



HEARTbeat

HEARTBEAT

SPRING EDITION 2011

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.

Dr. Magovern presented to Mended Heart members a seminar on the amazing advancements of robotics and heart surgery. Dr. Magovern showed real video of his operations to demonstrate how robotics are used in open heart surgeries.



Meetings

With Spring just around the corner, Mended Hearts Chapter # 56 is excited to see all of you at our upcoming meetings



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

February 27, 2011 1:30pm
Dr. Brown
Gagnon Cardiovascular Institute
Wilf Conference Room

March 27, 2011 1:30pm
Motivational Rap Session
Gagnon Cardiovascular Institute
Level D

Officers and Chairpersons

President
Harvey Brooks
973-376-6718

Vice President
Marcy Brooks
973-376-6718

Treasurer
Mary Ann Wary
973-267-4267

Secretary
Donna Farley
908-684-8295

Visiting Chairman
Victor Fabry
973-879-5647

Past President /
ARD Northeast Region
George Pometti
973-943-1827

Membership / Website
Chairperson
Jesse Stromeyer
908-418-1484

Fundraising Chairperson
George Pometti, Sr.

Newsletter Editor
Jesse Stromeyer

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



President's Message



Dear Members and Future Members,

Happy New Year! I wish everyone a very healthy 2011.

I am looking forward to an exciting year for Chapter 56. We start off with featured speakers, Dr. Magovern and Dr. Brown, for January and February respectively. We will have a rap session (first of its kind at Gagnon) in March. At this session, we can all share and learn from each other.

We all know that February is American Heart Month, and we will be participating in the Cardiovascular Health Fair at Gagnon on February the 12th. I am looking for NEW volunteers to speak and man our booth. A special thanks to those who have participated in the past, present and future.

I have received end of the year visitor numbers from Victor Fabry, Visiting Chairman, and I am very impressed with the almost 50% increase. The Chapter and I thank all our hard working visitors, and I think you are all wonderful and inspiring. This is what we are all about.

I am saddened by the passing of our visiting chairman emeritus, Dr. Alexander (Sandy) Sadle. He was an outstanding member and visitor of Chapter 56. He logged over 4,000 volunteer hours helping others. He also spent many years helping patients navigate through their insurance problems and questions. He will be fondly remembered by all the people he made contact with. On a personal note, Sandy and his wife were instrumental in bringing Marcy and I into the Chapter. He always made his tasks seem effortless. We all extend our sincere condolences to his wife, Mollie, and his family. May his life be an inspiration to all of us.

I end again with our Motto because it is so appropriate.

"It is great to be alive and to help others." Dr. Harvey Brooks

In Memoriam

With much sadness, we note the passing on December 29, 2010 of long time visiting team member Dr. Alexander "Sandy" Sadle. Sandy was a dedicated Mended Hearts member, a great conversationalist and mentor to his fellow Mended Hearts colleagues. We extend our sincere condolences to his wife Mollie, and the rest of his family.

Know Your Medications By Marcy Brooks

At our November meeting, we had the pleasure of listening to Michael Serra, who is a Clinical Pharmacy Specialist in Cardiology at the Gagnon Cardiovascular Institute. He is Board Certified as a Pharmacological Specialist by the American College of Clinical Pharmacy. He has specialized training in heart failure and anticoagulation management. His daily responsibilities at Gagnon are to work closely with physicians and nurses to ensure patients are receiving their medications in a safe and efficient way. His goal is to help optimize therapies to ensure patients receive the best outcomes from their medications.

It was emphasized that people should have RESPECT FOR MEDICATION. They should take their medication in a responsible manner. To be knowledgeable and understanding why their meds were prescribed, how long they are to be on certain meds, and if there are any further questions they should consult with their pharmacist and physician. Medications do have risks and people can have allergic reactions. It is not uncommon that certain drugs cause such side effects as headaches and/or stomach aches.

