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Mended Hearts™  
of Orlando - Central Florida



**Welcome to your February 2018 Mended Heart Chapter Newsletter....**

This is National Heart Month. We are all encouraged to wear red on each Friday as a reminder of how important our hearts are and of the many who suffer from heart ailments.

I have in the past suggested to National Mended Hearts to sponsor and promote a "Great American Hearts 5K Event". They would benefit from the much needed revenue and tremendous heart disease awareness. Perhaps someday.

Our February meeting will be held on Tuesday, February 20 at 7 pm at Florida Hospital. Topic for this meeting is "Heart to Heart", a discussion on medicines presented by a pharmacist from Florida Hospital. Hope to see you all there.

Finally, on February 14, Valentines' Day have a joyous celebration with all the people in your life who you love.

Till we talk next time, peace and happiness to all!

Larry



**Topic: Cardiac Medications**  
**Date: Tuesday, February 20, 2018**  
**Time: 7:00-8:30 pm**

**Florida Hospital Orlando Campus**  
**601 East Rollins Street**  
**Orlando, FL 32804**

**Location: Barker Conference Center, Room C**  
**Basement level, under the Welch Cafeteria**

**“Heart to Heart: What Your Pharmacist Wants You to Know”**

Florida Hospital Pharmacists will provide an overview of overall cardiovascular health and disease state management/prevention strategies such as controlling blood pressure, medication adherence, drug interactions, talking to all your doctors about changes, upcoming procedures, overall medication tips [hypotension, falls, bleeding], diet/exercise, etc

**Directions:** Take Orange Avenue North and turn on to King Street. Turn into the King St parking garage on the right. Park on any floor with available spots and take elevator/stairs to third floor. Use the crosswalk located on 3<sup>rd</sup> floor to cross the railroad tracks. Take the elevator at the end of the crosswalk down to the basement level for the Barker Conference Center. We will meet in Conference Room C. Parking vouchers for the parking garages are available at the meeting.

**Speaker/Topic: Mended Little Hearts Orlando Health Heart Institute**  
**Date: Tuesday, March 20, 2018** **1222 S. Orange Ave.**  
**Time: 7:00-8:30 pm** **Orlando, Florida 32804**

**Directions:** Orlando Health Heart Institute (OHHI) is 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 via the first floor where you may also valet park. Walk from the parking garage to the OHHI building located next to the garage, enter the building. Just follow the Mended Hearts signs in the building. Walk to the left of the Reception Desk and the classroom is on your left.

Due to possible changes for future meetings **call** the contact person or check our local web site listed below to confirm that no change has occurred before coming to any meeting. Call the National Office to locate a chapter near you if you do not live in the Central Florida area.

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

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

2018 February meeting

Contact: Sharry Tamayo (407) 421-0136

2018 March meeting

Contact: Joanna Gerry (321) 843-1093

# Let's Celebrate

<b>Birthday</b>	<b>Bill Esler</b>	<b>2/2</b>
<b>Birthday</b>	<b>Carole Seibert</b>	<b>2/22</b>
<b>Birthday</b>	<b>JoAnn Jagiela</b>	<b>2/27</b>
<b>Cardiac Event</b>	<b>Larry Cirillo</b>	<b>2/1/2001</b>
<b>Cardiac Event</b>	<b>JoAnn Maressa</b>	<b>2005</b>
<b>Cardiac Event</b>	<b>Gary Price</b>	<b>2/12/2001</b>
<b>Cardiac Event</b>	<b>Mike Weber</b>	<b>2/9/2001</b>

## January Meeting

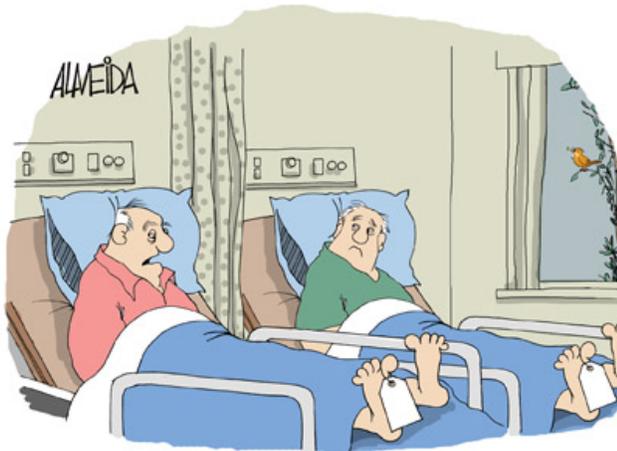


In a heartfelt and truly inspiring meeting, members shared their memories of their long-term friendship with Lee Meneses while others spoke of what inspires them most as a result of their cardiac intervention and their relationship with Mended Hearts.

