



THE STETHOSCOPE

The Mended Hearts, Inc.

February 2012



President's Message

I first want to call your attention to page 2 – we are scheduling our meetings this year for every other month. On March 8, our guest speaker will talk about “Exercise and the Heart.”

We have terrific support from Porter Adventist Hospital for the meetings: people on staff are eager to talk to us in their specialty. The conference room provided is very nice, coffee and tea provided. All we need is YOU. Meetings are always interesting and offer a chance to meet other Chapter members.

To that end, I have prepared a list of potential topics for upcoming meetings. I invite Chapter members to review and select up to three topics for coming meetings. Prioritize your choices by “1”, or “2”, or “3”.

Here is a list to choose from or you can choose “other”:

- Diet and your Heart
- Stroke
- Cholesterol Management
- Stents/Angioplasty
- Blood Thinner Medications
- Pacemakers
- Calcium Scores (Diagnostic Testing)
- Other (*describe*) _____

Please return your response via email to me at jer2matt@msn.com.

Your opinion and support are important to your chapter.

Thanks in advance, hope to see you at our next meeting.

Jerry Mattson

Denver Rocky Mountain Chapter No. 42

Co-Presidents:

Bob Poncar 303 452-2673
Jerry Mattson 303 972-2985

Vice President:

- *By Committee* -

Secretary:

Dwight Hapeman 303 803-6824

Treasurer:

John Fein 720 922-1880

Membership:

Paulette Poncar 303 452-2673

Newsletter Editor:

Jerry Mattson 303 972-2985

Social Chair:

Kevin McCoy 303 736-0764

Sunshine Lady:

Marilyn Wren 303 936.1234

Visiting Coordinator:

Chris Esch 303 268-2657

Visiting Trainers:

Bob & Paulette Poncar
303 452-2673

Meeting Greeter:

Marilyn Wren 303 936.1234

Mended Hearts Meeting Schedules

When: Second Thursday of the month

Time: 1:00 P.M. – 2:30 P.M.

Where: Porter Hospital, 2525 South Downing St., Denver (Downing and E. Harvard).

Valet parking available – FREE!

Enter Ground Floor. Take stairs or elevator to 1st Floor. Past Gift Shop (North) to **Conference Room Center. Check Bulletin Board for Room Location**

Phone number (for directions)
303.778.5610

For more information call Jerry Mattson
303-972-2985

Meeting Schedule	Scheduled Topic
January 12, 2012	Advances in Cardiac Procedures, part 2
March 8, 2012	Exercise and Your Heart
May 10, 2012	
July 12, 2012	
September 13, 2012	
November 8, 2012	

February is Heart Month February 11 is Pot Luck Luncheon

Come help celebrate Valentine's Day in support of women's fight against heart disease and stroke

Visitor Training from 10:30 AM to 12:00 PM

Luncheon from 12:00 PM to 3:00 PM

Please bring a dish for 6 people. Turkey and Ham will be provided. And don't forget your place setting(s).

**Questions? Call Gil and Marge Lyons:
303.427.4093**

Date	Social Activities
<i>February 11, 2012 from 10:30 am to 3:00 pm.</i>	Heart Month – potluck at Clements Center, 1580 Yarrow St., Lakewood, CO 80214 Directions? Call 303.736.4837
<i>August 2012</i>	Annual Picnic August 11, 2012 at DeKoevand Park
<i>December 2012</i>	Christmas Dinner (dates and location to be announced)

Kenny and the Donkey

A city boy, Kenny, moved to the country and bought a donkey from an old farmer for \$100.

Early in the morning, the farmer drove over to Kenny's.

"Sorry son," the farmer said, "the donkey died."

Kenny asked for his money back, but the farmer said he already spent it.

Kenny said, "OK then, just unload the donkey. I'll raffle him off."

A month later the farmer met up with Kenny, who said he sold 500 raffle tickets at \$2 each and made a profit of \$898."

"Didn't anyone complain because the donkey was dead?" the farmer asked.

"Just the guy who won. So I gave him his two dollars back!"

Chapter 42 Visiting Report

Chapter Visiting Chair:

Chris Esch

December 2011 Chairpersons	Hospital	Total Patient Visits	Number Patients Visited	Visits to Families
Wayne Klish	Aurora Medical	3	3	0
Kevin McCoy	Good Samaritan			
John Fein	Lutheran Medical	16	14	2
Sally Cudrik	Memorial Hospital, C.S.	49	17	
Bill Unrein	North CO Medical Center	67	67	3
Jerry Mattson	Porter Adventist	51	29	9
Gordon Duffy	Presbyterian St. Luke's			
Dick Adams	Rose	2	2	0
	St. Anthony's			
Carl Maier	Swedish Medical	47	34	1
Selmer Pederson	University	26	21	7
	TOTALS	261	187	22

“It’s great to be alive - and to help others!”

Fatherhood May Help Keep a Man Alive

New research suggests that dads are a little less likely to die of heart related problems than childless men. The study, done by AARP, the government and several universities, is the largest ever on male fertility and mortality involving nearly 138,000 men.

