

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

# The Central Beat

Mended Hearts Inc., Chapter 296  
Volume Nine Number Four  
**APRIL, 2010**

## President's Message

Steven Creel, sleep consultant with Phillips Respironics, gave us a presentation about sleep apnea, what it is and the effects on our health and relation to heart disease. It is a condition that people are unaware leading to dangerous consequences. If you snore loudly and feel tired during the day, you may have sleep apnea.

Spring is finally here with the opportunity to start or continue our exercise routine. Cardiac rehab is a positive benefit we can appreciate along with interaction with our fellow cardiacs.

Remember to continue with our Diets, Exercise, and Positive Attitude on our road to RECOVERY.

April 15 is just around the corner for Tax returns, but did you know that Mended Hearts is a non-profit organization and that any donation to our chapter is tax-deductible. Claire our treasurer is happy to receive your donations.

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.....

Looking for a special person to fill our Vice President position on our board. Please contact Lee Meneses at 407-677-1064. We will be holding our annual nomination/election next month. You all have the qualities to be on the board and I want to hear from you.

Also need location sites for our chapter Anniversary party in July and our Holiday party in December, please contact Mary Stender at 321-696-6183.

Our annual national convention will be in Bloomington, Minnesota on May 19 – 23, 2010. Please let me know if anyone is interested in going to the convention. This is an opportunity to observe the passion and commitment of this organization.

### Next Meeting

April 20, 2010 07:00 pm – 08:30 pm at Orlando Regional Lucerne Hospital, Classroom #1.

### 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*

## **Safety Tips When Taking Anticoagulants**

Anticoagulants, often called blood thinners, are medicines that slow the clotting of blood. They do not actually thin the blood but increase the time it takes a blood clot to form. Anticoagulants help prevent existing blood clots from becoming larger and may be used to prevent deep vein blood clots or to treat certain blood vessel, heart, or lung conditions.

### **Safety tips for anticoagulants**

- Take the medicine at the same time each day.
- Check with your doctor before using nonprescription drugs, especially ones that contain aspirin or other nonsteroidal anti-inflammatory drugs (such as ibuprofen or naproxen).
- Talk to your doctor before taking any vitamins, supplements, or other natural products.
- Tell any new doctors that you are taking medicine that affects how your blood clots.
- Before any surgery or test (such as a colonoscopy), talk to your doctor about whether you need to stop taking your anticoagulant for a short time before the procedure. Stopping the anticoagulant helps prevent extra bleeding during the surgery or test. Your doctor will tell you when it is safe to start taking your medicine

again.

- Be alert for signs of bleeding, and call the doctor immediately if any of the following symptoms occur:
  - Blood in urine, or stools that are red or that look like tar
  - Bleeding from the nose or gums, or spitting up blood
  - New, excessive, or prolonged vaginal bleeding
  - Frequent, severe bruising or tiny red or purple spots on the skin
- To find out how often you should have blood tests, talk to your doctor about the medicines you are taking.

### **If you take warfarin (such as Coumadin):**

- Get regular blood tests to ensure that you are taking the right amount of medicine.
- Eat a balanced diet. Don't suddenly change your intake of vitamin K-rich foods, such as broccoli, Brussels sprouts, cabbage, asparagus, lettuce, spinach, and some vegetable juices. It is most important to keep a consistent level of vitamin K foods in your diet. Vitamin K can interfere with the action of warfarin, making it more likely that your blood will clot.

**Continued on p. 3**

### **Mended Hearts Inc. Board Contacts**

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407-855-4411

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Special Projects  
407-765-3590

Gennie Goins Seltzer  
Membership  
407-616-2476

- Avoid excessive use of alcohol. If you drink, do so only in moderation. Alcohol may increase the effect of warfarin.
- Don't use tobacco of any kind.
- If your other doctors prescribe medicines for you, tell them that you are taking warfarin.
- Talk to your doctor before taking any vitamins, supplements, or other natural products. Do not take ginkgo biloba or garlic while using warfarin.
- Avoid activities that have a high risk for injury, such as skiing, football, or other contact sports. If you are taking warfarin, an injury could result in excessive bleeding.
- Wear a seat belt anytime you are traveling in a car.

