

Mended Hearts Houston



HOUSTON CHAPTER 38

JULY 2019



Protect your heart in the heat

Stay hydrated and as cool as possible during these dog days of summer.

For every degree your body's temperature rises, your heart beats 10 BPM faster, according to Harvard Health. While a study published in 2014 said most cases of atrial fibrillation tend to occur in the winter, those with irregular heartbeats should take special precautions in the summer as well -- higher temperatures can trigger AFib as your heart works harder.

Some precautions:

- Stay hydrated. Dehydration is one trigger for atrial fibrillation, not to mention stroke.
- Avoid going outside between noon and 3 p.m.
- Get in air conditioning. A fan is of little use if it circulates 95-degree air.
- Reduce caffeine and alcohol, as these can cause dehydration.
- Avoid exercising in the heat.
- Take a cool shower and put an ice pack under your arm or near the groin.
- Wear well-ventilated shoes.
- Take breaks. Schedule in more breaks to prevent overheating.

What do you call that pretty firework?

Cake. Chrysanthemum. Waterfall. If you've ever wondered what to call the different types of fireworks you see during a professional show, other than "that cool one that trailed off," you've come to the right place -- and can impress (or annoy) your friends afterward.

Here's a sampling of official fireworks terminology from the American Pyrotechnics Association:

* **Cake:** A cluster of small tubes, linked by fuse, that fire small aerial effects at a rapid pace. They are often used in large quantities as part of a show's finale.

* **Chrysanthemum:** A spherical break of colored stars that leave a visible trail of sparks.

* **Falling Leaves:** Stars that twinkle and flutter down.

* **Fish:** Large inserts that propel themselves rapidly away from the shell burst, often looking like a fish swimming away.

* **Palm Tree:** Rising comet (trunk) that bursts into six large trailing stars (fronds) and can also have small reports (coconuts).

* **Peony:** The most commonly seen shell type, with a spherical break of colored stars.

* **Waterfall:** Named for the shape of its break, this shell features heavy long-burning tailed stars that only travel a short distance from the shell burst before free-falling to the ground, sometimes glittering.



Tenderize a bee sting?

To minimize pain of a bee sting: try meat tenderizer. Make a paste of one part unseasoned meat tenderizer to four parts water, and coat the area. Tenderizer contains papain, an enzyme found in papayas. It supposedly breaks down proteins that cause pain and itching. If nothing else, a cool paste can help with the hot spot left behind by a sting.

Atrial fibrillation may raise dementia risk by 50%

A large study concludes that atrial fibrillation does, indeed, raise the risk of dementia even in people who did not have a stroke and that anticoagulants may reduce this risk.

Atrial fibrillation (A-fib) is a condition in which the heart beats irregularly. More specifically, the atria of the heart — the chambers that receive blood and pump it out to the heart's ventricles and the rest of the body — beat at an irregular rhythm.

Previous research has shown that people with A-fib have a higher risk of dementia, and also that people can take blood thinners to reduce this risk.

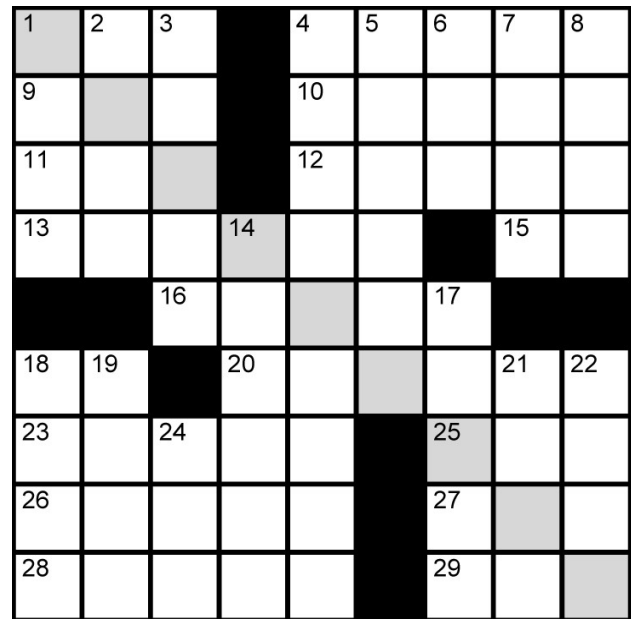
New research confirms that the above is true, even in people who never experienced a stroke. The new study is the largest of its kind ever conducted.

Boyoung Joung, who is a professor of cardiology and internal medicine at Yonsei University College of Medicine in Seoul, Republic of Korea, is the leading author of the paper, which appears in the European Heart Journal. In the new research, Prof. Joung and team examined 262,611 adults aged 60 and older who did not have A-fib or dementia at baseline, in 2004.

During the study period, 10,435 participants developed A-fib. Of these, 24.4% also developed dementia. However, only 14.4% of the participants without A-fib developed dementia.