Previous research suggests that marriage, having a lot of friends and even having a dog can lower the chance of heart problems and cardiac related deaths. Similarly, kids may even take care of you or give you a reason to take better care of yourself.

There is emerging evidence, published by the *Journal of Human Reproduction*, that male infertility "is a window into a man's later health" according to Dr. Michael Eisenberg, a Stanford University fertility specialist who led this study. Dr. Robert Eckel, Professor of Medicine at University of Colorado, Denver, says too little testosterone can cause HDL (the good cholesterol) to fall – a key risk factor for heart disease. Dads were 17% less likely to die from cardiovascular causes than were childless men.

World View Research – An AARP study

Rich Braudis
Colorado Springs

Inspiring Music

A minister was wondering how to ask the congregation to come up with more money for repairs to the church.

And he was annoyed to find that the regular organist was sick and a substitute had been brought in. The substitute wanted to know what to play. "Here's a copy of the service," he said impatiently. "But you'll have to think of something to play after I make the announcement about the finances."

During the service, the minister said, "Brothers and Sisters, we are in great difficulty; the roof repairs cost twice as much as we expected, and we need \$4,000 more. Any of you who can pledge \$100, please stand up."

At that moment, the organist played "The Star Spangled Banner."

A New Year for Heart Health

CardioSmart January 5, 2012-- Upon ringing in the New Year, many of us reflect on the past year and set new goals for the coming months. Whether we want to make changes within our families, careers or relationships, we all strive to better ourselves. Although priorities may differ from one person to the next, we all have one thing in common — our health. But addressing our own health is often the first thing to fall by the wayside in the midst of our busy lives. How can we ensure that we stick to our guns and really set out to improve our health over the next year and beyond? Be sure to choose goals that are measurable and easy to incorporate into your daily life, yet have the greatest impact on your health and wellness. Need some ideas? Here are some great New Year's resolutions that will not only help promote good health but make you feel great too!

1. **If you are a smoker, make a plan to quit.** By quitting smoking, you can cut your cardiovascular risk in half in a short time and eventually reduce your risk to that of a non-smoker. But most importantly, you don't have to do it alone. Although some individuals may prefer to quit cold turkey, there are a number of ways to help make quitting smoking a little bit easier, from nicotine replacement therapies to support groups.
2. **Improve your diet.** Research has shown that a few simple changes can really make a big impact on your health. By reducing your sodium intake and limiting intake of processed foods, you can help reduce or control your blood pressure. And by replacing those high-sodium processed foods with more lean protein and fresh fruits and vegetables, you can help improve your heart health and feel more satisfied after meals. But if you're not ready to ditch your guilty pleasures, try to reduce your portion sizes or find lower-calorie alternatives.
3. **Increase your physical activity.** Incorporating more physical activity into your daily life, from cleaning the house to walking or biking, can help greatly improve your cardiovascular health. You only need about 30 minutes of exercise most days of the week to make an impact, so set aside a little time each day to do an activity that you enjoy that gets you up and moving.
4. **Improve communication with your healthcare provider.** Research has shown that patients having a good relationship with their healthcare providers receive better care and are happier with the care they receive. So take a few minutes to think about what appointments you need to schedule and any concerns that you would like to discuss with your doctors this year.

“It's great to be alive - and to help others!”

Top 5 Things to Know About Coronary Artery Bypass Graft (CABG) Surgery

CardioSmart November 23, 2011-- Coronary heart disease, also known as [coronary artery disease](#), is a condition in which plaque builds up in the arteries, narrowing or even blocking the flow of blood to the heart. If severe, coronary heart disease can cause chest pain, shortness of breath, heart attack and even death. And although coronary heart disease can be treated with lifestyle changes and medication, surgery may be necessary for patients with severe blockage of the arteries.

The most common type of surgery used to treat patients with severe heart disease is called [coronary artery bypass graft](#) (CABG). During this procedure, a healthy artery or vein from the body is connected to the blocked coronary artery, creating a new passage for blood to flow through. And thanks to research and updated guidelines from the American College of Cardiology Foundation and the American Heart Association, more is known about CABG than ever. So what should all patients know about this surgery?

1. CABG is an appropriate treatment option for patients with coronary artery disease who have severe blockage of the coronary arteries. Unless in an emergency situation, CABG should be used after alternative treatments (lifestyle modification and medication) have failed.
2. There are two different types of CABG, including on-pump and off-pump. On-pump surgery is the traditional CABG procedure, which stops the heart and utilizes a heart-lung bypass machine to pump blood throughout the body during surgery. During off-pump CABG, the heart is not stopped and a heart-lung bypass machine is not used. Off-pump CABG may be used on some patients to minimize certain risks during surgery.
3. Less invasive procedures can be used as an alternative to CABG, called [percutaneous coronary intervention](#) (PCI) or angioplasty. During this procedure, doctors feed a small balloon and catheter through blood vessels to the heart, inflating the balloon to compress plaque in blocked arteries and restoring blood flow. Although angioplasty is less-invasive, CABG is often the safest option for higher risk patients with multiple blocked arteries and/or other risk factors, such as diabetes and renal disease.
4. A variety of [medications](#) have proven effective in improving outcomes of CABG, including antiplatelet therapy, beta blockers, ACE inhibitors and statins. Most patients should adhere to these treatments before and after surgery, unless otherwise instructed by their doctors.
5. Although CABG can be extremely effective in treating coronary heart disease, it has risk of complications, such as wound infections, renal dysfunction, bleeding and stroke. Risk of complications increases in patients with poorer health, such as the elderly, end-stage renal disease and [diabetes](#). In all cases, benefits and risks of CABG should be weighed before making a decision on surgery.

