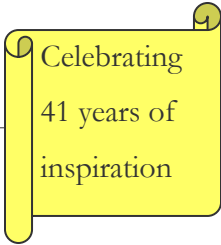




HEARTbeat

VOLUME 1, ISSUE 10

MARCH/APRIL 2010



The Mended Hearts, Inc.
Morris County Chapter 56, Morristown, NJ
Founded October 16, 1968

About Mended Hearts

Mended Hearts is a national non-profit organization made up of and serving people with heart disease and their loved ones. Mended Hearts welcomes anyone who is interested in learning to help those with heart disease. Supported by a national office, 280 local chapters actively serve across the United States and Canada. The network is made up of heart patients, family members, caregivers and health care professionals who provide information and support to recovering patients and their families during hospital visits, by telephone, through group meetings and via the internet.

January Meeting

Guest Speaker — Dr. Jay Curwin

Dr. Jay Curwin discussed how pace-makers and defibrillators help maintain heart rhythm and function. Chapter 56 members enjoyed his informative presentation.

Spring 2010 Meetings

Please join us for the following upcoming meetings at the Gagnon Cardiovascular Institute. All are welcome to attend.

March 28, 2010

Dr. John Cosmi
 Interventional Cardiologist
 Topic: Compliance with Medications
 1:30 p.m., Lobby, D-Level

April 25, 2010

Christine Scott
 Cardiac Rehab Specialist
 1:30 p.m. WILF Conference Room, C level

Topic: The Importance and Benefits of Cardiac Rehab

May 16, 2010

Frank Manole, RN
 1:30 p.m., WILF Conference Room, C level
 Topic: Stress Tests

The Mended Hearts Inc., Chapter 56

Officers and Chairpersons

President
George F. Pometti
 973-943-1827

Vice President
Harvey Brooks
 973-376-6718

Treasurer
Mary Ann Wary
 973-267-4267

Secretary
Donna Farley
 908-684-8295

Visiting Chairman
Victor Fabry
 973-897-5647

Visiting Chairman Emeritus
Sandy Sadle
 973-539-5728

Membership / Website Chairperson
 Jesse Stromeyer
 908-418-1484

Fundraising Chairperson
George Pometti, Sr.

Newsletter Editor
Jean Pometti



Heartfelt thanks to the following organizations for their assistance with the mailing of the January/February 2010 Newsletter .

Gagnon Cardiovascular Institute

American Heart Association

Pictured from left to right: Harvey Brooks, Dr. Jay Curwin, George Pometti

Its great to be alive...and to help others

President's Message

Dear Members,

I hope everyone is doing well and that you are enjoying the spring weather.

I am so pleased to announce that our chapter finally has a website up and running. Please see below for details. I would like to take this opportunity to thank Jesse Stromeyer for coordinating and creating this valuable resource and tool for our chapter to get connected to the internet. This will expand our efforts to reach patients and keep members informed.

The Chapter 56 membership drive is in full swing, please get the word out to family, friends and colleagues about our organization and the benefits of joining our chapter.

I urge all of you to join us at the April meeting where we will vote for the new executive team members. The nomination committee has selected

Harvey Brooks as a nominee for President and Marcy Brooks as a nominee for Vice President. Although my term as President will soon conclude, I am looking forward to continuing to serve as Assistant Regional Director for the Northeast Region of Mended Hearts National. After April, my official title with Chapter 56 will be Past President. However, I will continue to help Chapter 56 and support the new leaders as we continue to build and make our chapter even better as a team.

Remember...one person can make a difference, and as a team, we can achieve anything.

George



Its great to be alive...and to help others

Upcoming Events

21st Annual Morristown Memorial Golf Classic at Baltusrol

June 7, 2010

Baltusrol Golf Club

For more information, please call the Golf phone line at 973-593-2439

Cardiac Health Fair

Overlook Hospital

Saturday, June 12, 2010

Short Hills Hilton

8 a.m.—1 p.m.

Life's Simple 7

My Life Check was designed by the American Heart Association with the goal of improved health by educating the public on how best to live. These measures have one unique thing in common: any person can make these changes, the steps are not expensive to take and even modest improvements to your health will make a big difference. Start with one or two. This simple, seven step list has been developed to deliver on the hope we all have--to live a long, productive healthy life.

- Get Active
- Eat Better
- Lose Weight
- Stop Smoking
- Control Cholesterol
- Manage Blood Pressure
- Reduce Blood Sugar

For more information visit the following website:

<http://mylifecheck.heart.org/>

This newsletter is not intended to give personal medical advice, please consult your physician regarding any health concerns you may have.

Announcement!

Great News!

[Get Connected, Stay Connected with Our New Website!](#)

Mended Hearts Chapter 56 is pleased to announce the launch of the new chapter website.

www.mendedheartsnj56.org

Please take a look at the website for the latest news. Thank you to Jesse Stromeyer, the website chairperson, for creating this valuable resource for our members.



Visiting Chairman's Report

by Victor Fabry

"Heart disease isn't just a man's disease."

Heart attack, stroke and other cardiovascular diseases are devastating to women, too. Coronary heart disease is the single leading cause of death for American women. Nearly twice as many women in the United States die of heart disease, and stroke as from all forms of cancer, including breast cancer.

The American Heart Association has identified several factors that increase the risk of heart disease and stroke. Some of these risk factors you can't control, such as increasing age, family health history, and race and gender. But you can modify, treat or control many other risk factors to lower your risk.

