

The Mended Hearts, Inc.  
Chapter 296 Orlando Florida  
www.mendedheartsorlando.org

# The Central Beat

Mended Hearts Inc., Chapter 296  
Volume Seven Number Three  
March, 2008

## A Message from the President

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*Happy St. Pat's Day!*

### March Meeting

Our March meeting will be on the 18<sup>th</sup> at 7pm at Florida Hospital. Barbara Fletcher will speak on Metabolic Syndrome and Insulin Resistance and cardiovascular disease. More details follow.

### February Meeting

Dr. Adam Waldman gave a presentation on congestive heart failure. It generated many questions and much interest in medicines to treat heart disease. Dr. Waldman was excellent at bringing the discussion down to the common persons level for better understanding - very informative.

### Survey

Thanks to all those who helped us by completing our survey. The results will be presented at the March meeting.

### Newsletter assistance

If you are interested in writing an article or suggestions on a topic for our newsletter, please contact Walt Hunter at 407-886-1041. He is our newsletter editor and is always looking for interesting information to include in **The Central Beat**.

### Visiting Patients at Florida Hospital and ORMC

If you have not considered visiting patients, please do so. We are in need of visitors, especially at ORMC. It is very rewarding to meet recent surgery patients and their families to share your experience and just listen to their concerns and questions. Contact Mike Weber for details on how to become a visitor at 407-682-1172.

### Special Requests

We will be holding elections for new officers in April and now is the time to start thinking about how you would like to support our chapter. We have openings for Hospitality and Membership and can create a position if you don't care for these positions! If you have questions about an office, please contact any board member.

See you at the meeting March 18.

Good health to you,

Gary Price



### *A Mended Heart Prayer*

*We ask for Your blessings, Lord.*

*We ask for strength that we may pass on to others..*

*We ask for faith that we may give hope to others...*

*We ask for health that we may encourage others....*



## Cholesterol and Plaque

**C**holesterol and Plaque are not the same. Cholesterol is, however, a major ingredient of the plaque that tends to build up in the coronary arteries. Excess Cholesterol, along with fatty materials, white blood cells and connective tissue, is deposited [as plaque] in the walls of arteries. Once deposited, the cholesterol/cell mixture is covered by a scar or hard shell. This is called **Plaque!** When the plaque narrows an artery; oxygen and nutrient rich blood may be severely restricted and vital cells will be starved. Sometimes the cell starvation results in pain called **angina**. However, sometimes the warning pain is not evident and the patient has no clear message that the cardiac muscle is endangered.

**S**mall Plaques through out the coronary arteries may be invisible to the usual diagnostic tests performed by the professional cardiac team. Small plaques, however, are frequently unstable and may burst spilling clumps of cholesterol/cell mixture into the blood stream, promoting blood clotting mechanisms and sometimes blocking an artery, stopping blood flow — precipitating a heart attack. When this happens the muscle depending on oxygenated blood will begin to die and the resulting damage may be permanent.

**M**uch has been written about the need to manage the level of blood cholesterol. Lowering the concentration of LDL — Cholesterol with a lowering of the LDL/HDL ratio, can slow, stop or reverse the build-up of plaque. Numerous studies have shown that thrombosis may be the result of plaque rupture or of plaque erosion. Formation of plaque may begin at an early age. Unstable plaque may be the result of inflammation, plaque composition or plaque geometry. *W. Hunter*

### Mended Hearts Board Contacts

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# Let The User Beware!

Users of herbal supplements may be walking a perilous path — a path with hidden booby traps ready to explode at some unforeseen time. These highly advertised alternatives to conventional medicine are assumed to be safe, non-toxic and beneficial. Some herbal supplements do indeed appear to be effective under some specific conditions. However, most of the evidence for their effectiveness is antidotal and not clearly confirmed as being effective by carefully controlled scientific procedures.

Persons choosing to use herbal supplements frequently fail to recognize that these products may interact with conventional medicine in unpredictable ways, sometimes these interactions may be life threatening. Dr. K.R. Olson, in a paper presented to the 30th International and Scientific Symposium in San Francisco, has stated that specific herbal supplements may interact with prescribed medications to produce severe seizures, arrhythmias, coagulopathic conditions, hyper- [and hypo-] tension and even death.

Unfortunately the 1994 Dietary Supplements, Health and Education Act loosened the FDA regulation of herbal products, allowing these products to be marketed without careful scrutiny of the grandiose claims presented to increase sales of these "feel good" products. Consequently, the use of herbal supplements has exploded to a multi-million dollar market, and this market is growing annually. Lowered regulation has also resulted in the production and marketing of products of questionable concentration of active ingredients and an increase in reports of toxic contaminants.

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## Some common adverse effects reported by various medical personnel:

**Edheda sinic** [a weight loss/energy boosting supplement] has caused arrhythmias, hypertension, severe seizures and death.

