



Mended Hearts

AUGUST 2018

The one time being in jail is a good thing



**Mended
Hearts
Houston
Chapter 38**

Chances are you are one of the billion or so people who have played Monopoly since its introduction in 1935.

And chances are you went to jail because of all the places you can land in Monopoly, Jail (plus Illinois and GO) ranks high as the most frequent landing place.

But that can be a good thing.



One winning strategy of Monopoly is to land in jail -- at the end of the game. By that time, you should have all your hotels in place. When you land in jail, put your feet up and pray you stay there and just collect money from the hapless souls who land on

your properties.

Independence: How to keep driving

Seniors are undeniably better drivers -- even up to age 85 -- than teenagers, but seniors also face problems with driving as they age.

Since seniors are less likely to drive drunk or text while driving, and more likely to obey speed limits, they crash less often than teens, according to the AAA Foundation for Traffic Safety. But seniors who want to maintain driving skills past age 75 should consider the following issues:

* Flexibility. Drivers must rotate their necks and bodies to drive safely. Working on stretching and rotation, especially of the neck, can help, according to Consumer Reports.

* Response speed. Strength programs can help with response times.

* Vision. Frequent vision screening is essential.

* Bad habits. A 2010 study in the Journal of the American Geriatrics Society found that older drivers commit a greater number of small errors, such as failing to signal, and major errors, such as failing to stop at a red light. In some cases, seniors could benefit from a driving refresher



course. Driving rehabilitation specialists can evaluate, test and correct driving habits.

Choosing the right car

Senior drivers or people with limited mobility need cars with features that make driving easier.

Among the features seniors should look for in a car, according to Consumer Reports:

* Front-seat access with wide opening, low step-in heights and low door sills.

* All-around visibility, with few blind spots.

* Easy-to-read gauges and

intuitive controls for shifting, radio and heating and cooling.

* High-performing headlights.

New technology also offers some boosts for senior drivers.

Forward-Collision Warnings provide visual, audible or tactile alerts to warn drivers of a collision with an object directly in their path. According to the Insurance Institute for Highway Safety (IIHS), this technology can reduce rear-end accidents by 27 percent.

Automatic Emergency Braking senses a potential collision and starts braking for the driver if the driver does not react. IIHS data show this has reduced rear-end collisions by 50 percent.

Blind Spot Warning detects and warns the driver of vehicles traveling in a blind spot alongside the car.

Some new cars with many of these features include the Subaru Forester and Outback; the Chrysler Pacifica; Kia Sportage and Soul; Toyota Highlander and RAV4; Ford C-Max and Escape; Toyota Sienna and Corolla.

Combination treatments show best lung cancer survival rates

Patients who have a specific kind of cancer, non-small cell lung cancer (NSCLC), have been shown to have better survival rates when they paired immunotherapy drugs alongside traditional chemotherapy, according to The National Cancer Institute. With the combination, trial participants were 51 percent less likely to have died within 10.5 months after treatment, and 69.2 percent were still alive a year after the treatment started. They also lived progression-free for nearly twice as long as those in the control group with an average of 8.8 months.

The clinical trials used pembrolizumab (brand name Keytruda) which is in a class of drugs called checkpoint inhibitors that interact with PD-L1 proteins inside the NSCLC tumor cells. Success with this treatment validates progress within the 'precision medicine' strategy that relies on identifying and targeting specific biomarkers within the patient's cancer to determine the best method of treatment and could eventually lead to gene-targeted therapies for this type of cancer. Such therapies already exist for tumors that show signs of mutations in the ALK or EGFR genes.

According to Roy Herbst of the Yale Cancer Center, combination treatments of this nature have been in the works for some time, and although the procedure was approved by the FDA last year, many practicing physicians were waiting for the Phase 3 trials to conclude last April before

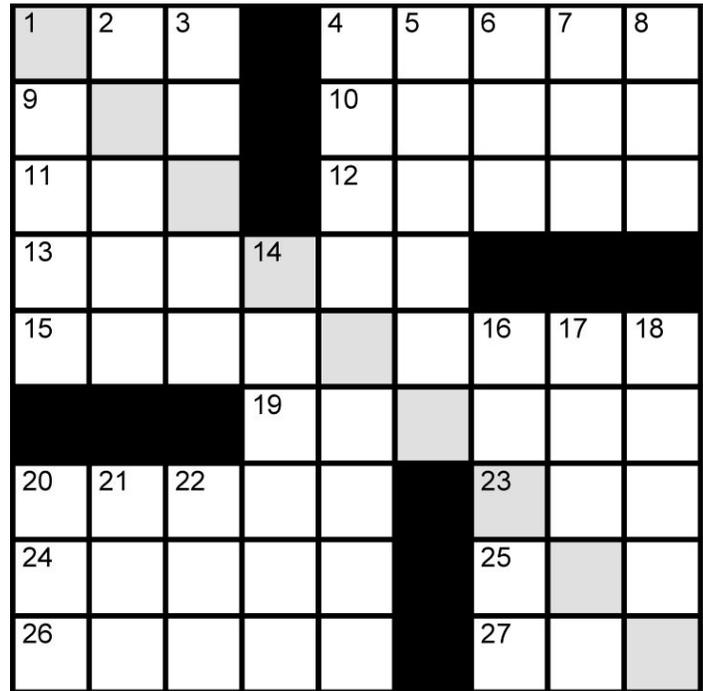
Across

1. Prince, to a king
4. Blood of the Greek gods
9. "Tarzan" extra
10. Zoo heavyweight
11. "A pox on you!"
12. Change, as a clock
13. Make beloved
15. Left overs
19. Coagulating protein
20. Bacteria-fighting drug
23. Plastic ___ Band
24. Money in the bank, say
25. Blemish
26. Soup server
27. Part of a play

