

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Nine Number Nine

OCTOBER, 2010

President's Message

September's meeting was the start of our chapter's 10th season. We were fortunate to have Dr Mark Sand, Cardiovascular Surgeon, give a very descriptive and informative presentation regarding Valve surgery. Thank you Dr Sand for your interesting and breath-taking briefing.

Thank you for all the participants and donors for the successful 2010 Heartwalk held at Loch Haven park on October 2. Mike Weber and I along with several of our Mended Hearts members enjoyed our annual stroll in the park.

September 11, 2001 was a historic and horrific day for our country. For each of us our own individual cardiac event was our own personal 9-11 event. But like our country we have all survived and continue forward with the support of our families, caregivers, and medical professionals. We salute and give thanks for all their support and LOVE to keep us GOING.....GOING....

We Need Your Gift *****We all have a special gift and we need you to share this with us. Your talents maybe hidden, but only YOU know what it IS! Our talent coordinators are awaiting your CALL. Please call Lee, Mike, or any one of our board members. WE NEED YOU.....

Mended Hearts is no longer affiliated with AHA as a result of Mended Hearts national's decision due to factors involving waning monetary and in-kind support.

Next Meeting

October 19, 2010, 7:00 PM – 8:00PM, Florida Hospital Orlando, Barker Conference Center, Room B

Ear & Dental care for the Heart Patient

Jane Walberg, Au D., CCC-A

Jim Flatley, DDS

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,

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....

We ask, Lord, for wisdom that we may use all Your gifts well.



Herbert G. Maedl

Mended Hearts Inc. Board Contacts

Lee Meneses,
President
407-677-1064

Larry Cirillo
Vice President
407-948-2030

Bill Cierebiej,
Secretary
407-889-2598

Claire Jones,
Treasurer
407-380-6042

Mike & Toni Philpott,
Marketing
407-333-4334

Magdi Shebbein
Newsletter
407-443-3136

Mike Weber,
Visiting
407-682-1172

Programs:
Eileen Krause,
407-303-1526
Joanna Gerry,
321-841-5164
Betsy McKeeby,
407-303-7625

Bill Cierebiej,
Photography and
Media
407-889-2598

Mary Stender,
Hospitality
321-696-6183

Vern Dixon
Special Projects
407-765-3590

Gennie Goins Seltzer
Membership
407-616-2476

Healthy Living, understanding Key numbers

Blood Pressure

Healthy number: < 120/80 mmHg

Blood pressure refers to the force of blood against the walls of your arteries when your heart beats (systolic pressure, the top number) and during rest between beats (diastolic pressure, the bottom) and is measured in millimeters of mercury (mmHg). "The lower yours is, the better," High blood pressure, or hypertension, is 140/90 mmHg or higher. Hypertension is called "the silent killer" because it often has no symptoms and, left untreated, can lead to stroke, heart disease, kidney damage, and vision and memory problems. (If your top number is between 120 and 139 and the lower is between 80 and 89, you have pre-hypertension, which also carries risks.)

Have your blood pressure checked:

Every time you see a doctor. To lower your numbers, consume a low-fat, low-sodium diet; exercise often; maintain a healthy weight; limit alcohol intake; don't smoke; and manage stress. Your doctor may prescribe a diuretic to flush out excess sodium. If that and lifestyle changes don't work, other medicines, like an angiotensin converting enzyme (ACE) inhibitor, may be prescribed.

Blood Sugar

Healthy number: A fasting blood-sugar level of 99 mg/dL or less.

A fasting blood-sugar test measures glucose (sugar) in milligrams per deciliter (mg/dL) of blood after you haven't eaten for at least eight hours. A level of 126 mg/dL or higher indicates diabetes, a condition in which your body doesn't produce enough insulin (which converts blood sugar into energy) or use insulin properly. Diabetes more than doubles your risk of heart disease and increases your chances of kidney disease, vision loss, and other health issues.

Have your glucose checked at age 45, then every three years after that. (Your doctor may test you earlier if you are overweight or have a family history of diabetes.) Some doctors also do a hemoglobin A1C test, which measures glycated hemoglobin (HbA1C), a substance in red blood cells that forms when glucose attaches to hemoglobin. This "gives a better picture of average blood sugar over the previous three months," An optimal A1C reading is less than 5.7 percent for a non-diabetic.

To improve your blood sugar numbers, shed any excess pounds.

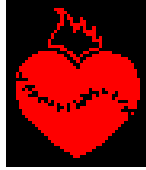
May GOD bless you all and give us all the health we require.

Magdi Shebbein

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

October 19, 2010

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.

Topic: *Ear and Dental care for the Heart Patient: Why is it so important?*

Jane Walberg, Au.D., CCC-A
Jim Flatley, DDS

November 16, 2010

Tuesday evening, 7:00 PM - 8:30 PM

**Florida Hospital Altamonte
Family Resource Center**

601 E Altamonte Drive, Altamonte Springs, Florida 32701

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

Topic : *Diabetes prevention and the Heart Patient*

Dr George Guthrie – FH physician

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

October 2010 meeting - Contact Eileen Krause - 407-303-1526

November 2010 meeting - Contact Eileen Krause - 407-303-1526

Mended Hearts Cardiac Event – September/October

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Hunter	Walt	9/01/1995
Ju	Leon	9/19/2003
Kauffman	Charlie	9/30/2004
Love	Lona	9/30/2004
Rushing	Zindy	9/16/2006
Sartori	Larry	9/25/2006
Walters	Pierce	9/19/2001
Davis	Jonathan	10/01/1997
Gillies	Ruth	10/16/1989
Rose	Harry	10/06/1999
Spolar	Richard	10/08/2008

Mended Hearts Orlando – Birthdays – September/October

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Davis	Jennifer	09/18
Gerry	Ed	09/15
Lester	Shirley	09/13
Spolar	Richard	09/27
Meneses	Lee	10/04
Mulkay	John	10/02
Murphy	Robin	10/10
Nielsen	Andrew	10/11
Pedlow	Kenneth	10/25
Poe	Larry	10/13
Rivers	Roslyn	10/31
Rushing	Zindy	10/10
Testut	Richard	10/12

MENDED HEARTS JULY/SEPTEMBER MEETING