"We found that the people who developed atrial fibrillation had a 50% increased

Crackle and Pop



Across

- 1. TV watchdog org.
- 4. Piano key material
- 9. ___ Bravo
- 10. Nearby
- 11. Crew need
- 12. Solder with an alloy
- 13. Continued ahead
- 15. "___ a little teapot"
- 16. Single
- 18. '___ Thee I Sing'
- 20. Excite
- 23. "Remember the ___!"
- 25. Piano piece
- 26. Forbidden
- 27. Hit the slopes
- 28. Buzzing cloud
- 29. Poetic contraction

Down

- 1. Kermit, for one
- 2. Italian farewell
- 3. Object shaped like a horn
- 4. Space to maneuver
- 5. Brunei's island
- 6. Mozart's "L'___ del Cairo"
- 7. W.W. II foe
- 8. Primordial substance
- 14. Captivate

- 17. Showed courage, old-style
- 18. Horse feed
- 19. Blemish
- 21. Pseudonym of H. H. Munro
- 22. Auspices
- 24. Attorneys' org.

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

S	I	T		M	R	V	M	S
I	K	S		O	O	B	V	T
G	R	A		O	M	V	V	A
E	S	U		O	R	A		O
		D		E	W	N	U	
M	I			N	O	E	N	O
E	Z	V		B	R	A	R	O
A	L	C		O	L	O		R
N	Y	O		N	B	E	C	F

risk of developing dementia compared [with] those who did not develop the condition," reports Prof. Joung.

"We also found that atrial fibrillation increased the risk of Alzheimer's disease by 30% and more than doubled the risk of vascular dementia," continues Prof. Joung.

How blood thinners can help

"However, among people who developed atrial fibrillation and who took oral anticoagulants, such as warfarin, or non-vitamin K anticoagulants, such as dabigatran, rivaroxaban, apixaban, or edoxaban, the risk of subsequently developing dementia reduced by 40% compared [with] patients who did not take anticoagulants."

The researchers explain that this is the largest study of its kind due to the high number of participants and the long follow-up period.

However, they speculate that a possible mechanism behind the association could be that people with A-fib often have altered blood vessels in the brain, which may have been the result of symptomless ministrokes. Such brain damage may, over time, lead to dementia, suggest the researchers. Prof. Joung and team go on to point out further limitations to the study.

For instance, they note that they could not identify whether the study participants had paroxysmal or persistent A-fib. Also, A-fib can take place without any noticeable symptoms, so the study may have omitted some cases.

Prof. Joung concludes, "Dementia is an untreatable disease, and so prevention is important." "This study confirms that atrial fibrillation is a risk factor for the development of dementia. Therefore, the prevention of atrial fibrillation may be a means to reduce the incidence of dementia."

*Article found at <https://www.medicalnewstoday.com/articles/325510.php>

Seniors and sleep: Changes may interrupt life-long sleep patterns

Some older people discover they become tired much earlier in the night and rise before dawn.

This actually has a name: Advanced Sleep Phase Syndrome, according to the National Sleep Foundation. It shouldn't be especially alarming, but it can be annoying. The natural circadian rhythms that coordinate body functions advance in time with age, so people get plenty of sleep (from seven to eight hours) but everything happens earlier. Experts do not know why this happens, but they usually treat the issue with bright light therapy, exposing the body to light when it should be awake.

Then there is insomnia. About 44 percent of older persons can't sleep for a few nights per week. Insomnia can become chronic.

Medical conditions can be responsible for insomnia. Among them snoring, a primary cause of sleep disruption for 90 million Americans. Snoring can be due to weight and aging. Very loud snoring can be a symptom of sleep apnea, associated with high blood pressure, among other things. Sleep apnea causes people to repeatedly wake up as they breathe, then stop breathing. It can and should be treated, doctors say.



Why Fast Walkers May Live 15–20 Years Longer Than the Rest of Us

Researchers say a quick walking pace is a good cardiovascular workout, but it may also be an indicator of a person's overall health

Taking a brisk walk could increase your odds of living longer, and it doesn't matter how much you weigh when you slip on your walking shoes, a new study suggests.

People who have a quicker walking pace lived longer than those who walked more slowly, according to researchers who monitored the walking habits and deaths of nearly 475,000 people, most of whom were in their 50s at the start of the study. "Brisk walking" was defined by researchers as walking at least 3 miles per hour, or 100 steps a minute.

However, walking pace was self-reported by participants, who were asked to indicate whether they walked at a "slow pace," "steady/average pace," or "brisk pace."

Participants with brisk walking paces had longer life expectancies across all categories of BMI, according to the study published in Mayo Clinic Proceedings.

"The survival is the same for fast walkers for a wide range of body mass index, from 20 to 40," Dr. Francesco Zaccardi, a clinical epidemiologist at the University of Leicester in the United Kingdom and the study's lead researcher, told Healthline.

"This result indicates that physical function is a stronger determinant of longevity than body mass index, and also people with high body mass index but with a good fitness may survive longer," he said.

Conversely, participants with slower walking paces had shorter life expectancies across all categories of BMI.

Researchers reported that women who walked more quickly had a life span of about 87 years compared to 72 years for women who walked slowly.