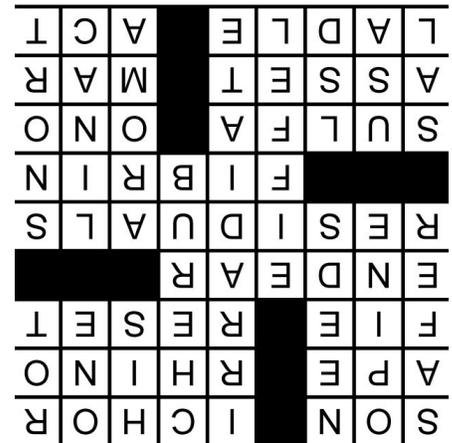
Down

1. "60 Minutes" correspondent
2. Express
3. Has to have
4. Cast rays of light upon
5. Little angel
6. Part of O.H.M.S.
7. "A Chorus Line" number
8. Decay
14. Tower in Paris
16. Fragrance
17. Physics lab device,

Peppy Craft



- for short
18. Sound of contempt
20. Bando of baseball
21. Dos Passos trilogy
22. "Acid"



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

endorsing the method. While combining treatments did not dramatically increase the number of side effects for patients, those using Keytruda were significantly more likely to develop a condition called acute kidney injury, so those at risk for kidney problems will need to exercise particular caution.

There was once a police atom who ran into a suspect atom.

As they looked at each other the police atom said, "I've got my ion you!"



"Says here that 36% of adult children are now living with their parents."

Doctors' burnout rates high compared to other workers

The rate of doctors in the United States that are experiencing signs of burnout has been increasing in recent years, and more than half are now at risk, according to the National Academy of Medicine. Compared to other kinds of jobs in the U.S., doctors are twice as likely to show signs of burnout and the rate increased by nine percent between 2011 and 2014 while the overall workforce remained stable during that time. Similar statistics were found among medical students and new residents as well, signaling a problem permeating throughout the field.

Burnout can manifest itself in many ways, but studies have shown that mental exhaustion and depression are some of the most common issues facing healthcare providers. These individuals were also more likely to commit medical errors and cause other problems that led to more malpractice suits, lower patient satisfaction, higher patient mortality rates, and increased turnover. These issues would often lead to worsening burnout symptoms in a vicious cycle that usually ended in doctors more likely to feel a loss of meaning, isolated from the team, the need to abuse alcohol and drugs, and consider suicide. Currently, the suicide rate of female physicians is 130 percent higher than the broader female population.

Some hospitals and medical institutions have recognized this alarming trend among their colleagues and have installed Chief Wellness Officers to take steps to help treat and prevent future burnout. Stanford Medicine's Tait Shanafelt has been a pioneer in the field of hospital wellness and saw success during his time at the Mayo Clinic with burnout rates declining seven percent over two years while it rose eleven percent nationally during that same time.

Citing a loss of community as one of the most significant issues, his emphasis on bringing back physician lounges, organizing after-hours dinners and activities, and reaching out to doctors to get them talking together and giving more feedback seems to be working.

Hobby Farms and City Gardens

Back to the land with unused commercial space

Growing plants and animals can be fun, but it does take space.

Interestingly, in communities throughout the country, new space is emerging. Small stores are disappearing, to the chagrin of many, but space is appearing. The question is how people will use this space.

One possible outcome from the internet shopping revolution: urban areas in cities large and small could be used for small farming.

Since the 1980s, cities have reserved green spaces for city gardening with varied success. One urban garden in Washington D.C. called North Columbia Heights Green started in the early 2000s

after the owners of a quarter-acre lot shut down their business and left it vacant. The city agreed to sell the lot to a non-profit group for one dollar, and today about 25 residents actively farm the plot, growing fresh produce for themselves and to sell at local farmers markets.

Some experts say this experience could well be replicated in towns and cities as people take advantage of properties once used for shopping.

Another use of land may be hobby farms, a past time once reserved for high-income people with time on their hands.

With a little space, nearly anyone can raise chickens for eggs and goats for milk. Or even keep honeybees. While the average small family farm has 231 acres, it takes little more than an acre to raise



National Immunization Month

The legendary benefits of vaccines

Few public initiatives have improved health like vaccines, scientists say.

According to the Centers for Disease Control, during the last two decades, childhood vaccines have saved the lives of 732,000 children and prevented more than 300 million from getting sick.