The meeting was led by Annie Maddox a licensed clinical therapist at ORMC who guided the personal statements and also read her favorite poems to the group. Everyone attending member contributed to a meeting that included tears, inspiration and reflection.



Jokes & Puzzles



I don't know about you, but I've a bad feeling about this!"

# Lucille Ball

WORD SEARCH: Find the words/phrases below the puzzle and circle them. Have fun!

A W W C C M B O D P L F H Z Q W V W V L Q  
 N O S R U O D N A E N I M S R U O Y F A Z  
 T H F A M B K K P O S B X O A Y N K D U I  
 C S O T G D E S I A R N A Z E O Z J T G A  
 B Y T F D P Y S Y C V P Q Z G M H G I H V  
 O C D R Y E I K D M O X A I J B F H T T I  
 T U S C I V S A Z T M N S A J W X E O E V  
 B L H L E C E I Y D R E M K X V M L N R I  
 S E Y L L H K C L A B E W T S A U N Z T A  
 C H E Y D I U Y E U S Z E I M H E Y N T N  
 U T B E C L H I R T S C X L L I Q U G C V  
 X L R Y S U C Y O I H T U S D D O P V V A  
 W F A E D U L W L N C C U E I M C U B A N  
 C R R B L K N E I R Y A M D A O G A A G C  
 M E V F A S S C V R E O R R I N S T T F E  
 H D L I S B O E I O C V A D E O Z M R U Y  
 I M U L K L D C M T L P E R O O S O U J G  
 M E K M O N A F P X D I R B Q G E C W E M  
 G R M R K R J F L Z T R E M L E H T E X T  
 M T J V D Y E L W A R F M A I L L I W T I  
 R Z P O P R S S E N I S U B W O H S P R V

- |                |              |                      |
|----------------|--------------|----------------------|
| Babalu         | I Love Lucy  | Ricky Ricardo        |
| Beverly Hills  | Icon         | Show business        |
| Comedienne     | Jamestown    | Sitcom               |
| Cuban          | Laughter     | Technicolor          |
| Desi Arnaz     | Lucie Arnaz  | Television           |
| Desilu Studios | Lucy Ricardo | The Lucy Show        |
| Emmy           | Mame         | Vivian Vance         |
| Ethel Mertz    | MGM          | Wildcat              |
| Fred Mertz     | Paramount    | William Frawley      |
| Heres Lucy     | Redhead      | Yours, Mine and Ours |

A woman finds a genie's lamp. The Genie comes out and says, "You may have three wishes, but your husband will get ten times more than what you wished for."

The woman agrees. Her first wish was that she would be the most beautiful woman in the world. "You realize," the Genie said, "that your husband will be ten times more beautiful than you, and more women will gawk at him?"

"That's okay," says the woman, "He'll only look at me because I will be the most beautiful women." So the wish is granted.

Her second wish was that she would be the richest woman in the world. "You know your husband will be ten times richer, right?" the Genie asks.

"That's okay. What's mine is his and what's his is mine," replied the woman. So the wish was granted.

The woman then thinks long and hard about her last wish. She finally wishes that she had a mild heart attack.

## Recipe of the Month



### Maple Salmon

"This is a most delicious salmon recipe, and very easy to prepare. I love maple but used sugar free maple mixed with Agave syrup to reduce sugar." **Gary Szasz**

Original recipe by **Starflower** on [AllRecipes.com](http://AllRecipes.com). You can click the link

#### Ingredients

- 1/4 cup maple syrup
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- 1/4 teaspoon garlic salt
- 1/8 teaspoon ground black pepper
- 1 pound salmon

#### Directions

In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.

Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.

Preheat oven to 400 degrees F (200 degrees C).

Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.