**Safety Tip Continued:**

**Preventing minor bleeding while taking anticoagulants**

You may find it helpful to use the following items to lower the risk of bleeding:

- An electric razor
- A soft-bristled toothbrush and waxed floss
- Protective clothing, such as gloves and shoes
- Nonslip mats in the tub and shower

**What to do if you miss a dose of anticoagulant**

- Call your doctor if you are not sure what to do if you missed a dose of anticoagulant.
- Your doctor can tell you exactly what to do so you don't take too much or too little anticoagulant. Then you will be as safe as possible. But here are some general rules for what to do if you miss a dose.
- If you remember it in the same day, take the missed dose. Then go back to your regular schedule.
- If it is the next day, or almost time to take the next dose, do **not** take the missed dose. Do not double the dose to make up for the missed one. At your next regularly scheduled time, take your normal anticoagulant dose.
- If you miss your dose for 2 or more days, call your doctor.

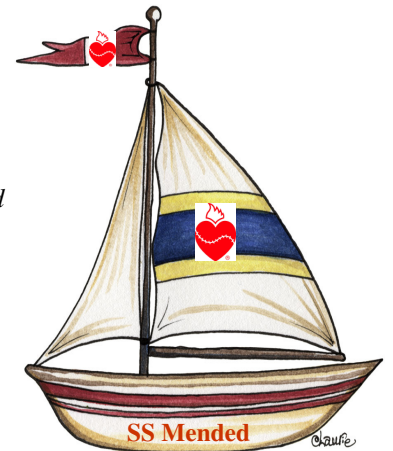
Do not double the dose in any one day to make up for a missed dose.

**MENDED HEARTS MONTHLY EVENT  
DATES & BIRTHDAYS**

Last Name	First Name	Birthdate
Churchville	Wendy	04/18
Dixon	Vern	04/26
Keilich	Peter	04/15
Price	Gary	04/06
Rose	Harry	04/09
Wainwright	Ed	04/17
Weber	Corine	04/27



Last Name	First Name	Cardiac Date
Meneses	Lee	4/16/2004



*I was going to write about surgery, triple Bypass and Valve operation, and I found that we have been there and done that, so I started to think about newer subjects and refreshing items to discuss. The sail boat logo reminded me that spring is around us, enjoy the beauty of the land and water. As we appreciate the beauty of being alive we are thankful for all the help we received during this last year, from our family, friends, neighbors or just the gathering at a Mended heart meeting once a month. It is really nice to live in a wonderful country with all the technology and instruments available to make and extend our lives.*

*We know the importance of exercise and healthy nutrition so we can enjoy the kids, and grand kids and some lucky ones the great grand kids. Let's each find something for which we are grateful for each day. Research shows a positive outlook improves our health. May GOD bless you all and give us all the health we require.*

*Magdi*



**THE MENDED HEARTS, INC.**  
**Cardiac Support Group**  
**Chapter 296**



**Vern Dixon's Biography**  
**Special Projects**

May 2010

I was born in Mobile, Alabama April 26, 1941, but have spent most of my life in Florida.

I spent 8 1/2 years on active duty in the Navy.

I got married September 2, 1966 to Katherine (Elaine ) Chason.

I have worked in the IT field since 1968 on IBM/compatible mainframes as a computer programmer, programmer/analyst, and systems programmer. I met Mike Weber when he was consulting for my employer. We talked about our events and Mended Hearts and it sounded like something I'd enjoy. I have and I do.

**Family:**

I have 2 sisters and 4 brothers, all younger than me. Both parents are deceased. I have 1 son 32 with 2 daughters ages 8 and 4, and 1 daughter 38 with no children.

**Hobbies:**

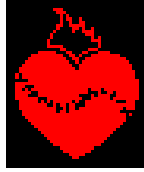
Fishing, reading and writing.

I'm Republican Precinct Committeeman for 534 and a member of the Orange County Republican Executive Committee. I'm also an active member of the Central Florida Veterans.

# 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.*

**April 20, 2010**

**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.

**Dr. Peter Mikhail**, a cardio vascular surgeon at Orlando Health will be talking about the newest cardio vascular surgical procedures like robotic assisted surgery, minimally invasive approaches and surgical stenting.

**May 18, 2010**

**Tuesday evening 7:00 PM – 8:30 PM**

**Florida Hospital Orlando, Barker Conference Center, Room A and 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 3<sup>rd</sup> 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.

Heart Failure Management: Stages of heart failure and strategies to feel your best

Heart Transplant Program: What it can mean to you and your family!

Speakers: Dr. Barbara Czarska MD, Heart Transplant Cardiologist and  
Dr. Lawrence McBride, Heart Transplant Surgeon

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](http://www.mendedheartsorlando.org)

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

April 2010 meeting - Contact Joanna Gerry - 321-843-1093

# Mended Hearts April Meeting

