

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Seven Number Six
December 2008

President's Message



November Meeting

Marjorie Hider, RN, Licensed Mental Health Counselor discussed stress reduction and building effective communication skills..

Flu Season—Don't forget to get your flu shots

Christmas Party - December 9, 2008—Our chapter Christmas party will be held at the Heathrow Country Club. Please contact Mary Stender for reservations at 321-696-6183.

Holiday Season warning—As we approach the upcoming Holiday season remember our cardiac promise to watch our diets, so make sure we have our DESIGNATED cardiac calorie monitors with us to assure that we keep our cardiologists HAPPY!!! So enjoy and have a safe holiday season.

Fund-raising event—Thank you to the poll workers who worked the Presidential election giving us money for our chapter treasury.

MENDED HEARTS NATIONAL CONVENTION—June 6 – 10, 2009 at the Doubletree Hotel across from Universal Studios. Our chapter will be helping host this event and we will need volunteers for various duties. Please contact Mike Weber or me to be first on the volunteer list. Thank you in advance for your help.

Secretary Wanted—*If you have a talent for taking notes and being a member of vibrant energized group, Please call Lee Meneses at 407-677-1064.*

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....



It is an Important Conduit!

The large conduit leading from the left ventricle of a human heart is called the Aorta. In adults this conduit may be a full 2 inches in diameter. That is a large pipe, necessarily large because it carries life giving blood distributed to a trillion living cells! The aorta ascends upward from the heart, then turns downward through the chest and abdomen where it divides into two arteries called the iliac arteries. These two arteries feed blood to the legs.

The aorta, like all arteries, can develop atherosclerosis and aneurysms. Aneurysms occurring in the abdominal area are of special concern. These bulges in the aorta are frequently ignored because the early signs/symptoms are frequently not recognized. But, aortic aneurysms can be life threatening — if an aortic aneurysm bursts, survival is quite low.

The risk factors for aneurysms include family history, smoking, high blood pressure, inflammation, and blunt trauma from a fall or accident. Symptoms are often benign, however abdominal tenderness, back pain and visible pulse in the abdominal area may be indicators of a leaking abdominal aneurysm.

Atherosclerosis is the build-up of deposits/plaque on the inside wall of an artery. These deposits/plaque change the integrity of arterial walls, thus contributing to the formation of aneurysms. If the arterial damage is in smaller peripheral arteries that branch off the aorta, then there is potential of plaque rupture, possibly blocking smaller arteries, cutting off blood to the cells farther downstream. Living cells, whether muscle cells, heart cells or brain cells require a constant flow of blood carrying oxygen and nutrients. Starving cells die! *W. Hunter*

Mended Hearts Inc. Board Contacts

Lee Meneses, President
407-677-1064

Gary Price,
Vice President
407-328-5098

Jonathan Davis
Vice President
407-831-4303

Secretary

Claire Jones,
Treasurer
407-380-6042

Mike & Toni Philpott,
Marketing
407-333-4334

Walt Hunter, Newsletter
407-886-1041

Mike Weber,
Visitation
407-682-1172

Programs:
Eileen Krause,
407-303-1526

Joanna Gerry,
321-841-5164

Betsy McKeeby,
407-303-7625

Bill Cierebeiji,
Photography and Media
407-889-2598

Mary Stender,
Hospitality
321-696-6183

Charlie Kauffman,
Communications
407-855-4411

What If????

What if a damaged heart could mend itself? Most members of this chapter of Mended Hearts have mended hearts. Hearts mended through the expert intervention of a team of cardiac specialists! These hearts were mended because thousands of basic scientists, thousands of experienced cardiologists and thousands of skilled surgeons learned to intervene and, at least partly, mend damaged hearts and a plaque clogged cardiovascular system.

But, a damaged heart mending itself may sound like science fiction. Modern researchers in the evolving field of regenerative medicine are learning to unlock the secrets of organ and tissue regeneration. As the New Year approaches an increasing number of medical scientists are searching for ways to trigger the body's ability to regenerate cells and to build up living tissue and even complete vital organs.

Middle school students will convince their parents that their favorite salamander grew a new leg or tail. And high school biology students will report that many human cells have the power to heal themselves without intervention.

At Wake Forest University, researchers are actually growing body parts—they call it a **medical factory**. — so far at least at least eighteen types of tissues have been built from the cellular level to fully functioning tissues. Dr. Anthony Atala, at Wake Forest, has stated: “We are making body parts that we can implant right back into the patient.” Dr. Atala believes its only a matter of time before someone grows a human heart. [CBS News, July 20, 2008]

Dr Steven Badylak of the McGrown Institute of Regenerative Medicine, University of Pittsburgh has demonstrated a special white powder called **extra-cellular matrix** . When this powder is sprinkled on an injured the end of finger, regeneration of the entire finger tip including vessels, skin and nail proceeds. Dr. Badylak believes that every cell is capable of regeneration. “...the matrix seems to summon the cells and tells them what to do...”

