



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

# The Central Beat

Mended Hearts Inc., Chapter 296  
Volume Eight Number Eight  
August, 2009

## President's Message

Our 8th anniversary dinner was held at the Golden Corral restaurant in Altamonte Springs with close to 60 people attending. It was a fun night getting to know each other again and everyone went home with a gift. Our thanks to Mary Stender, Toni Philpott, Carole Seibert, Gary Price in making this a special event.

Remember to continue with our Diets, Exercise, and Positive Attitude on our road to RECOVERY. Cardiac Rehab is a good way to keep busy and another forum to interact with other heart patients. My hope is that everyone who attends our meetings gets a benefit and feels part of an extended family. We appreciate your attendance and hope that we inspire you to give the gift of living. Please let me know if you have any ideas to make our meetings a more pleasant experience. I would love to hear from you at 407-677-1064.

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.....

### Next Meeting

September 15, 2009 Tuesday 7:00PM - 8:30 PM Orlando Regional Lucerne Hospital, Lucerne Terrace, Classroom #1  
Kimberly Depasquale, certified Yoga instructor, will be giving us tips on stress reduction and cardiac disease as well as showing us a chair Yoga class.

### 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*

# Rigatoni with Eggplant and Mushrooms

6 servings/serving size: 1 cup pasta with about 2/3 cup vegetables and sauce

*This very filling vegetarian dish needs only a salad and warm bread to complete it.*

### Sauce:

- 1 Tbsp olive oil
- 1/4 cup dry white wine
- 3 garlic cloves, minced
- 1 red onion, chopped
- 1 cup diced eggplant, unpeeled
- 1 cup sliced mushrooms
- 1 28-oz can plum tomatoes, coarsely chopped, drained
- 2 tsp minced thyme
- Fresh ground pepper to taste
- 6 cups cooked rigatoni pasta



### Garnish:

- 2 Tbsp grated Parmesan cheese

1. In a heavy skillet over medium heat, heat the oil and wine together. Add the garlic and onion and saute for 5 minutes. Add the eggplant and saute for 5 more minutes.
2. Add the mushrooms and saute until mushrooms begin to brown, about 5 minutes. Add the plum tomatoes and bring to a boil. Lower the heat, cover, and simmer 10 minutes. Add the minced thyme and fresh ground pepper.
3. Toss the sauce with the cooked rigatoni. Top with Parmesan cheese.

Monounsaturated Fat	
Exchange .....	1/2
Starch Exchange .....	2
Vegetable Exchange .....	2
<b>Calories</b> .....	232
<b>Total Fat</b> .....	4 g
Saturated Fat .....	1 g
Calories from Fat .....	35
<b>Cholesterol</b> .....	1 mg
<b>Sodium</b> .....	178 mg
<b>Total Carbohydrate</b> ..	41 g
Dietary Fiber .....	4 g
Sugars .....	6 g
<b>Protein</b> .....	8 g



### Mended Hearts Inc. Board Contacts

Lee Meneses,  
President  
407-677-1064

Gary Price,  
Vice President  
407-328-5098

Bill Cierbiej,  
Secretary  
407-889-2598

Claire Jones,  
Treasurer  
407-380-6042

Mike & Toni Philpott,  
Marketing  
407-333-4334

Walt Hunter,  
Newsletter  
407-886-1041

Mike Weber,  
Visiting  
407-682-1172

**Programs:**  
Eileen Krause,  
407-303-1526

Joanna Gerry,  
321-841-5164

Betsy McKeeby,  
407-303-7625

Bill Cierbiej,  
Photography and  
Media  
407-889-2598

Mary Stender,  
Hospitality  
321-696-6183

Charlie Kauffman,  
Communications  
407-855-4411

# Ten Nutrition-Related Myths, Misstatements, and Misunderstandings

**1** — **Taking vitamin C helps prevent colds.** With all due respect to the late Linus Pauling and his widely publicized theory on the relationship between vitamin C and the cold virus research on the subject has not found that taking vitamin C helps to ward off those unwanted sniffles. On the other hand, studies have shown that vitamin C may (in some instances) slightly shorten the duration of a cold.