THE STETHOSCOPE

The Mended Hearts, Inc. Denver Rocky Mountain Chapter 42

AN INVITATION TO THE NEWLY MENDED

If you recently had heart surgery or a heart-related procedure, you may have met a member of our Denver "Mended Hearts" Chapter. Our trained patient visitors offer support, personal examples, and encouragement for "happy outcomes", along with the "miracle coughing pillow". Patient visitors will ask for your email address so we can email our newsletter to you. We hope we helped you, and that Mended Hearts will continue to be an active part of your life. Our volunteers are dedicated, sincere and give much of their time.

We invite you, the newly mended, to become an "active member". The Denver Chapter requires active help with the hospital visiting, mailing, and fund-raising programs. Attend a meeting, and share the fellowship with us. To join, simply fill in the application below, write a check for the first year National and Chapter dues and mail to our Treasurer.

MEMBERSHIP APPLICATION:

(All dues and donations are Tax Deductible)

- New
- Renewal
- Individual
- Family
- Life Individual
- Life Family
- Pillow Donation**

Please Print:

Last Name _____ First Name _____ Spouse _____
 Address _____ City _____ State _____ Zip _____
 Home phone _____ Work phone _____ Retired: Yes No
 Date of birth _____ **Email address** _____

- I want to help by:
- Hospitality
 - Visiting Patients
 - Membership
 - Telephoning
 - Public Relations
 - Car Pooling
 - Other Activities

- I am not a heart patient, but wish to support the work of Mended Hearts.
 - I am not prepared to join Mended Hearts but enclose a contribution of \$ _____
- Date(s) and Type of Procedure _____
 (Valve, Bypass, Angioplasty, Cardiac Catheterization w/out follow-up surgery, Heart Attack, Pacemaker Implant.....)
 Other Heart Surgery _____

Hospital where performed _____
 Patient Name _____

(National membership is required for chapter affiliation; this form covers both.)

MEMBERSHIP TYPE	MEMBERSHIP DUES SCHEDULE	ANNUAL RENEWAL
<input type="checkbox"/> Individual	Nat'l \$17.00 + Chapter \$5.00 = \$22.00	\$22.00
<input type="checkbox"/> Family	Nat'l \$24.00 + Chapter \$7.00 = \$31.00	\$31.00
<input type="checkbox"/> Nat'l Life/Individual	Nat'l \$150.00 + 1 st Yr. Chapter 5.00 = \$155.00	\$5.00 (Chapter)
<input type="checkbox"/> Nat'l Life/Family	Nat'l \$210.00 + 1 st Yr. Chapter 7.00 = \$217.00	\$7.00 (Chapter)

Membership covers 12 months, renewable at the anniversary month and includes subscription to the quarterly journal, "Heartbeat" and the Chapter newsletter, "Stethoscope." New members receive lapel pins, one for each member.

Please make checks payable to: **Mended Hearts, Inc.** John Fein, 7428 South Alkire Street, Apt. #106, Littleton, CO 80127-3257

If you have internet access, you can find the "Stethoscope" at <http://coloradoacc.org/education/education1.html>

**The Mended Hearts Inc
Denver Rocky Mountain Chapter No. 42
1685 S. Colorado Blvd. Unit S #262
Denver, CO 80222**



The Mended Hearts, Inc.

The Mended Hearts, Inc. (MHI) is a national voluntary health education, nonprofit organization. The purpose of this organization is to offer help, support, and encouragement to heart disease patients and their families and to achieve this objective in the following manner:

- ♥ To visit, with physician approval, and to offer encouragement and support to heart disease patients and their families.
- ♥ To distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families.
- ♥ To establish and maintain a program of assistance to physicians, nurses, medical professionals, and health care organizations in their work with heart disease patients and their families.
- ♥ To cooperate with organizations in education and research activities pertaining to heart disease.
- ♥ To establish and assist heart disease rehabilitation programs for members and their families.
- ♥ To plan and conduct suitable programs of social and educational interest for members and heart disease patients and their families.

Mended Heart's Prayer

We ask for your blessings, Lord:
We ask for strength...
 that we may pass it on to others.
We ask for faith...
 that we may give hope to others.
We ask for health...
 that we may encourage others.
We ask for wisdom...
 that we may use all your gifts well.

Herbert G. Maedl



**Mended Hearts, Inc. is aligned with
the American College of Cardiology**