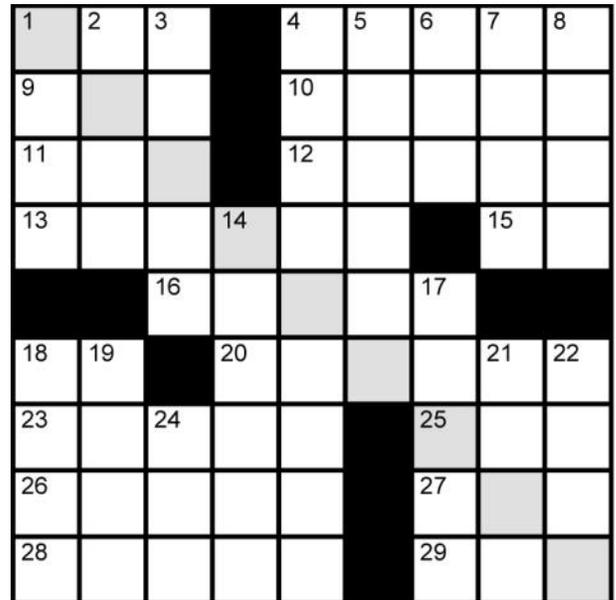
*The headline is a clue to the answer in the diagonal.*

*Across*

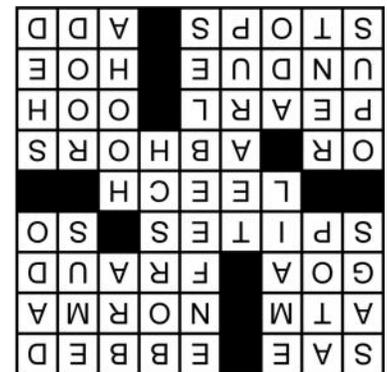
- 1. Manuscript encl.
- 4. Receded
- 9. 20's dispenser
- 10. Marilyn Monroe's real first name
- 11. African antelope
- 12. Swindle
- 13. Treats with malice
- 15. Thus
- 16. Bloodsucker
- 18. Either's partner
- 20. Loathes
- 23. June birthstone
- 25. "\_\_\_ Baby Baby"  
(Linda Ronstadt hit)
- 26. Excessive
- 27. Furrow maker
- 28. Breaks off
- 29. Build (on)

*Down*

- 1. Droops
- 2. At the peak
- 3. In-box contents
- 4. Weakens
- 5. Beet soup
- 6. Lingerie item
- 7. Outback birds
- 8. Carpenter's groove



- 14. Shred
- 17. Fuss
- 18. Creative work
- 19. Monthly budget item
- 21. Cross
- 22. Outbuilding
- 24. Big deal



"I'll need your username and password..."

### Technology makes living with type 1 diabetes more manageable

Type 1 diabetes is a disease that affects 1.25 million Americans and requires constant monitoring and treatment throughout the day, but new technology allows sufferers to focus more on enjoying life, according to Cnet.

With Type 1 diabetes, the body makes little or no insulin, which is necessary to regulate the amount of sugar in the blood.

New products, made by companies such as Dexcom, allow an insulin pump and blood glucose monitoring system to be attached to a person's body and communicate with them through their smartphone in nearly real time. When it detects a need for insulin, the pump administers the proper dose, and the monitoring continues. Parents of children with the disease can check on them at any time which can remove some of the uncertainty of treatment and provide more peace of mind for the whole family. Although it still requires a couple of finger pricks to calibrate, it doesn't need parents to wake several times per night to check their child's glucose levels, exhausting both.

While the benefits of using such technology are apparent, there are still limitations and trade-offs when it comes to any current solution that prevents patients from living genuinely carefree.

Strapping pieces of hardware to a person's body is a constant reminder of their condition, and it can be a struggle to find which devices work best for each individual. Each brand carries a unique set of pros and cons, and sometimes it makes more sense to mix-and-match different pieces which can add to the complexity for everyone involved. Support groups have emerged that help users adapt to and use the technology more efficiently as well as acting as a source of innovation.

### Concierge healthcare becomes popular

Concierge healthcare is merely an agreement between a patient and a primary care doctor, or group of doctors, that a monthly or annual fee will be paid in return for quick access to around the clock services, according to Forbes.

These fees can range from tens of thousands per year to as little as \$2,000. It's like having a doctor on retainer to ensure that an uncomplicated illness or even a chronic disease won't require the patient to wait long hours in an emergency room or doctor's office. The physician, on the other hand, can see fewer patients while providing more personal care and maintaining the most modern equipment.

Many primary care physicians have been adopting a concierge model for their practices in recent years for financial reasons as well as personal preference. Doctors that made the switch overwhelmingly pointed to their desire to provide better preventive care as the most

significant reason for the change. It allowed them to spend more time talking to their patients about the root causes of their illness and to develop treatments. As an example, doctors that can treat patients in this way were able to control blood pressure in 90 percent of cases compared to the national average of only 54 percent, according to the Centers for Disease Control and Prevention.