## Common Heart Disease Drugs

[Read This Article Online](#) [Click Here](#)

There are many drugs prescribed for heart disease. It's important for people with heart disease and those who care for them to understand the meds, follow the labels, and recognize possible side effects.

The ones most people with heart disease are given by their doctor include:

**ACE inhibitors:** These widen arteries to lower your blood pressure and make it easier for your heart to pump blood. They also block some of the unpleasant things that can happen with heart failure.

**Aldosterone inhibitors:** Eplerenone (Inspra) and spironolactone (Aldactone) are part of a class of medicine called diuretics. They can ease the swelling and water buildup heart disease can cause. They help the kidneys send unneeded water and salt from your tissues and blood into your urine to be released.

These drugs may help some symptoms, even while you take other treatments. They protect your heart by blocking a chemical in your body called aldosterone that causes salt and fluid buildup.

This medicine is for folks with some types of severe heart failure.

**Angiotensin II receptor blockers (ARBs):** These are used to lower blood pressure for people with heart failure. They help keep your blood vessels as wide as possible so blood can flow through your body more easily. They also lessen salt and fluid buildup in your body.

**Beta-blockers:** They block the effects of adrenaline (epinephrine). This helps your heart work better. These meds also drop production of harmful substances your body makes in response to heart failure. And they cause your heart to beat slower and with less force. Those both lower your blood pressure.

**Calcium channel blockers:** These treat chest pain (your doctor may say "angina") and high blood pressure. They relax blood vessels and increase blood and oxygen to your heart. That eases its workload.

They treat heart failure caused by hypertension. But they're used only when other medicines to lower blood pressure don't work. Ask your doctor if one is right for you.

**Cholesterol-lowering drugs:** Cholesterol helps your body build new cells, insulate nerves, and make hormones. But inflammation may force cholesterol to build up in the walls of your arteries. That buildup increases your chance of having a heart attack or stroke.

Some people's genetics make it more likely that they'll have high cholesterol. These folks may need drug therapy, like statins, in addition to a healthier diet, to lower the chance that they'll get hardening of the arteries (also called atherosclerosis).

**Digoxin:** It helps an injured or weakened heart to send blood through the body and work more efficiently. It strengthens the force of the heart muscle's contractions. It may improve blood circulation.

You may be prescribed this if you have an irregular heartbeat (your doctor may call this atrial fibrillation, or AFib). It may help slow down your heart rate.

**Diuretics:** You may know these as water pills. They help your kidneys get rid of unneeded water and salt from your tissues and bloodstream. That makes it easier for your heart to

pump. They treat high blood pressure and ease swelling and water buildup caused by some medical problems, including heart failure. They also help make breathing easier.

**Inotropic therapy:** This helps make an injured or weakened heart pump harder to send blood through the body. It helps strengthen the heart muscle's contractions. It also relaxes constricted blood vessels so blood can flow more smoothly. Inotropic therapy may also speed up your heart's rhythm.

You may get this if you have end-stage heart failure to help relieve and control your symptoms. These medicines are used only when others have stopped working on symptoms.

**Potassium or magnesium:** You can lose these electrolytes when you pee more while you take diuretics. That loss can cause abnormal heart rhythms. Ask your doctor if you should take supplements to make up the difference.

**Proprotein convertase subtilisin kexin type 9 (PCSK9) inhibitors:** You may get this new class of cholesterol-lowering drugs if diet and statin treatments aren't helping. They block a liver protein called PCSK9. That protein hinders your liver's ability to get rid of LDL (bad) cholesterol.

**Vasodilators:** These relax your blood vessels so blood can flow more easily through your body. You'll get these if you can't take ACE inhibitors.

**Warfarin:** This helps prevent clots from forming in your blood. You'll get it if your body is making blood clots, or if you have a condition that helps cause them.

This medicine won't dissolve a blood clot. Over time, the clot may dissolve on its own. Warfarin may also prevent others from forming.

Be sure to talk with your doctor if you have questions about any drugs you're taking.

*WebMD Medical Reference Reviewed by James Beckerman, MD, FACC on September 14, 2016*

**SOURCES:**

*American Heart Association: "Cardiac Medications."*

*National Heart Lung and Blood Institute: "Your Guide to Living Well With Heart Disease."*

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