

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Eleven Number Two

FEBRUARY, 2011

President's Message

Dr Gregory Simmons, Cardiovascular Surgeon, gave us a very informative and interesting presentation about surgical developments in treating Atrial Fibrillation during our January meeting.

Mike and I and several of our chapter members attended a recent Florida cluster meeting hosted by the Kissimmee chapter. We all had the opportunity to meet our Executive Vice President, Sue Borum, and Marcia Baker, Mended Hearts field director.

Remember that February is Heart month, and thank you all for helping us on this road to cardiac recovery. For all the Caregivers and Medical personnel we love YOU for what you do for US.

Next Meeting

February 15, 2011 Tuesday 7:00 P.M – 8:30 PM at Florida Hospital Altamonte, Chatlos conference room, Dr Carol Ma, Cardiologist, will speak about managing the risk factors of heart disease. 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

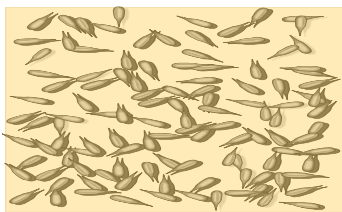
Hospital Visit Follow-Up Callers Needed

Would you like to do something worthwhile to help the number one focus of our chapter of Mended Hearts? We are in need of chapter members who are willing to make phone calls to patients who we visit in the hospital. We like to contact patients 2-3 months after we visit them to see how they are doing. No experience is necessary. We will train you on what we like to discuss on these calls. If you are interested in helping, please contact Mike Weber, Visiting Chairman. Mike can be reached at 407-682-1172 or mikejweber@att.net.

I expect to pass through life but once. If, therefore, there be any kindness I can show, or any good thing I can do for any fellow being, let me do it now... as I shall not pass this way again.

WILLIAM PENN (1644-1718)
Quaker Leader, Founder of Pennsylvania

Flaxseed Lowers High Cholesterol in Men, Study Suggest



ScienceDaily (Mar. 25, 2010) — A new study from Iowa State University's Nutrition and Wellness Research Center (NWRC) may give men a way to combat high cholesterol without drugs – if they don't mind sprinkling some flaxseed into their daily diet.

Suzanne Hendrich, an ISU professor in food science and human nutrition, led a study that examined the effects of flaxseed lignin in 90 people diagnosed with high cholesterol. The results showed that consuming at least 1.50 milligrams of flaxseed lignan per day (about three tablespoons) decreased cholesterol in men, but not women, by just under 10 percent over the three months that they were given the flaxseed.

While Hendrich admits that's considerable less than the expected outcome from cholesterol-lowering drugs – approximately 10 to 20 percent for three months, depending on the individual – it's still enough to make flaxseed a more natural option for some men.

"Because there are people who can't take something like Lipitor, this could at least give you some of that cholesterol-lowering benefit," Hendrich said. "The other thing is, there are certainly some people who would prefer to not use a drug, but rather use foods to try to maintain their health. So this potentially would be something to consider."

Americans suffer from high blood cholesterol.

According to the Centers for Disease Control and Prevention, about 17 percent of Americans suffer from high blood cholesterol – a fat-like substance found in the body that can clog arteries and contribute to heart disease.

Hendrich developed the study with ISU master's student Kai Ling Kong and doctoral graduates Zhong Ye, Xianai Wu, and Sun-Ok Lee to determine whether the main lignin in flaxseed, secoisolariciresinol diglucoside, could lower cholesterol. They'll be presenting results of the research at the American Society for Nutrition's annual meeting at Experimental Biology 2010, April 24-28, in Anaheim, Calif.

The study's 90 subjects – which included twice as many men as women – all had high cholesterol, but no other underlying health conditions. The participants were divided into three groups and were randomly assigned to daily consume tablets that contained zero, 150, or 300 milligrams of flaxseed lignan's for 12 weeks.

It's the flaxseed lignin – a group of chemical compounds found in plants that are known for their protective health effects – that may help lower cholesterol, according to Hendrich. These compounds are converted to their bioactive forms by gut microbes. Hendrich reports that they made a healthy conversion in the subjects in this study, with no adverse health consequences.

No cholesterol-lowering effect in women

While the study found that the flaxseed lignans lowered cholesterol in men, it did not produce a significant change in women.

"We're really puzzled about that because we were looking at post menopausal women and these lignans are known as plant estrogens, so they have a very weak but measurable estrogen effect," Hendrich said. "So potentially, they would have a mild effect for substituting some estrogens in women, it's really hard to know why [there was no effect in women] and whether these substances are counteracting, possibly, some testosterone in men, which of course women don't have. It's definitely something we'd like to investigate further."

Hendrich reports the flaxseed lignan tablets used in this study are not currently available in the U.S. to her knowledge. In the absence of tablets, she says flaxseed can also be sprinkled on cereal, or added in a muffin mix or bread, although whole seeds are not very digestible. Ground flaxseed meal can also provide the desired cholesterol-lowering lignans, according to Hendrich, but it will oxidize over time and could potentially affect the flavor of the foods that it's in. She points out that the oxidation of the product also would diminish the flaxseed's omega-3 fatty acids, which can prevent heart attacks, so freshness is important in the product's impact.

The ISU researcher hopes to publish the study in a professional journal. She also plans further investigation on whether flaxseed can be taken in combination with other known cholesterol-lowering substances, and whether it could prevent high cholesterol in the first place.

The \$190,000 research study was jointly funded by the Archer Daniels Midland Company and Grow Iowa Values Fund.

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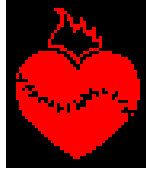
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THE MENDED HEARTS, INC.

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 problem.

February 15, 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.

Dr. Carol M. Ma, cardiologist with Florida Heart Group will speak to us about managing our risk factors for heart disease.

March 15, 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: Yoga and You: De-stressing for you Heart” with Lisa Necrason

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

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

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

Mended Hearts Cardiac Event – February

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Adams	Ralph	2/21/2000
Cierebiej	William	2/14/2005
Cirillo	Larry	2/17/2001
Hunt	Georges A.	2/18/2008
Lester	Shirley	2/6/2007
Plummer	James	2/3/2007
Price	Gary	2/12/2001
Rivers	Roslyn	2/14/2008
Weber	Mike	2/9/2001

Mended Hearts Orlando – Birthdays – February

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Callahan	Charles	2/29
Cierebiej	William	02/12
Feldman	Morris	02/13
Gile	Charles	02/08
Hamilton	John	02/18
Hunt	Georges A.	02/09
Hunter	Walter	02/19
Philpott	Toni	02/05
Seibert	Carole	02/22
Stender	Mary	02/12

MENDED HEARTS

January 2010

