



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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Six, Number Twelve

December 2007

President's Message

It's Party Time!

Mark Your Calendars

The Holiday Party is December 11, 2007. Details follow in the newsletter.

Our January meeting will be on the 22nd at Florida Hospital – Altamonte Springs.

November meeting

We apologize for the date mix-up for the November meeting and realize there are some who were affected by the change. In spite of this, we had 32 participants share in our support groups under the leadership of Annie Phillips, LCSW at ORMC. We had groups for CABG, Valve, Caregiver, Pacemaker and Defibrillator, Heart Attack and Heart Failure. Jonathan Davis shared his 10 year anniversary of heart failure and ongoing management of the disease. We also had 4 new visitors, one of which had a recent heart transplant. It was a very uplifting meeting for all in attendance.

Newsletter assistance

If you are interested in writing an article 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

In December, we will begin distributing a survey for assistance in managing our chapter for 2008 and future years. Please help us by completing and returning these by the January meeting. If you miss the December Holiday Party, look for the survey in the January newsletter.

Also, consider becoming a board member. We have an opening for a membership chair person! 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. If you have questions about an office, please contact a board member.

See you at the December 11th Party.

Happy Holidays,

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....



The Orange County Convention Center was a very busy place November 4-7, 2007. The American Heart Association held the 2007 Scientific Sessions Convention in the City Beautiful this year. Since Mended Heart is an affiliate of American Heart Association, we were part of the huge AHA display in the exhibit hall. Physicians and allied medical professionals from all over the world attended this convention, sharing research, participating in the seminars, and networking.



Pictured here are two Mended Heart chapter members, Gary Price and Eileen Krause with Rita Callens, the Field Services Director from the Mended Heart headquarter office in Dallas, Texas. Gary and Eileen, along with Lee Meneses and Mike Weber, volunteered at the AHA booth, meeting interested convention members, and sharing information about the Mended Heart Program.

Mended Heart Contact Information

1-800-AHA-USA1

<http://www.mendedhearts.org>

Our local web address is: www.mendedheartsorlando.org

It is fun to think!

Imagine folding a 10 inch by 10 inch piece of paper in half ten times. What is the size of resulting square?

Answer = square = 0.09765625 square

Imagine a box = one inch on each side; volume = one cubic inch. Suppose you double the dimensions ten times. What is the size of your box?

Answer = volume = 1,024 cubic inches; [1,024 inches X 1,024 inches X 1,024 inches]

Mended Hearts Board Contacts

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Confused About Sugars

A Primer:

Sugars are carbohydrates. Actually carbohydrates are defined as sugars and their derivatives. The simple sugars such as glucose, fructose and galactose, are monosaccharides. Sucrose [table sugar], maltose [malt sugar] and lactose [milk sugar] are disaccharides. The relationship between these sugars is illustrated below;

Sucrose + water \longleftrightarrow Glucose + Fructose

Maltose + water \longleftrightarrow Glucose + Glucose

Lactose + water \longleftrightarrow Glucose + Galactose

[These reactions are enzymatic in nature]

Fructose tastes more than twice as sweet as Glucose and Glucose tastes more than twice as sweet as Galactose. These monosaccharides all have the same empirical formula, however, they differ with respect to the placement and orientation of the carbonyl group [-C=O] and the hydroxyl group [-OH].

Sugars are assimilated by the digestive tract quite rapidly. Glucose may directly enter the blood stream to be carried to living cells as fuel to maintain cell viability. Fructose and Galactose must be altered by liver enzymes to produce Glucose [or glycogen to be stored in the liver and/or the muscles]

Present State:

Americans and Europeans consume lots of sugar. It is estimated that each American consumes more than 100 pounds of sugar each year. Sugar found in refined and processed foods, constitutes “empty calories.” Sugars are added primarily for their sweet taste. Soft drinks, ice cream, candy, cakes, and other sweet tasting foods may contain very large amounts of sugars.

Soft drinks typically contain more than 40 grams of sugar and one cup of ice cream may contain more than 25 grams of sugar.

[Forty grams of sugar is about 12 teaspoons . A two liter bottle of soft drink contains ~1/2 lb of sugar.]

Humans are designed to digest whole natural foods—not highly refined foods. Whole natural foods are composed of complex carbohydrates, proteins, complex fats, abundant fibers and essential minerals. These foods require chemical and physical energy to extract the “building blocks” in the form of Glucose, Amino Acids, Fatty Acids and other nutrients needed by living cells for cellular maintenance, repair and fuel for thinking, moving, temperature regulation and so on..