For those with the need and the means to pay for it, total care platforms exist at the top end of concierge healthcare and offer services beyond easy access to doctors. Those with chronic diseases, for instance, can find custom contingency plans to handle expected complications, longevity plans to extend life, and even remote monitoring and digital diagnosis and treatment. Powered by smartphones, patients can enjoy the benefits of a doctor with intimate knowledge of their health records and receive prescriptions or referrals from wherever they may be at the time.

### Cataracts: You can have your sight back

Cataracts, a clouding of the eye lens, have been known and diagnosed since at least 29 AD, but the treatments, until the 1940s or so, have probably been worse than the problem.

With age, it is very common to suffer some vision loss from the clouding of the natural eye lens.

According to the World Health Organization, age-related cataracts are responsible for 51 percent of world blindness. In North America, about 42 percent of people have lens changes between ages 42 and 64. That percentage rises to 91 percent by age 75.

Today, cataracts are repaired surgically by inserting a foldable

plastic lens to replace the natural one. Surgery is very safe and effectively restores vision.

Symptoms of cataracts, according to the Mayo Clinic:

- Clouded, blurred or dim vision
- Increasing difficulty with vision at night
- Sensitivity to light and glare
- Need for brighter light for reading and other activities
- Seeing "halos" around lights
- Frequent changes in eyeglass or contact lens prescription
- Fading or yellowing of colors
- Double vision in a single eye



## MH & MLH National Education & Training Conference in San Antonio

July is quickly approaching and it's time to start making those summer plans! Join us in San Antonio July 14-18 for our not-to-be-missed National Education and Training Conference. The conference will take place at the Hyatt Regency San Antonio Riverwalk, steps away from fabulous restaurants, shopping and historic sites. Need more reasons to attend?

- Celebrate and network with old and new friends from across the country
- Learn the latest therapies in congenital and adult heart disease
- Share your personal story of survival and recovery
- Share your chapter's activities and accomplishments with other leaders
- Hear tips to grow your chapter and provide high quality services
- Socialize at the fun MH/MLH reception on Sunday evening
- Join in our service project for children in the hospital
- Visit the nearby Alamo, or take a boat ride on the San Antonio river
- Learn best practices in visiting to take back to your chapter's visitors
- Get inspired and re-energized!

For an agenda of the Mended Hearts programs being offered at this year's conference, go to [Mendedhearts.org](http://Mendedhearts.org).

And don't miss our early bird special - after June 15, registration and hotel prices go up!



## Celebrate Life with a fiesta-themed reception

Mended Hearts Executive Committee would like to formally invite you to join the party in San Antonio as we celebrate life with a Fiesta-themed Meet & Greet. Grab your brightest colors and dress for the night! There will be food, drinks, and fun.

We hear a Piñata is on the agenda! During the reception we will be hosting a community service project: Bring your best decorating skills to help create cards for heart kids in the hospital! We will be delivering the cards with a lion to kids who are inpatient at the three children's hospitals in the San Antonio area. Our goal is 150 Cards and Lions! This fun event is on Sunday, July 15, 2018 at 6:00 PM as a part of the National Education and Training Conference in San Antonio. Go to



[Mendedhearts.org](http://Mendedhearts.org) to register.

### Conference Photo Submission

Interested in submitting photos in this year's conference program book? Photo guidelines can be found [HERE](#).

### 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. Go to [Mendedhearts.org](http://Mendedhearts.org) for more information on pricing and sizing.

## MLH Helicopter Golf Ball Drop Fundraiser

Interested in supporting Mended *Little* Hearts AND having a chance to win up to \$2,500? You can do both by participating in MLH's first ever helicopter golf ball drop and national raffle. The event will be held on September 29th, 2018 at a Phoenix, AZ golf course, but you do not have to be present to enter. Only 2,000 numbered balls are available, and you can purchase them no matter where you live.



sold). On September 29th, in Phoenix, a helicopter will take all of the golf balls up and drop them onto the green. Closest (or in) the hole are the winners. Three prizes will be awarded:

1st place: \$2,500  
2nd place: \$1,500  
3rd place: \$500.00  
Purchase your golf balls [HERE](#) today!

To buy your golf balls today, go to

<https://mendedhearts.org/national-golf-ball-drop/>

How does it work? You buy a golf ball (or 5 or 10) and will be randomly assigned a number from 1 -2000 (up to the amount of balls

# 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  
suesljd@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*

## **CONROE**

*Kathleen Berringer  
936.597.4019  
katberr@consolidated.net*

## **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*

**Houston**  
832.355.4160

**national**  
**mendedhearts.org 1.888.432.7899**