

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Eleven Number Five
MAY, 2011

President's Message

Thank you to Dr Jamnadas for his secrets to maintaining a healthy lifestyle by reducing caloric intake, eating fruits, vegetables and walnuts, and keeping a positive attitude. He will be giving an informative and inspiring presentation at our annual Mended Hearts convention in June.

We are in need of additional funds to keep our chapter operating, and if anyone has any fund-raising ideas please contact Mike Weber or me.

Since we are a non-profit organization, any donations can be used as an IRS tax write-off.

This month we celebrate MOTHER'S DAY, we thank all of you for taking care of us and giving us all the LOVE and SUPPORT that we sometimes take for granted.

Spring is upon us 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

May 17, 2011 07:00-08:30 at Orlando Regional Lucerne Hospital, classroom #1

Step for a Healthy Heart – Train for the AHA Heart Walk, Patty Harper or Matt Sens from Cardiac Rehab

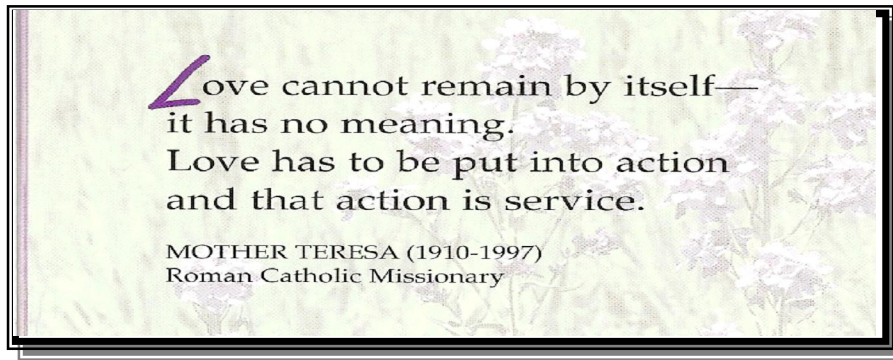
VIPs to be CSIs

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



HYPERTENSION COULD EXACERBATE ALZHEIMER'S

Dec. 1 (HealthDay News) -- High blood pressure or hypertension reduces blood flow to the brains of Alzheimer's patients and exacerbates the symptoms of the disease, a new study finds. A team at the University of Pittsburgh used MRI to measure brain blood flow in older adults, including 20 Alzheimer's patients (10 with hypertension and 10 without); 48 normal adults (38 with hypertension and 10 without); and 20 people with mild cognitive impairment (10 with hypertension and 10 without). Mild cognitive impairment affects brain functions such as language, attention and reasoning, and is a transition stage between normal age-related brain deficits and increased levels of dementia.

The results of this study follow a report earlier in November 2007 in *Neurology* in which researchers at Johns Hopkins University School of Medicine found that Alzheimer's may progress more rapidly in patients with high blood pressure and a heart-beat problem called atrial fibrillation.

SOURCE; Radiological Society of North America, news re-lease, Nov. 28, 2007

All the participants with hypertension showed substantially reduced flow in the brain. The Alzheimer's patients with hypertension had the lowest levels of blood flow, but the normal adults with hypertension had significantly less blood flow than normal adults without high blood pressure. While hypertension is not a cause of Alzheimer's disease, our study shows that it is another hit on the brain that increases its vulnerability to the effects of the disease, study co-author Dr. Cyrus Raji, a Ph.D. candidate, said in a prepared statement.

"This study demonstrates that good vascular health is also good for the brain," added co-author Dr. Oscar Lopez, a professor of neurology and psychiatry. Even in people with Alzheimer's disease, it is important to detect and aggressively treat hypertension and also to focus on disease prevention.



The findings were scheduled to be presented in Chicago at the annual meeting of the Radiological Society of North America.

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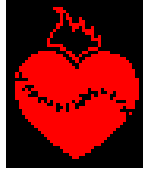
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THE MENDED HEARTS, INC.

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.

May 17, 2011

Tuesday evening 7:00 PM – 8:30 PM

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

Directions: From Downtown ó 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: Step for a Healthy Heart – Train for the AHA Heart Walk with one step at a time Patty Harper or Matt Sens from Cardiac Rehab

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.

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

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

Mended Hearts Cardiac Event – May

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Desmond	John	5/12/2006
Ham	Norlin L.	5/25/2005
Mirman	Diane	5/1/2008
Pedlow	Kenneth	5/1/1998
Rutherford	Ed	5/3/2000
Wood	Bruce	5/7/2009

Mended Hearts Orlando – Birthdays – May

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Deardorff	David	05/20
Gerry	Joanna	05/31
Ham	Norlin L.	05/08
Hunter	Irene	05/01
Scarboro	Johnny Gene	05/02

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.

May 2011 Meeting