What risk factors for heart disease that you can control?

Tobacco: Smoking is the single most preventable cause of death in the United States. Smoking is a major cause of cardiovascular heart disease among women.

Cholesterol: High blood cholesterol is a major risk factor for heart disease and also increases the risk of stroke. High levels of LDL ("bad" cholesterol) raise the risk of heart disease and

heart attack. High levels of HDL ("good" cholesterol) lower the risk of heart disease.

Blood Pressure: High blood pressure is a major risk factor for heart attack and the most important risk factor for stroke. Women have an increased risk of developing high blood pressure if they are obese or have a family history of high blood pressure.

Physical Activity: Studies have found that heart disease is almost twice as likely to develop in inactive people, than in those who are active. The American Heart Association recommends accumulating at least 30 minutes of physical activity on most or all days of the week.

Overweight: If you have too much fat located in your waist area, you're at higher risk for heart disease, in addition to high blood pressure, diabetes, and stroke.

Please think about developing a plan to include some of these ways you can reduce the risk of Coronary Heart disease.

Daisy's Heart Healthy Recipes

By Daisy Wary



Oatmeal with Fresh Berry Sauce Serves: 2

- 1/2 cup fresh blueberries
- 1/2 cup fresh raspberries
- 3 tablespoons water
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon vanilla extract
- 1 cup fat-free milk
- 1/8 teaspoon salt
- 1/8 teaspoon cinnamon
- 1 cup uncooked instant oatmeal

Bring blueberries, raspberries and water to boil in small saucepan over medium heat. Cook, stirring occasionally, until mixture thickens slightly, 3-4 minutes. Remove from heat, stir in orange zest and vanilla and set aside.

Bring milk, salt and cinnamon to boil in separate small saucepan. Add oatmeal, reduce the heat and cook, stirring occasionally, until thickened, about 1 minute.

Divide oatmeal between 2 bowls. Spoon half berry sauce into each and serve at once.

NOTE: If using frozen berries, reduce water to 1-2 tablespoons and allow a few extra minutes cooking time for berry sauce to thicken in first step.

Source: Weight Watcher's Cookbook "Pure Comfort"

Marcy's Caregiver Corner

By Marcy Brooks

Lend me your ears caregivers, I know I have your heart.

Humor. Interesting word as well as a concept. You may ask yourself, how can I mix humor at this serious time in my life? A loved one is seriously ill in the hospital. Not how can you, but yes do! Balance, as philosophers say, is the key to a better life. Take ownership of your responsibility to yourself. Humor inspires hope.

Joke books are a start. Surely, there is one that appeals to your funny bone. Remember when laughter is shared, it binds people together and increases happiness. Humor allows you to see situations in a more realistic and less threatening light. Humor is not only a relief for you but your loved one as well. A smile, a chuckle, or a hearty laugh is welcomed. How relaxing and "a feel good" moment is a hearty laugh!

Some doctors are known to use humor to reduce patient's apprehension. As they give the craved

information, a smile with a humorous comment is well intended and should be received as such. Laughter can enhance teamwork. This is a good type of relationship.



Have you noticed how contagious a smile is? You must return a smile. A smile not only brightens one's face but puts a shine into your eyes. Try it. Now match a pleasant gesture with brighter colors. Who says you cannot wear a sunny yellow in the winter? If it makes you feel good on a cold winter day, then the color must do the same for those you encounter.

Laughing is said to not only improve your mood but reduce stress. Laughter adds joy and zest to your life. It is interesting how the good feeling you get when you laugh remains with you even after the laughter subsides.

Balance your life. This too shall pass. Unpleasantness is not forever. You need humor to keep positive and optimistic through difficult situations. Remember laugh out loud and laugh often. It is fun to be caught laughing.

Keep smiling. Stand strong. YOU ARE NEEDED.

Harvey's Tips for Good Health by Dr. Harvey Brooks

In the past, we have discussed oral health and its relationship to cardiovascular disease. In today's article, I would like to discuss "Healthful Eating". I like to use this instead of calling it a "diet". The heart, mouth, and body all strive on proper nutrition.

The twelfth century philosopher, Maimonides, said, "No disease that can be treated by diet should be treated by any other means".

Levels high in cholesterol, above 200mg, total fat greater than 30% of calories, saturated fat or trans fat, sodium and calories in excess of need all carry a high risk for cardiovascular disease. Excessive sugar in the form of solids, syrups, or other liquids should never be added to your food preparations. This can be detrimental to your teeth as well as overall health.

Eating foods such as apples, celery, and carrots have a natural cleaning effect on teeth, and stimulate gum tissue. These foods are healthy and make excellent snacks throughout the day.

The American Heart Association recommendations for CVD risk reduction encourage a balance of energy intake and physical activity to achieve and maintain a proper weight. There recommendations are:



1. A diet rich in fruit, vegetables, whole grain, and high fiber food.
2. Eat fish two or more times per week.
3. Minimal consumption of trans fat and hydrogenated fat.
4. Food with reduced or no salt.
5. Minimal intake of foods and fluids with sugar.
6. Lean meat or vegetable protein alternatives.
7. Consume alcohol in moderation.

Finally, I repeat the three responsibilities of a cardiovascular patient.

1. Maintain a healthy mouth.
2. Inform your dentist of your heart problems.
3. Follow your physician's and dentist's instruction.