



The Mended Hearts, Inc.  
Chapter 296 Orlando Florida  
[www.mendedheartsorlando.org](http://www.mendedheartsorlando.org)

# The Central Beat

Mended Hearts Inc., Chapter 296

Volume Nine Number Six

JUNE, 2010

## President's Message

I was not able to attend our recent May meeting because our annual Mended Hearts convention held in Bloomington, Minnesota. It was a very informative and inspirational. Mike and I picked up some good tips and will share with you in the near future. The convention for 2011 will be June 1 to 5, 2011 to be held in New Orleans, Louisiana.

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

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.....

July 13 will be our Anniversary party to be held at the Sweetwater Country Club. Please contact Mary Stender at 321-696-6183 for reservations.

### Next Meeting

**June 15, 2010 – Orlando Regional Lucerne Hospital – 07:00 PM – 08:30 PM**  
**“Thriving with Heart Disease”, DVD presentation by Wayne M. Soule, PHD,**  
**who was a keynote speaker at our Mended Hearts convention.**

### 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*

## DID THEY FAINT OR SOMETHING ELSE?

Labeling patients as having epilepsy (or seizure disorder) can dramatically alter their lives, albeit partly because of an inappropriate stigma associated with that diagnosis. Studies have now confirmed what some doctors have long suspected - many patients who receive the diagnosis of seizure disorder apparently do not have epilepsy at all. Instead, they have vasovagal (or neurocardiogenic) syncope.

Vasovagal syncope (also called the simple fainting spell) occurs due to a reflex (often triggered by pain, fright, an upset stomach, or many other things) causing the blood vessels in the legs to dilate. Blood suddenly pools in the legs, the volume of blood returning to the heart is reduced, the blood pressure falls, and the victim loses consciousness. Once he/she becomes supine, gravity allows the blood to return to the heart, and consciousness is rapidly regained.

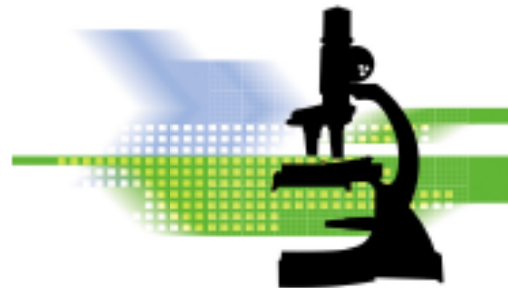
In a 6-year study conducted by investigators at Northwestern University, up to 8% of patients with vasovagal syncope displayed seizure-like activity when they lost consciousness during a tilt table study. These patients underwent extensive neurological evaluations including EEG, CAT scans, and MRI scans, and none proved to have evidence of a true seizure disorder. Their seizure-like movements during syncope are apparently caused by temporary but extremely low blood pressure during the syncopal episode.

Importantly, the investigators noted that many of these patients had inappropriately received the diagnosis of epilepsy prior to tilt table testing. Several had been receiving antiepilepsy medications (which are ineffective in vasovagal syncope,) and had been given severe driving restrictions based on the incorrect diagnosis of seizure disorder.

### What this means -

If you or a loved one has been given a diagnosis of seizure disorder or epilepsy, despite negative EEGs, you should insist on testing for vasovagal syncope. A positive tilt table study may indicate the true diagnosis, and lead to more appropriate treatment.

Sources: Passman R, Horvath G, et al. Clinical spectrum and prevalence of neurological events provoked by tilt table testing. *Archives of Internal Medicine* 2003; 163:1945-1948. About.com:Heart Disease-9/7/07



### 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 Sander,  
Hospitality  
321-696-6183

Charlie Kauffman,  
Communications  
407-855-4411

Vern Dixon  
Special Projects  
407-765-3590

Gennie Goins Seltzer  
Membership  
407-616-2476

# Beet Salad

from: Jeanine Ellis

4 cooked beets or (3-4 cans, drained), diced  
2 cups sliced celery  
2 onions, sliced  
3 T. olive oil  
1 T. cider vinegar  
Salt and Pepper to taste



Combine the beets, celery and onions. Add the olive oil, vinegar, salt and pepper, tossing to coat the vegetables well. This salad keeps very well in the refrigerator.

## AHA URGES AMERICANS TO START! WALKING

Dr. Raymond J. Gibbons, president of the AHA and professor of medicine at the Mayo Clinic College of Medicine in Rochester, Minn., said that while many forward-looking companies are already addressing the issues of exercise and nutrition, there's much to be done. "Physical inactivity is a big problem in this country," said Gibbons, adding that less than 50 percent of the population exercises regularly. "I ask my patients, 'What is the longest distance you've walked without stopping in the past three months?' And people sit and ponder and answer that they walk one block or that they walk while at the grocery store."

