

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Eleven Number Six
JUNE, 2011

High Humidity may Increase Risk of Heart Attack

A study from a group of researchers at the University of Greece suggests that weather, most importantly high humidity appears to increase the incidence of acute myocardial infarction (AMI) or heart attack leading to death among the elderly. The findings reported in the British Medical Heart Journal result from a study conducted using death certificate data from the area around Athens Greece for all deaths attributed to AMI during 2001, and the corresponding weather data. The study found that deaths from AMI were higher during months when the average daily humidity was higher.

The study does raise many questions. Greece is a Mediterranean country with a mild climate very similar to that found in Florida and California in the United States. The findings of a relationship between weather and heart attacks in this study would not seem to apply to most areas of the United States. What this study does seem to indicate is that exposure to extreme weather (heat and cold) especially by people with chronic health conditions and the elderly is a risk factor for

heart attack and death.

The American Heart Association warns people about the affects of hot weather on their health. Extreme heat can cause dehydration, heat exhaustion and stroke. Add in high humidity and you can find a very dangerous situation. Warn seniors to limit outside activity when the temperature is above 70 degrees with humidity above 70%. With these conditions, the body's natural cooling mechanisms are affected.

During hot summer months, outdoor activity such as exercise walking and gardening should be limited to cooler times of day in the early morning or in the evening. Seniors are advised to increase their water intake to compensate for fluid loss in hot weather.

The American Heart Association suggests monitoring your weight by weighing your self in the morning after using the restroom. If your weight is down by two pounds or more you should increase the amount of water you drink. Avoid fluids with caffeine as they can increase fluid loss. Even if you are

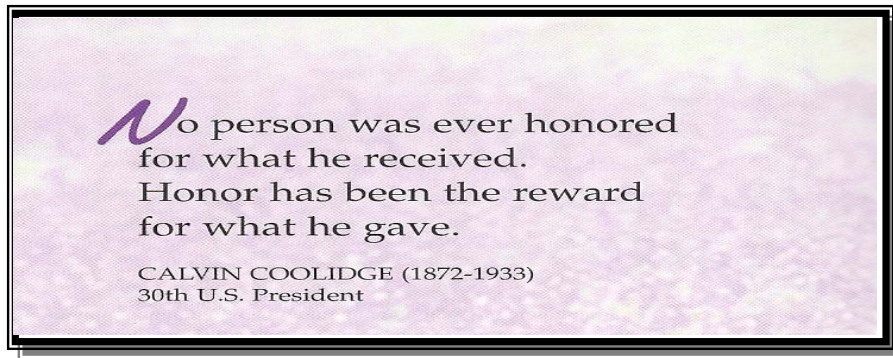
dieting and weight loss is expected you still need to drink plenty of water to stay healthy.

Remember, dehydration can lead to heat exhaustion which can lead to heat stroke. Heat stroke can kill, especially if you are an older adult with a health condition.

The symptoms of heat exhaustion include:

- excessive heavy sweating
- cold clammy skin
- feeling dizzy or fainting
- rapid weak pulse
- muscle cramping
- rapid shallow breathing
- vomiting, nausea or both

SOURCES: Climate Impacts on Myocardial Infarction Deaths in the Athens Territory: The Climate Study. Heart. July 2006; British Medical Journal.



10 Heart Healthy Foods By Valerie Denny

Heart healthy foods get our hearts pumping, literally and figuratively. Skip the drive-through or the candy aisle and load up on some heart-healthy foods that will not only maintain your heart health, but may help you drop a few pounds.

- 1. Vegetables dipped in hummus** Hummus, made from chick **peas**, is a **great** alternative protein without saturated fat.
- 2. Fruit skewered on a stick with a little dark chocolate for dipping** Fruit has a variety of antioxidants to fight cancer and heart disease. Dark chocolate has a **high** concentration of **flavinols**, a type of **antioxidant**, to fight heart disease.
- 3. Half of a cantaloupe filled with fat free cottage cheese, a dash of cinnamon and some berries**
- 4. Fat-free yogurt with fruit and a sprinkle of nuts** Get another serving of dairy without saturated fat as well as antioxidants from fruit and unsaturated fat from the nuts.
- 5. Smoothies with silken tofu and berries plus a dash of grape juice or pomegranate juice.**
- 6. Homemade soup.** Start with a **vegetable** base. Then dump in a bag of frozen or mixed **vegetables**. **Mix in** a couple of cups of beans. Season with fresh **herbs**.
- 7. Pureed prunes** –**sneak them into your brownies** It makes **yummy brownies** and you've added antioxidants & fiber.
- 8. Silken tofu or soy milk** –**substitute for regular milk** in recipes It can add heart healthy protein.
- 9. Applesauce or apple butter** –**use in place of oil for muffins decreases the fat content in muffins.**
- 10. Nuts and small chunks of fruit** –**sprinkle on top of low fat, low calorie muffins**

From: Village August 3, 2007

Mended Hearts Inc. Board Contacts

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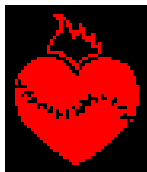
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THE MENDED HEARTS, INC.