Our audience was surprised to hear that the difference between over the counter drugs and prescription drugs is the dosage. Another point that was stressed was that herbal supplements

continued on page 3

PISTACHIO YOGURT PIE

20 oz. can crushed pineapple (not drained)

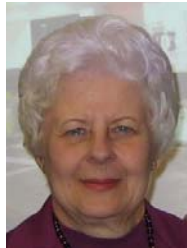
1 pkg. pistachio instant pudding

8 oz. plain yogurt - fat free

8 oz. Cool Whip - fat free

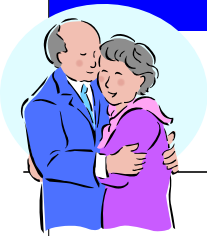
Graham cracker pie crust

Heart Healthy Recipe By Daisy Wary



Mix pineapple and instant pudding together. Fold in yogurt and Cool Whip. Put into pie crust and refrigerate for at least 4 hours. Best if served chilled.

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



Marcy's Caregiver Corner

By Marcy Brooks

Be Optimistic

Yes, there is a choice in life to be optimistic or pessimistic. In the hospital setting, if one feels optimism is the way to go; anticipate the best possible outcome. We all have heard that a pessimistic views a glass as half empty, and an optimist views a glass as half full. It is a mind set of how one looks at events. Some people believe that we are not all pessimistic or all optimistic in our thoughts and behaviors, but it depends on the situation that we choose. It is believed that if you feel something will go wrong; it usually does. Pessimism will color your actions and choices and will reap the expected bad outcome.

I am here to convince you to choose optimism. You need to feel that you deserve to experience the best in life. You not only should act optimistically but think optimistically as well. For example, your loved one is given a room down the hall. Wonderful you should think. The room is located away from the elevator as well as the nurses' station, which means less noise and more time to relax.

Studies have shown that optimism helps people cope with disease and recover from surgery. Research has shown that if an optimistic outlook is adopted early in life better health can be predicted. These optimists tend to lead healthy life styles, build stronger social support networks, and get better medical care. Furthermore, some stud-

ies report that optimists are more likely to exercise, less likely to add smoking to their life, more likely to live with a spouse, and more likely to follow medical advice.



People have said that they are helped to recover after a cardiac procedure if they continue to have a "sunny outlook". Another positive is that this outlook reduces the risk of developing one of the major risks for cardiovascular disease-hypertension. Optimism is good for blood pressure as well. One can conclude that optimism appears to protect the heart and circulation.

Research has claimed that the key to success and happiness is an optimistic attitude or positive thinking. A bonus is that positive thinking can reduce tension and enhance emotional well being and cardiovascular health. In the face of difficulties, optimists are shown to be more resilient. Furthermore, optimists are said to have healthier life style habits and they can cope with stress more easily. Their key to success is their proactive approach to life and their ability to see the possible in the impossible. Remember with your positive thinking; common sense must be in the equation. Happiness is not the destination, but it is the journey. Caregivers, help your loved ones on this journey.

Keep smiling. Stand strong. YOU ARE NEEDED..

Continued from page 2

should be taken with the knowledge that there are no government regulations. Whereas with prescription medications, they are monitored, tested, and studied for up to 12 years prior to reaching the market place.

Part of Michael Serra's busy schedule includes reviewing and recommending dose adjustments considering organ dysfunction and age specific differences if applicable for all medications. Also, he reviews patient's values for undesirable and desirable effects of drug therapy.

The discussion was well received. It appeared that our audience had many of their questions answered. They left being aware of the importance of knowing the WHY AND HOW of their medications.



Dr. Harvey Brooks and Marcy Brooks present Dr. Magovern a certificate of appreciation for his presentation on January 23rd.

