

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

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Seven Number Nine
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President's Message

Greetings,

The summer has slipped by and we are into the fall season already, though the temperatures do not feel any cooler. I hope you were able to enjoy some travel and see new scenery this summer.

We did not have a Mended Heart meeting in August so it will be good to get together again in September. We will be meeting just a few days before the 2008 **American Heart Association Heart Walk** on Saturday, **September 20, 2008**. If you are able, plan on joining the walk. Funds collected are used for research to find better ways to treat heart disease. Call Mike Weber (407-682-1172) for details.

Our September Mended Hearts meeting will be at F H Altamonte.

SEPTEMBER 16, 2008

Tuesday evening – 7-8:30 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 .

“I know I should Exercise but...”

By Jennifer Kiesel, Ashley Matt and Betsy McKeeby

Are you prepared for the American Heart Association Walk?

Come prepared to see and do FUN and effective exercise routines that you can use at home and at work. The speakers will talk about characteristics of a comprehensive exercise program, exercise safety, and adjusting routines based on conditions.

Good health to you,

Lee Meneses

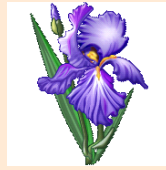
A Mended Heart Prayer

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....



Cats Help Shield Owners From Heart Attacks



Feb. 22 (HealthDay News) -- Whether it's a frisky kitten or a tubby tabby, a cat at home could cut your heart attack risk by almost a third, a new study suggests. The finding, from a 10-year study of more than 4,300 Americans, suggests that **the stress relief pets provide humans is heart-healthy.** And dog lovers shouldn't feel left out: Although the study found no such benefit from "man's best friend, that's probably because there simply weren't enough dog owners in the study to draw firm conclusions, the researchers said. "For years we have known that psychological stress and anxiety are related to cardiovascular events, particularly heart attacks," noted study senior author Dr. Adnan Qureshi, executive director of the Minnesota Stroke Institute at the University of Minneapolis. According to Qureshi, the new research shows that

essentially there is a benefit in relieving those inciting factors from pets." He was slated to present the findings at the American Stroke Association's International Stroke Conference in New Orleans. The stress-cardiovascular disease link is well-documented in scientific literature, and the affection and pleasure pets give humans is a known Stress-buster. In fact, one study presented in 2005 at an American Heart Association meeting found that a single 12-minute visit with a dog improved the heart and lung function of people with heart failure. In the new study, Qureshi's team analyzed data on 4,435 Americans, aged 30 to 75, who took part in the federal government's second National Health and Nutrition Examination Study, which ran from 1976-1980. According to the data in the survey, 2,435 of the participants either owned a cat or had owned a cat in the past, while the remaining 2,000 had never done so. Qureshi's team then tracked rates of death from all

causes, including heart and stroke. Cat owners "appeared to have a lower rate of dying from heart attacks" over 10 years of follow-up compared to feline-free folk, Qureshi said. The magnitude of the effect -- **a 30 % reduction in heart attack risk** -- "was a little bit surprising," he added. "We certainly expected an effect, because we thought that there was a biologically plausible mechanism at work. But the magnitude of the effect was hard to predict." Researchers believe pet ownership should be perceived as a low-cost, low-risk medical intervention that can potentially save or extend lives, especially for the elderly. SOURCES; Adnan Qureshi, M.D., executive director, Minnesota Stroke Initiative, University of Minnesota, Minneapolis; Kathie Cole, RN, clinical nurse, UCLA Medical Center/ School of Nursing, Los Angeles; presentation, Feb. 21, 2008, ASA International Stroke Conference, New Orleans

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Those Electrolytes!

Electrolytes are an essential part of our body's fluid. The four most common electrolytes circulating throughout our body are the ionized salts of Sodium [Na⁺], Potassium [K⁺], Calcium [Ca⁺⁺] and Magnesium [Mg⁺⁺]. Sodium ions and Potassium ions are of particular interest for this discussion.

Na⁺ ions are found in greater concentration in the extra-cellular fluids and K⁺ ions are in greater concentration in the intra-cellular fluids. Proper balance of these ions is **absolutely essential** for muscle coordination, heart contraction, fluid absorption, excretion, nerve functions and even cognition.

The balance of these ions is primarily regulated by the excretions and absorption of the kidneys. Na⁺ ions and K⁺ ions are filtered and excreted as urine based on the need to maintain the Na⁺ ion/K⁺ ion balance. When the concentration of Na⁺ ions is too great, the balance is tipped toward Sodium. This condition is called hypernatremia. Hypo-natremia, on the other hand, indicates an imbalance wherein the concentration of Na⁺ is too low.. [Hyper-katemia means too high K⁺ ion concentration and Hypo-katemia indicates too low K⁺ concentration.]

Too low Na⁺ ion concentration is the most common electrolyte imbalance problem. This condition is usually associated with Kidney disease. Persons suffering from bouts of anorexia/bulimia are also candidates for Hypo-natremia.

Electrolyte imbalance* is a serious health problem. Early symptoms include fatigue, nausea, and headache. Serious cases result in confusion, seizure, coma and death—usually from failure of the heart's muscle. W. Hunter

[*A brother-in-law died several years ago from a serious imbalance of Na⁺ ions/K⁺ ions!]

Heart Beat!

How?... why?...does your heart contract about 70 times per minute, four billion times in a life time, moving the equivalent of 45 million gallons of blood.

We know that the chambers of the heart work together, contracting and relaxing like an efficient pump. We know also that the muscles within the heart wall are triggered to contract by an electrical signal traveling down through the heart like a wave progressing onto the beach.

The electric impulse is initiated by the temporary imbalance of Na⁺ ions and K⁺ ions concentrations [see left column]. This imbalance, like a battery, produces an electric impulse, within a special bundle of cells [the SA node], located in the right atrium. This electric signal spreads to the atria, causing the wall muscles to contract.

The electric pulse continues via the AV node, which slows the impulse, before it causes the wall muscles of the ventricles to contract.

When the electric impulse decays, heart muscles relax allowing blood to enter each chamber, in sequence, and the process starts over again!

The pace of the cardiac contraction cycle is controlled by the autonomic nervous system. The ANS can almost instantaneously increase the rate of the firing cycle so as to meet the demands for energy.

Your **Heart Beat** is the result of a most wonderful system — it is essential in that we live in a ever changing and demanding environment. W. Hunter



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 14, 2008

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. George Andreae will be our feature speaker for the evening. He will be talking about risk factor modification for heart disease .

Thought You would like to know! “CLASSIFYING Heart Failure” [June issue RN, p26]

“Once heart failure is diagnosed, it’s severity is determined by using the NHHA Classification of Functional Capacity, summarized below:

Class I: Heart has identifiable structural changes, but physical activity is not limited.

Class II: Physical activity slightly limited, but comfortable and asymptomatic at rest.

Class III: Minimal physical activity causes fatigue, shortness of breath or angina.

Class IV: Debilitating symptoms, physical activity causes discomfort, angina, shortness of breath.”