**2** — **Consuming more protein builds bigger muscles.** Ingesting additional protein (in whatever form—meat, pills, powder, etc.) will not help most individuals develop larger muscles. Your daily protein requirement is based on your body weight. Most individuals meet their needs through food alone. If you eat more protein than what your body needs on any given day, most of the excess will be converted to and stored as fat. As such, exceeding the recommended daily allowance for protein can be, at best, a waste of time and money.

**3** — **2% milk is 98% fat-free.** Not surprisingly, food marketers—in an effort to encourage you to buy their products—often engage in advertising that is misleading. For example, a food label may proclaim that a particular foodstuff is “fat free” to a specific percentage. In the case of 2% milk, the number refers to the relative weight of fat in the product—a factor that is inconsequential and misleading. In reality, what you really want to know with regard to the fat content of milk is the percentage of fat calories in the milk itself. A cup of 2% milk, for example, contains 35% fat calories (42.3 calories of the total 121 calories).

**4** — **Eating low-fat foods will not cause you to gain weight.** Keep in mind that the labels

“fat-free” and “low-fat” do not mean no calories. For example, nonfat and low-fat foods could easily be full of sugar and high calories. Controlling your body weight is a by-product of maintaining an appropriate balance between the number of calories you ingest and the number of calories that your body uses. Excessive caloric intake, regardless of whether it comes from “healthy” nonfat or low-fat foods, will promote weight gain.

**5** — **If consuming some of a particular nutrient or food is considered healthy, eating more of that foodstuff will provide even greater benefits.** Your body needs a specific amount of nutrients (carbohydrates, fat, protein, vitamins, minerals, and water) to function properly. Exceeding that level will not give you an extra “boost.” In fact, ingesting too much of some nutrients can be potentially harmful.

**6** — **Antioxidants can help prevent types of cancer and heart disease.** Eating foods that are relatively rich in antioxidants (e.g., beta carotene and vitamins C and E) or taking antioxidant supplements has not been found to prevent either cancer or heart disease—despite numerous studies that have investigated the matter. To date, no conclusive evidence exists that shows that antioxidants lower the risk of either medical condition.

**7** — **Hamburger is safe to eat if the meat is no longer pink.** When cooking hamburgers, the internal temperature should reach at least 160°F. Truth be known, even when you cook your hamburger to the point when the pink is gone and the juices are clear, eating the burger may put you at risk of contacting an *Escherichia coli* infection. Although the risk is relatively small, the risk is serious (*E. coli* infections, in isolated

cases, can lead to death). Using a thermometer to check the internal temperature of your burger while it is being cooked is the surest way to be safe.

**8** — **A high-fiber diet helps prevent colon cancer.** Although consuming a diet high in fiber will decrease the risk of constipation and diverticulitis (among other benefits), a fiber-rich diet has not been found to lower your risk of colon cancer.

**9** — **Foodstuffs that are labeled “natural” or “herbal” are always good for you.** Despite the emotional perception to the contrary, foods can be “natural” or “herbal” and still have negative health consequences. Neither term is a synonym for harmless or nonaddictive nor guarantees that a particular food contains the essential nutrients that your body needs. In fact, the opposite may be true. Cocaine and nicotine, for example, are naturally occurring plant by-products.

**10** — **Healthy eating represents the end of appetizing meals.** Eating in a sensible healthy manner does not have to be an exercise where you force yourself to consume poor-tasting food at the expense of mouthwatering delectable alternatives. What it does involve, however, is determining what foods are good for you and learning how to prepare them to “delight” your taste buds. It also entails making good eating habits an integral part of your daily living. Ten Nutrition-Related Myths, Misstatements, and Misunderstandings

*James A. Peterson, Ph.D., FACSM, is a freelance writer and consultant in sports medicine. From 1990 until 1995, Dr. Peterson was director of sports medicine with StairMaster. Until that time, he was professor of physical education at the United States Military Academy.*

© 2009 by the American College of Sports Medicine. Reprint permission is granted to subscribers of ACSM's Health & Fitness Journal®.

# Ten Common-Sense Safety Tips for Exercise Enthusiasts

1

**Get your body ready to exercise.** Always warm up before you work out. Warming up properly (i.e., doing enough movement to raise your body temperature) helps to ensure that your body is prepared to safely handle the stress of physical exercise.