Visiting Chairman's Report

by Victor Fabry



Tips for a longer life

No matter what your age, you have the power to change many of the variables that influence how long you live, and how active and vital you feel in your later years. Actions you can take to increase your odds of a longer and more satisfying life span are really quite simple:

1. Don't smoke.
2. Enjoy physical and mental activities every day.
3. Eat a healthy diet rich in whole grains, vegetables, and fruits, and substitute healthier monounsaturated and polyunsaturated fats for unhealthy saturated fats and trans fats.
4. Take a daily multivitamin, and be sure to get enough calcium and vitamin D.
5. Maintain a healthy weight and body shape.
6. Challenge your mind. Keep learning and trying new activities.
7. Build a strong social network.
8. Follow preventive care and screening guidelines.
9. Floss, brush, and see a dentist regularly.
10. Ask your doctor if medication can help you control the potential long-term side effects of chronic conditions such as high blood pressure, osteoporosis, or high cholesterol.

Smoking: An enemy of longevity

If you want to live a long, healthy life, make sure you're among the nonsmokers. Smoking contributes to heart disease, osteoporosis, emphysema and other chronic lung problems, and stroke. It makes breathing during exercise much harder and thus can make activity less enticing. It appears to compromise memory, too.

The news does get better. People who quit smoking can repair some, if not all, of the damage done. After a smoker quits, the risk of heart disease begins to drop within a few months, and in five years, it matches that of someone who never smoked. Stroke risk drops to equal that of a nonsmoker within two to four years after a smoker quits, according to one study. The death rate from colorectal cancer also decreases each year after quitting. At any age, quitting progressively cuts your risk of dying from cancer related to smoking, although this drop is most marked in those who quit before age 50.

Diet and aging:

Plenty of research suggests that eating healthy foods can help extend your life and improve your health. Studies reveal that a healthy diet can help you sidestep ailments that plague people more as they age, including heart disease, hypertension, can-

cer, and cataracts.

Fruits and Vegetables

Get at least five servings of fruits and vegetables a day. When filling your plate with fruits and vegetables, choose from a full color palette. For even more health benefits, aim for nine servings a day. To get there, choose vegetable soups and vegetable or fruit salads. Sprinkle fruit on breakfast cereal, and select it for snacks or as a sweet end note after meals.

Carbohydrates

Choose whole-grain foods over those made with refined grains, such as white bread. Look beyond popular choices like whole oats and brown rice to lesser-known whole grains like barley, bulgur, kasha, and quinoa. Limit your intake of white potatoes.

Protein

Favor fish and well-trimmed poultry. If you do eat beef, pick lean cuts. Emphasize plant sources of protein, such as beans, nuts, and grains, to help you bypass unhealthy fats predominant in animal sources. Enjoying a wide variety of vegetables and eating beans and grains helps you get a full complement of amino acids over the course of a week. Shy away from protein sources high in saturated fat. Whenever possible, use monounsaturated and polyunsaturated oils. Avoid Trans-fats entirely. Limit saturated fats to less than 7% of daily calories and total fat to 20% to 30% of daily calories.

Omega-3 Fatty Acids

If you don't have coronary artery disease, the American Heart Association recommends eating foods rich in omega-3 fatty acids, such as salmon, trout, or mackerel, twice weekly. If you have documented coronary artery disease, consume roughly 1 gram a day of EPA or DHA from oily fish and supplements if your doctor advises this.

Calories and Exercise

Taking in more calories than you burn off adds extra pounds. By burning off more calories than you take in, you will lose weight. A moderately active person who gets about 30 minutes of exercise a day needs 15 calories of food for each pound of body weight. To lose a pound a week, you need to lop off about 500 calories a day by becoming more active and eating less.

If you are struggling to maintain a healthy weight or need to lose weight, the 2005 Dietary Guidelines for Americans recommend 60 to 90 minutes a day of moderate activity. You can work out in one daily session or shorter bouts at least 10 minutes long. Walking is safe for practically everyone. Talk to your doctor if you'd like to include more vigorous activities, which give you twice the bang for your exercise buck — that is, one minute of vigorous activity equals roughly two minutes of moderate activity.