

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Eleven Number Seven

JULY, 2011

PRESIDENT'S MESSAGE

We celebrated our chapter's 10th anniversary at the Crowne Plaza hotel. Mended Hearts president Gus Littlefield presented our 10th anniversary certificate. We had a great meal and enjoyed the entertainment of ventriloquist/puppeteer Steve Knight. Kudos to Mary Stender, Gennie Setzer, Sandy Wynn, Mike & Corine Weber, Claire Jones, and Zulma Meneses for their hard work in making the party a success.

Our chapter is in need of portable household items like clothing, books, and knick-knacks for an upcoming neighborhood garage sale. Please contact our secretary Bill Cierebiej for details.

Summer is here and time to revisit our keys to recovery: DIET – low fat high fiber foods, EXERCISE – keep up with daily movement and get involved with cardiac rehab, ATTITUDE – stay positive and laugh a lot.

Next Meeting

September 20, 2011, 07:00 – 08:30 PM at the Orlando Regional Lucerne Hospital. Classroom 1 – Program: Lose for Life – Dr Gupta

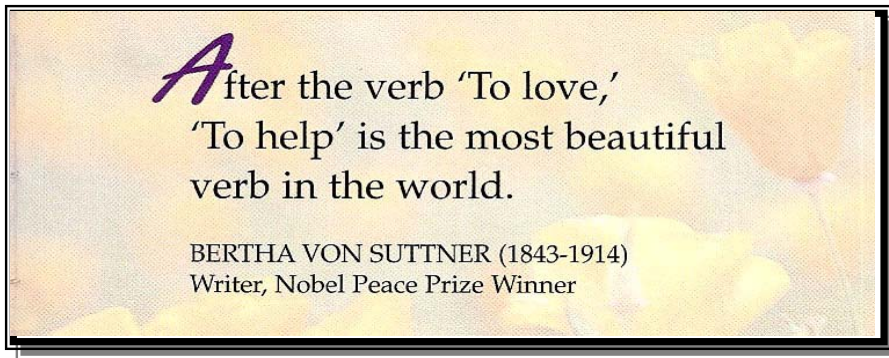
VIPs to be CSIs

Very Inspirational Persons to be Cardiac Survivor Instructors

Our mission is to provide hope and inspiration to patients on their road to recovery. If you have the compassion and empathy to listen to their concerns and questions and share your own experience WE NEED YOU!!! Contact Mike Weber at 407-682-1172.

If you are not a visitor, you are still very important to our chapter. Every day you are a ROLE MODEL for people who have a cardiac condition by showing that there is LIFE.

Good health to you,
Lee Meneses



Mended Hearts Inc. Board Contacts

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Eating Animal Protein Increases Type 2 Diabetes Risk

Limiting animal protein intake may reduce the risk of Type 2 diabetes.

A 10-year European study of over 38,000 participants found that the risk of developing type 2 diabetes is increased by eating animal protein. Investigators discovered that meat, milk and cheese, and all sources of animal protein increased risk, but no risk was associated with vegetable protein from various sources. A plant-based diet has been shown to decrease the risk of disease and improve longevity.

PositiveTip: Try transitioning to a plant-based diet by gradually increasing your intake of fruits, vegetables and whole grains.

Diet and Lifestyle Change Can Significantly Affect Genes

A study was conducted to determine whether a pure vegetarian diet, exercise and stress management could modify the progression of prostate cancer. After one year, those following the program showed significant improvements in weight, abdominal obesity, blood pressure and blood fats. The research found that over 500 genes changed function -- some were turned "on" and others turned "off" in favor of controlling the cancer. We all have bad genes and are exposed to cancer-causing agents, but our lifestyle and diet can determine whether those genes are activated.

PositiveTip: Are you helping to turn "off" cancer genes by choosing a vegetarian diet and exercise to lower your risk of cancer?

Mended Hearts Cardiac Event – August

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Callahan	Charles	8/15/2006
McClure	H. W.	8/23/2004
Philpott	Mike	8/21/2001
Stender	Mary	8/29/2007
Testut	Richard	8/13/2009

Mended Hearts Orlando – Birthdays – August

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Davis	Jonathan	08/24
Walters	Pierce	08/29

Antioxidants in Walnuts Improve Benefits of a Mediterranean Diet

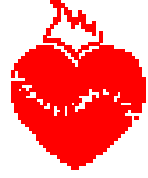
Walnuts used to replace a third of the olive oil and avocado fat in a Mediterranean diet for four weeks was shown to improve blood cholesterol, LDL levels and vascular function in men and women with high cholesterol. Blood levels of one form of vitamin E doubled. This study provides evidence that the antioxidants and the Omega 3 fatty acids in walnuts can improve the effect of the Mediterranean diet.

PositiveTip: Try adding a few walnuts to your salads or replacing a poor snack of junk food with a handful of walnuts to improve your heart health.



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

August, 2011 No local meeting

September 20, 2011

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 Anderson St. exit, turn right on Anderson, go to Division Street, turn left, go to Gore St., turn left, 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.

Program: Lose for Life – Dr. Gupta

October 18, 2011

Tuesday Evening 7:00 PM – 8:30 PM

Florida Hospital Altamonte

601 East Altamonte Drive

Altamonte Springs, Florida 32701

Chatlos Conference Room – Located in the new hospital tower. Park at the front of the hospital and as you enter the building the Chatlos Conference Room will be on the left side of the main entrance on the first floor.

Program to be determined:

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

2011 Sept meeting - Contact Joanna Gerry - 321-843-1093

2011 October meeting - Contact Eileen Krause - 407-303-1526

MENDED HEARTS

July 2011