Some Common Sense:

Although the human body can handle a wide range of sugar concentrations, it is reasonable to follow a diet of whole natural foods, allowing the digestive system to work its miracles, supplying a uniform flow of nutrients for every living cell. The fiber of whole foods slows the rate of sugar absorption thus buffering any yo yo changes in blood sugar concentrations.

Read packaging with care. Some food processors hide total sugar content by using alternate names for sugars: fructose, maltose, honey, invert syrup, caramel, corn sugars, sorbitol, mannitol and even levulose, dextrose and fruit juice.

Sugar is a food—sugar is a fuel— sugar is not necessarily bad. Wisdom and common sense, however, suggest that we all need to think about our sugar intake, eat a sensible - balanced diet, exercise regularly, meditate daily, and live with enthusiasm and humility.

W. Hunter

NaCl and Your Heart

Physicians and Health Practitioners have warned those of us willing to listen of a linkage between NaCl [table salt] and heart disease and stroke. Now, several rigorous studies have confirmed that reduction [not restriction] of salt intake may lower the onset of heart disease and stroke years later. **Lowering salt intake by 15—25 percent accounted for a reduction of 25-30 percent of heart disease and stroke.** [Nancy Cook, ScD, Harvard Medical School]

Americans consume too much sodium in processed foods, fast foods and foods consumed in restaurants. Cardiologist J. James Roback, MD has stated “...150,000 lives could be saved in the US if everyone would cut sodium consumption in half.”

Most of us consume more salt than we realize. Estimates of salt consumption indicate that Americans eat two to three teaspoons of salt daily — that’s two plus pounds yearly!

Tips!!!!

*At home, leave the salt shaker in the cupboard!

*At your favorite restaurant, avoid touching the salt shaker!

*Check labels of convenience foods, sauces and condiments!

*Check labels of canned soups, vegetables and cereals!

*Eat more fresh fruits, vegetables and drink more water!

Remember: Sodium is a common element found in many different compounds — Sodium Chloride [table salt] is just the most common source of sodium in our kitchens!



Were You Born that Way?

Yes, you look like your father and your hair color and texture is nearly identical to the color and texture of your favorite aunts hair. But, where did your unique personality and your talent for music arise? Were all these characteristics inherited—predetermined by your genes. It seems clear that physical characteristics are genetic, but conclusions become a lot more murky when it comes to personality, intelligence, and behavior.

Modern researchers appear to agree that the expression of genes is modified by environment, thus, our unique characteristics are the result of both genetics and environment. The interaction of genes and environment begins as early as a few days after our fertilized egg begins to divide, continues through birth, accelerates during early childhood and becomes firmly apparent during our teens. We are each, a one and only, a very unique person. We can thank our ancestors, but we must recognize the contributions of our environment from the moment of your conception as a fertilized ovum to the present.

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.

December 11, 2007



6:00PM – 9:00PM

First United Methodist Church of Winter Park

Address: 125 N. Interlachen Avenue Winter Park, Florida 32789

Location: The church is located 2 blocks east of Park Ave. on the corner of Morse Blvd and Interlachen Ave. Parking is plentiful. We will be meeting at the Family Life Center in room 313 on the (3rd) floor. There is an elevator available.

Holiday Party - Save the Date on your calendar. We are having a catered dinner followed by gift exchange for those who want to participate. Call Claire Jones at 407-380-6042 for more details and to make your required dinner reservation by December 6, 2007. Cost: \$12.00

Menu

Appetizers of Fruit Punch and Nuts—Tossed Salad—Pesto—Flank Steak—Chicken Kabobs—Herb Roasted Red Bliss Potatoes—Vegetable Medley—Rolls and Butter—Apple Pie and Vanilla Ice Cream—Coffee—Tea and Water



January 22, 2008



7:00 PM – 8:30 PM

Florida Hospital Altamonte Family Resource Center

Address: 601 East Altamonte Drive Altamonte Springs, Florida 32701

Location: Family Resource Center is located near the hospital entrance, next to Dunkin Donuts on Rt. 436

Speaker: Dr. Todd Husty will be addressing several topics that evening Dealing with cardiac emergencies, including the questionable “Cough CPR” and vascular disease.



NOVEMBER MENDED HEARTS MEETING