How?

All human cells contain, in their DNA, information to be used as “repair kits” capable of regenerating and replacing damaged cells. In the past, it has been generally accepted that these repair kits were inactive in adult cells. However, research now suggests that adult cells can be coaxed to initiate the replacement of damaged tissue. The science of regenerative medicine has been born!

The clear goal of regenerative medicine is to use the body's own cells to repair or replace damaged cells, tissues and, perhaps, complete organs.. Although the complete biochemical mechanisms of regeneration are not fully understood, an empirical methodology may be outlined as follows:

The first step in regenerative medicine is to harvest living cells and multiply these cells millions of times to build a large cell bank. These cells will be used to build a regenerative matrix [the matrix may sometimes be blood, or cartilage, or bone] cells from the cell bank are implanted onto the matrix and allowed to merge with the matrix The matrix provides the structure and the physiological environment for the cells to interact with the host tissue. Finally, a cell communicator is introduced — a cell communicator is usually a protein growth factor —. The communicator acts to stimulate the body's own cells to initiate regeneration. When successful, regeneration progresses rapidly in a manner similar to the normal healing of damaged skin.

Already reports of successful regeneration of tissue and some complete organs have been documented. These include the growing of a viable bladder, and a portion of the esophical tube, as well as the end of a damaged finger.

Note: This is research worthy of our strong support. We will watch with great interest!

W. Hunter





MENDED HEARTS

November Meeting

2008



WHY I VISIT PATIENTS IN THE HOSPITAL!

Larry Poe and I visited Tom after his bypass surgery at ORMC. After much discussion, Tom said "Let's compare scars!" The photo was taken by his friend who emailed it to me with the following comments:

Gary Price—Mended Heart's Member

Hi, this is Peggy. We met today when you came with your friend to help my friend by giving him the strength and the support that only you both could do.....being survivors of the same "fear" that he is living thru right now.....

My husband and I were veryyyyyy impressed with your kindness and compassion. We live such busy lives these days.....is it being given a "second" chance that we slow down and look at life as maybe it truly was meant to be ?????.....

Caring and sharingwith just "timeeeeeee" spent.....with loved ones.....friends.....and sometimes strangers ?????.....that were brought together by God.....whether it be.....the man in the bedor the



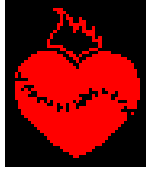
angels that came to bring him strength

..this picture says it all.....

God bless each of you and may your new livesand your strongggg hearts :O)))) be a reminder to us all.....how precious life is.....good luck and God bless in your next fiftyyyy years !!!!!

Mended Hearts Orlando

Holiday Celebration Dinner with Festive Piano Selections by Karen Bloom



Date & Time

Tuesday, December 9, 2008

Social Hour: 6:00-7:00 pm

Dinner, Gifts & Door Prizes: 7:00-9:30 pm

Heathrow Country Club 1200 Bridgewater Drive Heathrow, FL 32746

**Directions and Map to Heathrow Country Club on the next page*

Casual or Holiday Dress

****We will follow with a Wrapped White Elephant Gift Swap. You can exchange yours for someone else's gift. Lots of fun for those who want to participate!. Just Re-Gift a funny or nice or unusual gift –Any \$\$ amount.***

Chef's Menu:

Mixed Gourmet Greens with Buttermilk Ranch and Balsamic Vinaigrette

Grilled Chicken Breast with Fresh Herbs

Chef's Fresh Fish Selection

Chicken and Fish Duet

Fresh Seasonal Medley of Vegetables,

Oven Roasted Redskin and Yukon Gold Potatoes

Assorted Rolls

Key Lime Cheese Cake Served In a Champagne Flute

Coffee Decaffeinated and Iced Tea

\$20.00 each - Member

\$25.00 each -Non-Members

Checks; Make payable to **Mended Hearts Chapter 296**,

RSVP & checks must be received by **December 1st, 2008**

RESERVATIONS:

Sorry: No Refunds after Dec. 1—We have to pay for each RSVP



***Mail Checks to:** Mary Stender

615 Horseman Dr.

Oviedo, FL 32765

321-696-6183

Email Questions to: mtstender@earthlink.net

Heathrow Country Club—

From I-4, take exit 98 (Lake Mary Blvd.) West.

Take first right, International Parkway,

Then a left on Bridgewater Drive to the Clubhouse.

Questions, Call Mary Stender-321-696-6183

