



HEARTbeat

WINTER EDITION

**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.

Save the Dates

We look forward to the valuable contributions made by our guest speakers. Please join us for the following upcoming meetings at Morristown Memorial Hospital. All are welcome to attend.

**December 12, 2010 1:30 p.m.
Holiday Party!**

All members, friends and family are welcome

**January 23, 2011 1:30 p.m.
Dr. Macgovern**

Gagnon Cardiovascular Institute
WILF Conference Room

**February 27, 2011 1:30 p.m.
Dr. Brown**

Gagnon Cardiovascular Institute
WILF Conference Room

**March 27, 2011 1:30 p.m.
Motivational Rap Session**

Gagnon Cardiovascular Institute
WILF Conference Room

The Mended Hearts Inc., Chapter 56

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

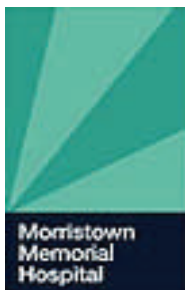
Visiting Chairman Emeritus
Sandy Sadle
973-539-5728

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



Morristown Memorial Hospital host in- house blood drives!

The blood drives occur at Morristown Memorial Hospital. Please contact Loretta Ferrara at Loretta.Ferrara@atlanticehealth.org to find out more details or visit our website for upcoming dates. Also please see article on **page 4** for more information related to donating blood.



*Its great to be alive—and to
help others*

President's Message



Our officers are all working very hard to make our Chapter outstanding! We had three new members last year, and we have plans to increase our membership this year. Jesse is constantly improving our website and newsletters, and we are eternally looking for new and better ways to communicate. E-mail is our most favorable way, and I urge everyone to submit their E-mail addresses to anyone on our Executive Board.

George Pometti (ARD) and Priscilla Soucy (RD) have asked us to organize a Cluster Meeting for the Northeast area. We have started to arrange it for April 16, 2011. Details will follow. This is a wonderful opportunity for our chapter, and we are looking forward to it. The last cluster meeting Victor, Daisy and I attended, and it was hosted at Hackensack Hospital. It was very informative, and we got to network with chapters of the tri-state area.

This year we are having our December Holiday party on December 12th 2010. We will again be entertained by Pastor Barry Brown's Tabernacle Faith Church from Morristown. They will be under the guidance of Janice Wilkerson. Janice has been with Morristown Memorial for 18 years. Fourteen of those years has been spent in the Cath Lab. Janice relayed that she comes from a singing

family; she not only loves to sing but her other passions are cooking and reading. She and her husband of 11 years grew up in Morristown. They are very proud of their 5 year old son.

I am also looking forward to our first RAP SESSION in March of 2011. I am working with someone who successfully ran some in the past. He is a heart survivor, and you will be amazed by his encouraging story.

Looking forward to the future. I want to wish everyone Healthy, Happy and Joyous Holidays. Remember our motto:

"It is great to be alive and to help others."

Dr. Harvey Brooks

Recent Meetings/Events



Above: Dr. Harvey Brooks, President Chapter 56 Morristown, NJ, presenting Dr. Parr with a certificate of appreciation for his History of Gagnon presentation. Below: Dr. Harvey and Marcy Brooks present Dr. Smart a Mended Hearts certificate after his informative presentation on ventricular devices.



Above: Mended Hearts Officer Donna Farley leads the way at the Morris County American Heart Association Heart Walk. Donna was cheered on by her family and other Mended Heart Members as she ran the 5k in a personal record time. Overall the event raised over \$400 thousand for vital research, education, and programs to build healthier lives, free of cardiovascular disease and stroke.

Visiting Chairman's Report

by Victor Fabry

Dental Health and Heart Disease



Can periodontal disease and gum inflammation be linked to heart disease? Several different studies conducted by cardiologists, and by periodontists (specialists in gum disease) now suggest that there are connections between dental health and heart disease. People with gum disease, with false teeth, or with deteriorating teeth are all much more likely to have heart disease.

What these studies reveal is that people who suffered heart attacks, who need transplants, or who need heart surgery are much more likely to have dental problems. Chief among these was periodontal or gum disease, which means a large amount of bacteria are present in the mouth.

It is theorized that one of the connections between dental health and heart disease is what the blood stream does with bacteria from the mouth. Oral bacteria could harm blood vessels or cause blood clots by releasing toxins that resemble proteins found in artery walls or the bloodstream. The immune system's response to these toxins could harm vessel walls or make blood clot more easily. It may end up lining the walls of your arteries, causing atherosclerosis and artery blockage, or alternately, certain forms of strep bacteria can cause vegetative matter to grow in the valves of your heart, called bacterial endocarditis.

