



Mended Hearts™
of Orlando - Central Florida



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

President's Message

The Central Beat

Mended Hearts Inc., Chapter 296
Volume Fifteen, Number Twelve
December, 2015

December 2015 has arrived and as many of you all already know, it is my favorite time of year. Despite all the craziness of shopping and dealing with the crowds, I am a huge gift giver that loves spending time with family and friends, enjoying a good home cooked meal finalized with some delicious baked goods.

Once again, we had another fantastic meeting in November. If you weren't able to make it, Dr. Kerry Schwartz spoke to us about Atrial Fibrillation (Afib); he first explained the etiology of Afib, then discussed the latest treatment options available, and offered a question & answer session. Dr. Schwartz is an Electrophysiologist (EP) physician that started the Electrophysiology Lab at Florida Hospital Orlando in the 1980's, as well as a skilled physician that is on the Board of Directors for Florida Heart Group. What an informational meeting had by all!

We will be having our annual Holiday Party, Sunday December 6th, in lieu of a general meeting. Like last year, we will be gathering at Deer Run Country Club, beginning at 4:30pm. Be sure to take notice of the information in the newsletter for more information on how to get there and where to send your check. Also, we are having a gift exchange, so please bring a wrapped gift valued around \$5- \$10.

Several new items to mention are the Afib informational website that can be accessed from our national website, or you can take the time to access it here: <http://www.alittlefib.org>. The website offers a video to watch in addition to many resources and tools for you to read over and learn regarding Afib and how you can manage this condition. A second new item is the availability to access information from your smartphone via apps that are available for free on the App Store and the Android Market. The first app is the *Mended Hearts HeartGuide* app and the second one is the *Heartbeat Now* magazine app. Take some time to check these out and add them to your Home screen to be able to access anytime!

I look forward to seeing you all at the Holiday Party, but most of all, have a safe & healthy holiday season that hopefully brings a prosperous New Year!

Before I close, I want to remind you all to check out our local website, <http://www.mendedheartsorlando.org> and feel free to offer any ideas on what YOU would like to see that could be helpful and/or things that YOU think would add to the website. Our national website is <http://www.mendedhearts.org> and has fabulous NEW information on Afib and Stroke as well as the NEW HeartGuide Patient Resource, which you can access online; be sure to click the options available to brush up on the latest heart healthy information. Something else online, for your convenience, is the Mended Hearts online support community that you can access and join to offer support and/or look for support. As you can see, there are so many options on our national website and it is always changing and updating, so be sure to check back often.

Save the Date: Mended Heart Holiday Party, Sunday, December 6, 2015

Corrie Crum, President

*From what we get, we can make
a living; what we give, however,
makes a life.*



Decorate outdoors with holly ... for the birds

Friends and loved ones who gather at Christmas time will see holly wreaths and on mantles, its image on cards, stockings and presents.

As it has done every winter since long before the Roman conquest, holly will work its magic, evoking feelings of tradition and spreading cheer. In forests and in yards, the berries are appreciated by robins, bluebirds and mockingbirds. Hardy as the bushes are, they can thrive in a city's salt and exhaust.

"There's something magical about holly, especially this time of year," says William N. (Bill) Kuhl, an expert on the species who has done his part to preserve this Yuletide tradition for the past 40 years. His nursery has hundreds of holly trees, many 70 and 80 years old and in more than 100 varieties.

An old English carol claims holly has "prickles as sharp as thorns, bark as bitter as gall, and berries as bright as life-giving blood." But to those who love it, like gardeners, growers, retailers and botanists who belong to the Holly Society, it's endlessly fascinating. It's attractive in unique ways, blending dark and bright, the harsh and the inviting.



Mended Hearts Inc. Board Contacts

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Newsletter
Vacant



Holiday Banquet

DATE: Sunday, December 6, 2015 TIME: 4:30 - 8:30PM

Social Hour: 4:30 – 5:30PM

Dinner 5:30PM

HOSTED BY: Mended Hearts #296 PRICE: \$20.00 Per Person

**Ms. Claire Jones, 3109 Bellingham Dr., Orlando, FL 32825
407-443-6486 handles the reservations.**

*******Make ALL checks Payable to: Mended Hearts #296*******

Enclose your check for \$20/person with the names of all attending, we will have name tags ready for everyone at the door.