Lack of physical activity, coupled with longer work hours, prompted the AHA to create **Start!** -- to encourage corporations and their employees to embrace physical activity and healthier eating in the workplace, Gibbons said. Walking is a key component of **Start!** Walking is accessible, free and has the lowest dropout rate of any exercise," Gibbons said. "Everybody can do it, and no equipment is necessary." Other key elements of **Start!** include an online fitness and nutrition tracker that motivates employees to improve their fitness; a corporate recognition program that honors employers who create a culture of physical activity in the workplace; and a walking program that motivates and re-wards employees who become physically active. You can also be involved in **Start!** as an individual. For more information and to register as an individual, log on at: [www.americanheart.org/start](http://www.americanheart.org/start).



## MENDED HEARTS BIRTHDAYS

<u>Last Name</u>	<u>First Name</u>	<u>Birthdate</u>
Deardorff	David	05/20
Gerry	Joanna	05/31
Ham	Nordin L.	05/08
Hunter	Irene	05/01
Ju	Leon	05/05
Moon	Soo	05/05
Scarboro	Johnny Gene	05/02
Adams	Ralph	06/12
Amatuzzi	Debbie	06/30
Bonicioli	Anthony	06/17
Cirillo	Larry	06/21
Gagliani	Larry	06/16
McKeeby	Betsy	06/17
Ruberti	Bruce	06/05
Wynn	Sandra	06/24



## MONTHLY EVENT DATES

<u>Last Name</u>	<u>First Name</u>	<u>Cardiac Date</u>
Desmond	John	5/12/2006
Ham	Nordin L.	5/25/2005
Mirman	Diane	5/1/2008
Murphy	Robin	5/26/2002
Pedlow	Kenneth	5/1/1998
Rutherford	Ed	5/3/2000
Wood	Bruce	5/7/2009
Amatuzzi	Debbie	6/1/1981
Grace	John R.	6/11/2007
Moon	Soo	6/23/2009
Mulkey	John	6/1/1996
Scarboro	Johnny Gene	6/26/2009
Seibert	Ronald	6/14/2002
Ziggler	Sheryl	6/1/2007

# 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.*

**June 15, 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.

**Program:** A DVD presentation by Wayne M. Sotile, PhD, well known author and speaker, entitled “Thriving with Heart Disease”. Mr. Sotile was one of the keynote speakers at the recent Mended Hearts convention in Bloomington, MN. This presentation will inspire and energize you to live your life to the fullest. Mike Weber and Lee Meneses will also share highlights of the recent convention.

**July 13, 2010**

**The 9<sup>th</sup> Anniversary Dinner Celebration for**

**The Orlando Mended Hearts**

**Chapter 296**

**Tuesday Evening 6:00p.m. — 9:00p.m.**

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-USA 1

<http://www.mendedhearts.org>

Our local web address is [www.mendedheartsorlando.org](http://www.mendedheartsorlando.org)

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

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



## ANNOUNCING

### *The 9<sup>th</sup> Anniversary Dinner Celebration for The Orlando Mended Hearts Chapter 296*

July 13, 2010      Tuesday Evening      6:00p.m. To 9:00p.m.

Fine Dining Full Service Dinner: Cost: \$25.00/Person      Dress: Business Casual

#### Menu Choices

#### *Chef prepared:*

- A) Grilled Chicken Breast with Marsala Sauce
- B) Grilled Mahi Mahi served Picatta Style
- C) Combo Plate of Chicken & Fish

Full Dinner includes; Garden Toss Salad, Potato, Dessert & Beverages

#### *Location Address:*

2700 Sweetwater Country Club Drive  
Apopka, FL 32712

Phone: 407-889-4743

\*Information on their Webpage: <http://sweetwatercountryclub.com>

#### *Directions:*

Take I-4 North to Exit 94 (434-West),  
Stay Left at 434-West,  
Right at Wekiva Springs Road,  
Left at Sweetwater Country Club Drive,  
Country Club is on the Right

RSVP & Payment Deadline is July 6<sup>th</sup>;  
Sorry--No Refunds after July 6<sup>th</sup>

Call: Mary Stender      321-696-6183

Mail Checks to: Mary Stender - 615 Horseman Dr. Oviedo, FL 32765

# Mended Hearts May Meeting