**Coltsfoot and Comfrey** contains an alkaloid which may damage the liver

**Oleander, Lily of the Valley and Squill** may cause arrhythmias

**Mookshood** [a Chinese medicine used as a pain reliever] may cause hypotension and lethal ventricular arrhythmia

**St Johns Wort** may alter with the bioavailability of prescribed drugs such as Warfarin and some antidepressants.

**Gamma-hydroxybutyrate** [GHB], touted to increase strength and sexual responsiveness, may be addictive in the same way alcohol is addictive and the withdrawal may be as difficult.

**The warning is clear:** If one chooses to use herbal supplements, one must proceed with care and one must always, and accurately, inform one's doctor regarding each product ingested on a routine basis. Physicians too, must be alert to the use of herbal supplements by specifically making inquiry regarding these products.

*W. Hunter*

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## Lots of Ice Up North

**The Floating Ice Cube:** You are served a glass of ice water. The water is at the lip of the glass and a cube of ice is floating above the water surface.

What will happen when the ice melts?

**Which weighs the most;** A cubic foot of ice or a cubic foot of water?

**Will the temperature of a water/ice mixture go up or down if you add salt to the mixture?**

**Why is ice slick?**

Nothing: the glass will not overflow because floating ice displaces it's weight in water!  
Ice is less dense than water, therefore it weighs less!  
The temperature will go down!  
The surface of the ice melts under pressure, therefore, a slick film of water forms on the surface of the ice!

# THE MENDED HEARTS, INC.

## Cardiac Support Group

### Chapter 296

Please join us at our monthly meeting and be part of this self-help organization for those who have had any heart problems.

**March 18, 2008**

**Tuesday evening 7:00 PM—8:30 PM**

**Florida Hospital Orlando, Barker Conference Center, Room B  
601 E Rollins Street, Orlando, FL/ 32803**

**Directions:** Take Orange Avenue North and turn on to King Street. Turn into the main parking garage for the hospital. Park on any floor with available spots and take elevator/stairs to third floor. Use the crosswalk located on 3<sup>rd</sup> floor to cross the railroad tracks. Take the elevator at the end of the crosswalk down to the basement level for the Barker Conference Center. . Parking vouchers for the parking garage are available at the meeting.

**Topic: *Metabolic Syndrome and Insulin Resistance*** – What do these topics have to do with Cardiovascular Disease? Barbara J Fletcher, MN, RN, FASN from University of North Florida in Jacksonville, Florida will be speaking on these meaningful subjects. You won't want to miss this informative meeting.

**April 22, 2008**

**Tuesday evening 7:00 PM—8:30 PM**

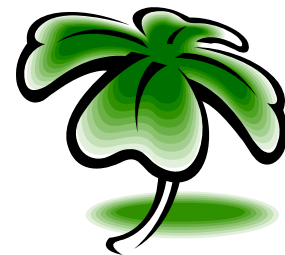
**Orlando Regional Lucerne Hospital, Lucerne Terrace, Classroom #1  
Orlando, Florida 32804**

**Directions: From Downtown** – heading south on Orange Ave., turn right (west) onto Gore St. Continue on Gore for 2 blocks. Turn right onto Lucerne Terrace. Use parking lot on right hand side of Lucerne Terrace. You can park close to the building.

**From I-4 heading west:** Go to South Street exit, turn right, go to Division Street, turn left, turn right onto Gore St., go to Lucerne Terrace ( not at light) turn left onto Lucerne Terrace. Turn right into parking lot. Enter the building through the doors under the Red-Maroon Canopy. Follow signs to Classroom # 1.

**Annie Phillips**, Licensed Clinical Social Worker, will be joining us again to facilitate our “Sharing and Caring” meeting. Everyone will benefit from our evening’s discussions which will be informal and offer opportunities for sharing and reassurance with other cardiac patients and their families.

**Florida Hospital Community Lecture Series - Free**  
**February 26, 2008 – Open Heart Surgery with the “Open”**  
**March 5, 2008 – Different surgical approaches for problems in your chest**  
**March 11, 2008 – Stress Free Living and Your Heart**  
**Winter Park Civic Center, 1050 West Morse Blvd. Winter Park, Fl.**  
**RSVP 407-303-1700 Register at 5 PM, Lecture at 5:30 PM**



Due to possible changes for future meetings **call** the contact person or check our local web site listed below to be assured that no change has occurred before coming to any meeting. Call the National Organization to locate a chapter near you if you don't live in the Central Florida area. 1-800-AHA-USA1 <http://www.mendedhearts.org>

Our local web address is [www.mendedheartsorlando.org](http://www.mendedheartsorlando.org)

March 2008 meeting – Contact Eileen Krause – 407-303-1526

April 2008 meeting - Contact Joanna Gerry 321-843-1093



# FEBRUARY MENDED HEARTS

