Éirinn go Bráich otherwise translated to Ireland Forever. It is now March and the month we enjoy everything green: green milkshakes, green food, and green rivers (Chicago). If you are not Irish you cannot help but celebrate the great patron saint of Ireland, Saint Patrick on the traditional day of his death, March 17th.

This month we have our monthly meeting Tuesday March 15th at Orlando Health Heart Institute, so be sure to not miss it as we always have a wonderful evening together whether it be just listening and learning new health topics or visiting and catching up with good friends that support each other.

Found a fun list of notable birthdays for March and thought I would share:

Dr. Suess 3/2 - http://seussville.com/
Alexander Gramm Bell 3/3
Lou Costello 3/6
Lawrence Welk 3/11
Liza Minnelli 3/12
Albert Einstein 3/14
Jerry Lewis 3/16
Nat King Cole 3/17
Mister Fred Rogers 3/20

I look forward to seeing you all at our next meeting!

Corrie Crum
President
One of the things I keep learning is that the secret of being happy is doing things for other people.

-Dick Gregory

Seems like one, but it isn't
Broken-heart syndrome feels like a heart attack

In spite of its name, broken-heart syndrome isn't usually caused by a romantic breakup. Its technical name is takotsubo cardiomyopathy.

Cardiologists at NYU Langone Medical Center are studying the possible causes of the syndrome, which resembles a heart attack, but it's not caused by coronary artery disease. It generally strikes women in their 50s or 60s. Emotional or physical stress are common triggers, but many patients don't have them. One woman's attack was brought on by excitedly watching her son play in a football game, according to The Wall Street Journal.

A California woman was driving when she suddenly felt her heart pounding. She pulled over at a cafe and became intensely ill. Taken by ambulance to a hospital, she was told she had a heart attack, but tests proved negative. She was under stress, planning to attend a close friend's funeral. She had an upper respiratory infection and was also dealing with upsetting plans for her son's wedding.

Doctors say broken-heart syndrome can also be brought on by intense joy and excitement. There were 6,230 cases of people in the U.S. with the syndrome in one recent year. Patients usually heal within days or weeks without residual damage to the heart. But complications can occur as well as fatalities.

Believing that it was linked to the sympathetic nervous system, doctors often prescribed beta blockers. But a recent study published in the New England Journal of Medicine checked hundreds of patients at 26 medical centers in Europe and America. They say beta blockers didn't help and those who took them had reoccurrences.

Cardiologists welcomed their new findings. They say focusing on the parasympathetic side of the nervous system is shining a light on potential explanations for the underlying cause of takotsubo.

Physicians are advising patients to change their lifestyles in order to avoid very stressful situations and try to be more mindful of stressors. But in some cases, the trigger is physical.
OVERWHELMED by caregiving challenges?

- Learn to balance family, work & caregiving
- Help your adult child become independent
- Get family members to help
- Get Mom to listen to you
- Help Dad stop driving

Caregiving Solutions Start Here

FEARLESS CAREGIVER CONFERENCE
Orlando, FL

May 25, 2016

HOLY TRINITY RECEPTION & CONFERENCE CENTER
1217 Trinity Woods Lane
Maitland, FL 32751

11:00 am - 3:00 pm
Lunch Included

Limited FREE Tickets
Register at caregiver.com
Questions? 877.829.2734

Sponsorship Opportunities Available
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.

April 19, 2016
Tuesday, 7-8:30 PM
Florida Hospital Orlando
Florida Hospital Altamonte - Family Resource Center
651 E. Altamonte Drive, Altamonte Springs, FL 32701

Directions: The Family Resource Center is located on the FH Altamonte Hospital campus. It is next to Dunkin Donuts. This is a free standing building near the hospital entrance, and parking is in the hospital parking lots.

Topic: Speaker: Barry Egolf, RN, FH Cath Lab Manager, will share with us about the Cath lab and what discoveries are made there and then treated. He will bring his show and tell equipment that is used in the Cath lab so you can see and touch similar items you may have in your body!!

May 17, 2016
Tuesday, 7-8:30 PM
Orlando Health Heart Institute
1222 S. Orange Ave.
Orlando, Florida 32804

Directions: 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 website address is www.mendedheartsonlando.org

2016 April meeting Contact Eileen Krause — 407-342-3708
2016 May meeting Contact Joanna Gerry— 321-843-1093
Mended Hearts Orlando - March Birthdays

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Maressa</td>
<td>JoAnn</td>
<td>March 9th</td>
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<tr>
<td>Sartori</td>
<td>Larry</td>
<td>March 16th</td>
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<tr>
<td>Walker</td>
<td>Bruce</td>
<td>March 21st</td>
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Mended Hearts Orlando - Cardiac Event

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<thead>
<tr>
<th>Last Name</th>
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<tbody>
<tr>
<td>Meneses</td>
<td>Lee</td>
<td>March 31, 2004</td>
</tr>
<tr>
<td>Sartori</td>
<td>Larry</td>
<td>March 23, 1982</td>
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World Kidney Day, March 10
Your body's chief filters need attention:
- The kidneys act as the body's main filtering mechanism, cleansing blood of bad nutrients, keeping good ones, and removing excess water.
- The kidneys also help to control blood pressure, produce red blood cells and keep your bones healthy.
- An estimated 26 million American adults have chronic kidney disease (CKD) and millions more are at risk of getting it.

How to protect your kidneys:
- There is no magic food or remedy that protects kidneys. According to the National Institutes of Health, a healthy body equals healthy kidneys.
- That means most of the recommendations for kidney health are things you have heard before:
  - Exercise
  - Maintain a healthy weight
  - Don't Smoke
  - Don't take excessive amounts of over-the-counter pain medicine such as ibuprofen or naproxen sodium.
  - Keep your blood pressure at a healthy level.
  - Control diabetes and keep sugar levels stable.
  - Reduce salt intake.
  - Eat a balanced diet.
  - Drink more water -- especially if you take ibuprofen or naproxen sodium.
- Most people don't know their kidneys are in danger or failing until it is too late. When symptoms finally occur -- itching, fatigue, weakness, nausea and vomiting-- it might be an advanced case. Ask your doctor if you should be tested for kidney disease.
February 2016
“Prevention and Management of Diabetes”

A special thank you to our visitors, guests, and our visiting speaker Dr. George Guthrie— from all of the members of Chapter 296!

Congratulations to our newest certified visitor: Bill Esler
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