2

**Don't put yourself at risk.** Don't exercise if you're ill or feeling unduly fatigued. Physical activity can exacerbate your illness if you're sick, and possibly expose you to an increased risk of being injured if you're extremely tired.

3

**Organize your workout environment.** Keep your exercise area free of clutter. Re-rack weights. Re-hang towels. Don't allow your exercise area to become a makeshift obstacle course, which can elevate your odds of being injured (e.g., tripping, falling, etc).

4

**Follow instructions.** Know how to perform the various exercises that comprise your workout regimen. If you use equipment, adhere to the manufacturer's instructions for using each device.

5

**Have a game plan.** Establish an accurate benchmark for your starting level of fitness, and then, based on that assessment, develop a sound (i.e., safe, efficient, and effective) plan for achieving your fitness goals. Be cognizant of the fact that your plan is a dynamic entity. As such, put it in writing and periodically revisit it to determine if any adjustments to it are appropriate.

6

**Proceed sensibly.** Never try to do too much too soon. When you first begin to work out, start at a sensible level, and then progressively adjust how much you do as your body adapts to the demands imposed on it.

7

**Use your lungs.** Never hold your breath while exercising, particularly when you're lifting weights. Holding your breath while exercising can cause a buildup of inner thoracic (inner rib cage) pressure, which can inhibit the return of blood to your heart. This action also can compromise the amount of blood flow (and subsequently oxygen) to your entire body.

8

**Listen up.** Don't ignore what your body may be trying to tell you if you're doing too much when you're exercising. Always respond to such signals (e.g., sharp pain, dizziness, nausea, etc). Having a "warrior" mindset will not protect you if you exceed your body's capability to adapt to the amount of physical stress imposed on it.

9

**Don't let the forces overwhelm you.** Always control the speed of the weights you're lifting while strength training. Dropping or throwing the weight can cause an excessive level of load force being placed on your body's skeletal joints. The same adage applies to your body. Keep the amount of bouncing and explosive movements to a minimum.

10

**Be prepared.** Know what to do if you need help. If you exercise in a health/fitness club, be aware of the facility's emergency plan and where key safety-related items are located (e.g., first aid equipment, antiepileptic drugs, etc). In addition, know the location of the nearest telephone for getting assistance and the contact number for obtaining it. Whenever possible, work out with either an exercise partner or a personal trainer.

*James A. Peterson, Ph.D., FACSM, is a freelance writer and consultant in sports medicine. From 1990 until 1995, Dr. Peterson was director of sports medicine with StairMaster. Until that time, he was professor of physical education at the United States Military Academy.*

© 2009 by the American College of Sports Medicine. Reprint permission is granted to subscribers of ACSM's Health & Fitness Journal

CALL 800-486-5643 TO SUBSCRIBE OR JOIN 10 Common-Sense Safety Tips for Exercise Enthusiasts

ACSM's HEALTH & FITNESS JOURNAL | [www.acsm-healthfitness.org](http://www.acsm-healthfitness.org) VOL. 13/ NO. 2





# **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.*

**September 15, 2009**

**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.

Speaker: Kimberly Depasquale, a certified Yoga instructor. She will discuss the benefits of yoga, stress reduction and cardiac disease as well as lead the group in a chair Yoga class. Be prepared for fun! Remember to wear comfortable, movable clothes to the meeting that night.

**October 20, 2009**

**Tuesday Evening 7:00 PM – 8:30 PM**

**Florida Hospital Altamonte**

**601 East Altamonte Drive**

**Altamonte Springs, Florida 32701**

Chatlos Conference Room – Located in the new hospital tower. Park at the front of the hospital and as you enter the building the Chatlos Conference Room will be on the left side of the main entrance on the first floor.

Speaker: Manual Perez, MD, from Florida Vascular Consultants. He specializes in vascular surgery and will be discussing vascular disease and the heart patient. Undetected aneurysms can be life-threatening. Dr Perez will discuss how to keep your arteries healthy and when to call the doctor.

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)

October 2009 meeting – Contact Eileen Krause – 407-303-1526

September 2009 meeting - Contact Joanna Gerry 321-843-1093