People who have had surgeries, especially surgeries that used artificial valves, conduits or stents absolutely need antibiotic treatment prior to receiving any type of dental treatment, even a teeth cleaning. It is always important to talk to your dentist about heart conditions or surgeries you've had, and to ask your cardiologist if you need what are called prophylactic antibiotics prior to seeing the dentist. This large single dose of antibiotics taken an hour prior to dental work does prevent the greater risk of developing bacterial endocarditis.

Prevention of gum disease includes brushing and flossing every day plus seeing your dentist at least twice a year for regular cleanings and oral exams. If you have gum disease, you should check with your dentist about antibiotic mouthwashes that can help remove bacteria from your mouth prior to flossing. This will contribute to your oral health and just may benefit your heart as well.

Marcy's Caregiver Corner

By Marcy Brooks

Losing who you are is not uncommon in a hospital setting. You get to be known as the heart attack patient in room 305, or the new patient on the floor, or whatever other adjectives are needed to get you immediate care. It is difficult for nurses and doctors to make our stay more personalized; therefore it is up to the caregiver and the patient to give our room a more personalized touch. Please note whatever suggestions are made must be checked with one's roommate or the hospital staff.

When visiting it is so gratifying to see that the patient has a picture of his/her family, or there is a recent trip that was taken. Everyone is smiling, and memories come flooding to the patient when asked about that special picture. What grandparent does not want to engage in a conversation about the grandchildren? Their names, what they are doing, and even their family dog has a name to be shared.

Books from home are often seen. Whether the patient gets to more pages read or not; the book is there for the offering. One can see the interests of the patient through the choice of books. In visiting, there has been travel books, romantic novels for the women, and golf techniques for the men.

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

Become a Blood Donor

By Marcy Brooks

Mended Hearts Chapter 56 had a very informative presentation by Loretta Ferrara who explained the need for blood donations. It was emphasized how Overlook Hospital and Morristown Memorial Hospital depend upon volunteer donors for their much needed supply of blood and platelets.

Ms. Ferrara started her career as a lab tech and later became a Blood Donor Recruiter. Her career has spanned over 38 years, and it seems she has never lost her enthusiasm for what she does. Ms. Ferrara also is involved with running the mobile blood drives. She will go to the requested site to collect blood from various organizations, if indeed the organization has at least 20 or more people interested in donating blood.

To contact Ms. Ferrara please

email loretta.ferrara@atlantichalth.org or call 973-971-5747.

It was interesting to note the qualifications of a donor. To be eligible to donate blood or platelets: You must be in good health; 16 years old with parental written consent; otherwise 17 years – 75 years old; 76 years or older need medical clearance from a doctor; you must weigh at least 110 pounds; and must present identification such as a driver's license. Every eight weeks you can give a pint of blood since the average adult has 10 to 12 pints of blood. It was noted that during the holidays the amount of donors decreases, and this is the time of the most need.

Remember you can save 3 lives by donating a pint of blood!

Marcy's Caregiver Corner

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A special pin I have seen some women patients wear for good luck. There have been some religious articles, and why not? Colors are very inspiring. It has been known that yellow often symbolizes joy and happiness. Red is known for the feeling of confidence, courage, and vitality. If flowers are allowed, think of the flowers by the color they represent. It can produce a welcome effect on the patient. Caregivers, when you select your visiting outfit you should keep in mind the color spectrum as well.

From colors think of the various smells. Certain scents have been known to trigger your olfactory system to soothe your brain. Some known pleasant smells are: lemon oil, which is said to lift your mood with thoughts of sunshine; peppermint, which can make you feel less tired; and lavender, which is said to be very soothing. Lavender is even good for the caregiver to use in their bath, and it helps to decompress after a long day.

Healing is much more than what the medicine can do. What every patient wants is to get back to the life they have left for awhile. Good reminders such as family pictures and the like can be seen as a stimulus. Resuming a productive life is the goal, and the caregiver is there to help their loved one reach this goal.

Keep smiling. Stand strong. YOU ARE NEEDED!



Daisy's Heart Healthy Recipes

By Daisy Wary

Pumpkin Dip

-15 oz. can pure pumpkin
(not pie filling)

- 8 oz. fat free cream
cheese

- 2 cups confectioner's
sugar

-1 tbsp. pumpkin spice

- tsp. orange extract

- Whip all together and
serve with sliced apples.