BUFFET DINNER & Gift Exchange

Roast Beef, Chicken Picata, Baked Ziti, Oven Roasted Potatoes, Vegetable Medley, Garden Salad, Coffee, Tea, Iced Tea, Soda and Dessert CASH BAR Available



HOLIDAY GIFT EXCHANGE

****EACH PERSON**** is asked to bring a **WRAPPED NEW GIFT** Valued at **\$5.00-\$10.00**

ADDRESS - Place: **Deer Run Country Club**

300 Daneswood Way, Casselberry, FL., 32707 (407) 699-7993

Directions:

From I-4 to Rt 436

Take exit and go EAST on Rt 436 (toward Altamonte Mall) 4.5 miles

Turn LEFT onto Red Bug Lake Rd

Turn LEFT onto Eagle Circle

Then Turn RIGHT to Stay on Eagle Circle (At the 7-11 Store)

Turn LEFT onto Daneswood Way

From: Rt 417 (toward Sanford) to Red Bug Lake Rd Exit #41

At end of exit bear LEFT onto Red Bud Lake Rd and follow Approx. 4+ miles to Eagle Circle

Make RIGHT onto Eagle Circle

Then Turn RIGHT to Stay on Eagle Circle (At the 7-11 Store)

Turn LEFT onto Daneswood Way

Merry 
 *Christmas*

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.*



December 6, 2015

Sunday, 5:30 – 8:30 PM

Deer Run Country Club, Casselberry, Florida

Holiday Party

Call: Eileen Krause at 407-342-3708 for reservation details.

January 19, 2016

Tuesday, 7-8:30

Orlando Health Heart Institute - Orlando, Florida 32804

Orlando Health Heart Institute (OHHI) is located in downtown Orlando on the corner of Orange Ave and Underwood across from the Cancer Center. The physical address is 1222 S. Orange Ave. The building is a five story glass building with a red banner across the top of the building that reads Heart Institute. You may park in the garage next to the Heart Institute and enter the building two ways. 1) Through the pedestrian bridge accessible on the 2nd level of the parking structure or 2) via the first floor where you may also valet park. Once you are in the building; take the elevators to the 1st floor. When you exit the elevators turn left and the OHHI classroom is on your left. Just follow the Mended Hearts signs in the building.

Topic: To Be Determined

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.
1-888-432-7899 or 214-206-9259 - <http://www.mendedhearts.org>

Our **local** web address is www.mendedheartsorlando.org

2015 December meeting

Contact Eileen Krause – 407-342-3708

2016 January meeting

Contact Joanna Gerry - 321- 843-1093

Mended Hearts Orlando - December Birthdays

Last Name	First Name	Date
Pain	Carl	12/09

Mended Hearts Orlando - Event

Last Name	First Name	Event
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January 16, 2016

Mended Heart Regional Cluster Meeting

Be sure to add Saturday January 16th to your upcoming calendar. This is the day we will be having our Regional MH Cluster Meeting at Osceola Regional Medical Center in Kissimmee. If you missed out on attending the June National MH Meeting here in Orlando, now you have another chance to network and learn from other chapters. This is an all day affair that offers lots of great information, including a session with Dr. Jamnadas, plus you can't beat the fact it is FREE and includes lunch.

Scanning the Journals

Can LDL Be Too Low?

A question to the editor in chief of the *Harvard Heart Letter* caught our attention—"Is there any downside to very low LDL(50 mg/dl)"? Dr. Bhatt replied, in part, "Studies of people who've already had a heart attack suggest that lowering LDL to about 50 mg/dl provides further protection against recurrent cardiovascular events versus reaching a level of around 70 mg/dl. In studies lasting up to seven years or so, these lower LDL levels appeared to be well tolerated... Although the internet is full of claims that cholesterol-lowering drugs cause memory problems, there is no good scientific evidence to date that supports a link between cholesterol-reducing drugs and memory loss or other cognitive problems."

<http://www.health.harvard.edu/cholesterol/can-ldl-be-too-low>

Dissolving Stent Shows Mixed Results

On October 12, 2015, Abbott Labs announced one-year clinical results from a study of their experimental new dissolving heart stent. The stent, called Absorb is designed to gradually dissolve after restoring blood flow to the heart. According to Abbott, the new stent performed "about as well" as the market-leading, metallic stent (Xience) at preventing deaths, heart attacks and repeat stent procedures. However, the rate for such unfavorable events was numerically higher for Absorb, at about 7.8% of patients, compared with 6.1% of patients in the control group. Abbott characterized this as "no statistically significant difference."

Absorb is still an investigative device in the United States, although Abbott has submitted it for regulatory approval. Cardiologists have been quoted as saying that, "The study data will make it difficult to compel many doctors to choose Absorb, if it is approved, over current stents, which are generally thought to be effective and safe." Abbott will continue studies to show "the long-term benefits of Absorb that differentiate it from permanent, metallic stents."

http://abbott.mediaroom.com/2015-10-12-Abbott-Announces-Positive-Clinical-Results-of-Absorb-the-Naturally-Dissolving-Heart-Stent#assets-_112

http://www.wsj.com/articles/abbott-laboratories-dissolving-stent-shows-mixed-results-in-study-1444678040?mod=pls_whats_news_us_business_f

NOVEMBER 2015 MENDED HEARTS MEETING