Men who walked quickly had a life span of about 86 years compared to 65 years for men who walked more

slowly.

That's a 15-year average difference for women and a 20-year average difference for men.

"What this tells me is if you're walking faster you're doing a very low-intensity form of cardio, and if done on a regular basis, it will strengthen and condition your heart. So, whether you're overweight or in shape, fast walking does have positive physical effects on your body and life expectancy," Jamie Hickey, a certified personal trainer and nutritionist at Truism Fitness, told Healthline.

Fast walking can prevent obesity. The findings add to evidence suggesting that cardiovascular fitness can provide some protection against the health risks posed by having excess weight or obesity.

"These findings are... consistent with other studies showing that brisk walking can cut the risk of cardiovascular events," Dr. Nieca Goldberg, a cardiologist and medical director of the Joan H. Tisch Center for Women's Health at NYU Langone Health, told Healthline.

Goldberg notes that while many people work toward the goal of getting 10,000 steps per day, that metric says nothing about speed.

People who are fit enough to walk that many steps at a moderate pace should try to pick up the pace, she says.

But those who are sedentary are better off doing any type of walking, even at a slow pace, stresses Goldberg.

How much time you spend walking also shouldn't be disregarded, she adds.

"It's not just the intensity but the duration that counts," Goldberg said.

Article found at <https://www.healthline.com/health-news/people-who-walk-faster-tend-to-live-longer#Fast-walking-can-prevent-obesity>

Webinar series recordings— perfect for chapter meetings

If you are looking for a topic for your next chapter meeting, we encourage you to consider showing one or more of our five free preventative health webinars that we have made available to patients, caregivers and anyone interested in improving their heart health.

If you do choose to show one at a chapter meeting, please email Andrea Baer at Andrea.Baer@mendedhearts.org and let her know how many people attended the meeting. To access the following videos, go to www.Mendedhearts.org.

- Cholesterol Control and Diet Modifications
- Following your Treatment Plan to Reduce Your Risk of a Second Event
- Blood Pressure Control
- Preventative Exercise and Physical Activity
- Controlling Risk Factors for Women
- Controlling Risk Factors for Diverse Population - webinar to be rescheduled



Grilling corn on the cob

Here is the secret to perfectly grilling corn. Pull the husks back but don't remove. Strip away silk strands. Next, fill a large pot with cold water and add a couple of tablespoons of salt to soak your corn in for about 10-15 minutes. With the grill set to medium, cook in the husks, for about 15-20 minutes, turning every five minutes. Once tender, pull the husk off and butter. Secret seasoning: Use a 3-to-1 ratio salt to sugar just before serving.

Upcoming Regional Meetings

Empower, Educate and Inspire in 2019! That is the motto for this year's Mended Hearts and Mended Little Hearts regional meetings. This fall we have a number of meetings that will take place around the country. The following locations have been confirmed and we will be sending detailed information in the months to come.

- September 7** – Cincinnati, OH
- September 21** – Hollywood, FL – Memorial Hospital
- September 28** – Medford, OR – Asante Rogue Regional Medical Center
- October 5** (tentative) – Atlanta, GA
- October 19** – West Covina, CA
- October 26** – Gastonia, NC – Caromont Heart & Vascular



The following locations will be hosting regional meetings, but dates have not yet been confirmed.

- University of Massachusetts, MA
- Plano/Arlington/Dallas, TX
- Kingwood/Austin, TX

Turkey Sliders with Avocado, Mushrooms, & Swiss Cheese

Ingredients

Servings 4
Serving Size 2 sliders

8 whole-grain slider buns (lowest sodium available)

- 1 1/4 lbs ground, skinless turkey breast
- 1/4 tsp salt
- 1 cup sliced brown (crimini) mushrooms
- Slices low-fat Swiss cheese
- Small avocados (mashed with a fork)
- 1 medium tomato, cut into 8 slices (about 1/4-inch thick)

Directions

Tip: Click on step to mark as complete. Preheat the oven to 450°F.

Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.

Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook.) Sprinkle the salt over each patty.

Heat a large nonstick skillet or griddle pan over medium-high heat. Cook the patties for 2 to 3 minutes. Turn over the patties. Cook for 2 to 3 minutes, or until the patties are no longer pink in the center and register 165°F on an instant-read thermometer.

Transfer the patties to the bottoms of the buns.

In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.

Spoon the mushrooms onto each patty. Top with the Swiss cheese. Place the baking sheet on the middle rack of the oven. Bake the sliders for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.

Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the tops of the buns on the sliders.

Using four short skewers, pierce two sliders with each skewer. Serve immediately.

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

For more information, please visit
MendedHearts38.org

Satellite Sites

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

Heights

Memorial Hermann
Greater Heights Hospital
1635 North Loop West
Houston

832.355.4160

Memorial City

Memorial Hermann
Memorial City Hospital
921 Gessner Road
Houston

Main Conference Room
6 p.m., fourth Tuesday

Earl Vanzant
713.782.8006

More Resources & Information

Houston

832.355.4160

mendedhearts38.org

national

888.432.7899

mendedhearts.org