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 problems

June 21, 2011

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 3rd floor to cross the railroad tracks. Take the elevator (Elevator E) 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.

Speaker: Xiomara Perez-Ryan, Coordinator for SHINE – she will be talking about our nation’s health plan, including the drug plans. She will discuss what changes have already happened and what is yet to come.

JULY 19, 2011

10th Anniversary Celebration Dinner

Crowne Plaza Hotel

Tuesday Evening 6PM – 9PM

**See Separate Flyer for details*

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 September meeting - Contact Joanna Gerry - 321-843-1093

2011 June meeting - Contact Betsy McKeeby - 407-303-1526

Mended Hearts Cardiac Event – June

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Mulkay	John	6/1/1996
Scarboro	Johnny Gene	6/26/2009
Seibert	Ronald	6/14/2002

Mended Hearts Orlando – Birthdays – June

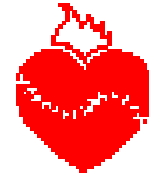
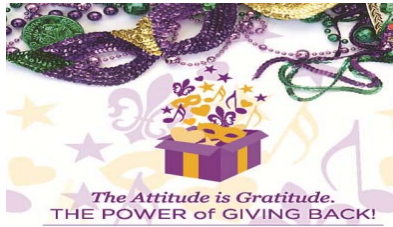
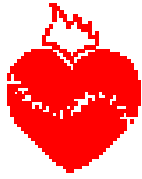
<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Adams	Ralph	06/12
Cirillo	Larry	06/21
McKeeby	Betsy	06/17
Wynn	Sandra	06/24

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.

Mended Hearts Orlando

10th Anniversary Celebration Dinner



Celebrate Fat Tuesday--Mended Hearts Style---Heart Healthy Menu

*******Don't Miss the Fun and Fellowship*******

Date & Time

Tuesday, July 19th 2011

Social Hour: 6:00-7:00 pm

Dinner & Raffle Prizes: 7:00-9:00 pm

Crowne Plaza Hotel at I-4 and Colonial 407-856-0100

304 W. COLONIAL DR. ORLANDO, FL 32801

<http://www.ichotelsgroup.com/h/d/cp/1/en/hotel/mcooa/transportation?start=1#>

Casual or Mardi Gras Dress---Bring your Beads

Chef's Menu ***YOUR SELECTION OF;**

- A) Balsamic Breast of Chicken **OR**
- B) Oven Roasted Haddock **OR**
- C) Chicken and Fish Duet **OR**
- D) Vegetarian Roasted Vegetable Risotto

Salad Greens with mixed Veggies, Wild Rice with Veggies, Gourmet Breads & Dessert

Coffee, Decaffeinated Coffee and Gourmet Teas

RESERVATIONS: Deadline July 8th, \$25.00 each - Member OR Non-Member

* **Checks;** Please write the **letter of your entrée selection** on your check and

Make it payable to **Mended Hearts Chapter 296**,

* **Deadline to RSVP & Checks** must be received by July 8th

Sorry: No Refunds after July. 8th—We have to pay for each RSVP

Please Mail Checks to: Mary Stender Phone: 321-696-6183

615 Horseman Dr. Oviedo, FL 32765

RSVP & Email Questions to: mtstender@earthlink.net



Phone: 407-856-0100

Directions to Hotel

From Orlando

Take I-4 East to exit 83A Amelia St. S.R. 50,
Second light, turn left onto S.R. 50-Colonial Dr. go under I-4 overpass, First light Turn Left on Hughey St.
The Hotel is immediately on Right.

Colonial Drive

S.R. 50 West-Colonial Dr, go under I-4 overpass, 1st light Left on Hughey,
Hotel is on the Right.

From Seminole County

I-4 W toward downtown Orlando,
Exit 84 for Colonial Dr/SR-50.
Go Straight on Hughey Ave,
Crowne Plaza Hotel is immediately on Right.