One example of the incredible health success of vaccines is the impact of the measles vaccine. The measles vaccine is 97 percent effective at preventing the disease. That's important because for every 10 children infected with measles, one develops an ear infection that can lead to permanent hearing loss. For every 1,000 children with measles, one or two will die. These benefits, plus saving your child from a miserable illness, make the measles vaccine one of the most important public health initiatives.

Other accomplishments of vaccines:

* A 2011 study found that the rotavirus vaccine prevented 65,000 U.S. children from being hospitalized with rotavirus since 2006, according to Live Science.

* About 3 percent of children get a mild, chicken-pox-like rash after the first dose of the pox vaccine, according to the CDC. These children average two to five lesions, compared with the typical 250 to 500 lesions found in children who contract the actual illness, according to the Immunization Action Coalition (IAC).

Chicken pox can cause serious complications, including bacterial infections of the skin, pneumonia, inflammation of the brain and blood stream infections, according to the CDC. Before the vaccine, about 4 million cases of chicken pox in the United States put an estimated 11,000 people in the hospital. About 100 people every year died from the disease, the IAC said.

After the introduction of the chicken pox vaccine, cases of the disease fell nearly 80 percent in the U.S. over a decade, according to a 2012 study.



Upcoming Regional Connections Programs

Mended Hearts is reaching patients across the country this year in our Regional Connection programs and we have two more left to go.

09/15/2018 in Medford, Oregon. For more information contact Marlyn Taylor at Marlyntaylor@earthlink.net.

10/20/2018 in Hollywood, FL. For more information contact Marvin Keyser at Marvk01@gmail.com.

Heart Failure Presenters Available for Chapter Meetings This Fall

If heart failure is something your chapter members are interested in learning more about, we have the perfect opportunity for you! Mended Hearts is collaborating with the Heart Failure Society of America (HFSA) to provide heart failure education to patients and caregivers. Presentations are about one-hour in length including a Q&A period.

HFSA has five topic areas that can be presented which include:

Heart Failure: Diagnostic Testing and Advanced Therapies

Heart Failure: Medications and Challenges of Multiple Medications

Heart Failure: Moods in HF and Caregiver Challenges

Heart Failure: Activity and Diet

Heart Failure: Clinical Trials - What are they and how to be involved

If your chapter would like to hold a presentation on heart failure this fall, please email Rene Battles at Rene.battles@mendedhearts.org.

Mended *Little* Hearts 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 29, 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. This event is open to the public; tell your fellow MH/MLH members, friends and family may



participate! 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 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

For more information email Mandy at Mandy.Sandkuhler@mendedhearts.org.

Shrimp and asparagus: A lovely combo

It was the favorite vegetable of Julius Caesar, King Louis the XIV, and Thomas Jefferson. But the history of asparagus begins long before that.

The name comes from a Greek word meaning stalk or shoot. The Romans borrowed asparagus from the Greeks and cultivated it in every land they visited.



Asparagus is a member of the lily family and is related to onions, leeks, and garlic. It contains more cancer-fighting glutathione than any other food. It is packed with folic acid, which helps to prevent birth defects and heart disease, and it's a good source of potassium, fiber, vitamins A, D, B6, and thiamin. And it is rich in rutin, which helps strengthen blood vessels.

Health-conscious dieters will be pleased to know that asparagus contains no fat and no cholesterol. It's low in sodium, and contains only 20 calories per serving.

Under ideal conditions, it can grow up to 10 inches in a day and reach up to 12 feet in height.

The best asparagus has firm, fresh stalks with tightly closed tips. Because its folate is destroyed by exposure to air, heat, or light, it is best to store it in the back of the refrigerator or in a produce drawer.

Microwaving destroys fewer of its nutrients than boiling or steaming. Cook it upright in a tall container with a few inches of water in the pot. Simmer 5 to 7 minutes with the tips out of the water.

Orange-Soy asparagus sauce

Combine 1 tablespoon each of soy sauce and fresh orange juice with 1/2 teaspoon grated orange rind, grated ginger, and dark sesame oil. Stir in 2 shallots or 1 small onion, minced. Drizzle over cooked asparagus and toss to coat.

Shrimp and asparagus

Perfect for low carb diets, shrimp has no carbs and asparagus has 5 carbs per cup. Lemon juice has 5 carbs per 1/4 cup.

Prepare this lemon sauce for the dish and set aside.

Combine in small bowl:

- 2/3 cup chicken stock
- 1 tablespoon cornstarch
- 1 tablespoon soy sauce
- 1/4 cup lemon juice

Add a tablespoon of sugar, if you desire.

Stir fry shrimp in olive oil, 1 teaspoon minced garlic and 1 teaspoon ginger until shrimp is pink. Remove. Using the same pan, add asparagus, cooking until bright and tender-crisp.

Bring asparagus and shrimp together in same pan. Pour lemon sauce mixture over shrimp and asparagus. Simmer for a minute to thicken sauce. Serve.

If carbs are not an issue, add rice or noodles.

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*

*next meeting in September/
no meetings in July or August*

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
next meeting in September/
no meetings in July or August*

Houston
832.355.4160

national
mendedhearts.org 1.888.432.7899