

THE STETHOSCOPE

The Mended Hearts, Inc.



JANUARY 2012

Denver Rocky Mountain **Chapter No. 42**

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

Vice President:

- *By Committee* -

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Visiting Coordinator:

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Visiting Trainers:

Bob & Paulette Poncar
303 452-2673

Meeting Greeter:

Marilyn Wren 303 936.1234

Happy New “Leap” Year!

Wishing you 12 months of happiness, 52 weeks of life, 366 days of success, 8,784 hours of good health, and 527,040 minutes of good luck.

Because 2012 is a leap year, it is as if we have an extra day, with all of its hours and minutes, to accomplish our goals.

The Christmas Dinner Party at White Fence Farms was a big success. Good food and lively conversation. We had guests from the American College of Cardiology (ACC): Brenda Lambert and Dr Thomas Haffey. A special thanks to Billie Klish for putting together this dinner.

I am pleased to report that our newsletter is being carried on the ACC website. The link is

<http://coloradoacc.org/education/education1.html>

This means that those without email can log on at any computer with Internet services and access the newsletter. Please pass the word to those who don't have an email account.

Bob Poncar wanted me to pass on to chapter 42 hospital visitors that patient visitor re-certification will be in February in conjunction with our Potluck Luncheon in February. Re-certification starts at 10:30, the potluck begins at 12:00.

If you cannot make the luncheon, please arrange with Bob for one-on-one re-certification.

Happy New Year to you and yours!

– **Jerry Mattson**

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	
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 12PM

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 (dates and location to be announced)
<i>December 2012</i>	Christmas Dinner (dates and location to be announced)

Cup Of Joe

A grandmother was surprised one morning when her grandson, age 7, brought her a cup of coffee. It tasted awful, but she drank it. Then, she saw three little green army men at the bottom and asked why he put them there.

The grandson said, "Grandma! It says on TV that, "The best part of waking up is soldiers in your cup!"

pages.com

Chapter 42 Visiting Report

Chapter Visiting Chair:

Chris Esch

November 2011 Chairpersons	Hospital	Total Patient Visits	Number Patients Visited	Visits to Families
Wayne Klish	Aurora Medical			
Kevin McCoy	Good Samaritan			
John Fein	Lutheran Medical	12	9	3
Sally Cudrik	Memorial Hospital, C.S.	37	17	
Bill Unrein	North CO Medical Center	52	49	3
Leroy Wren (summer) Jerry Mattson (winter)	Porter Adventist	43	21	9
Gordon Duffy	Presbyterian St. Luke's	6	6	
Dick Adams	Rose			
Carl Maier	Swedish Medical	63	41	1
Selmer Pederson	University	26	18	8
	TOTALS	239	161	24

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

How Much Water Should You Drink Every Day?

Once again, there's a whole, new year ahead of us along with those resolutions we always make - lose weight, exercise more, drink more water, etc. Speaking of water – just what does it do for the body?

Water:

- Moistens the tissues like those in the eyes, nose and mouth
- Lubricates joints
- Carries nutrients and oxygen to cells
- Converts food to energy
- Helps prevent constipation – removes waste
- Regulates body temperature
- Helps the kidneys and liver flush out waste products
- Makes up 83% of blood
- Nearly all the major systems of the body depend on water.

Drinking water at a certain time can maximize its effectiveness on the body:

- To help activate internal organs – 2 glasses of water after waking up
- To help digestion – 1 glass of water 30 minutes before a meal
- To help lower blood pressure – 1 glass of water before taking a bath
- To avoid stroke or heart attack - 1 glass of water before going to bed.
- Water makes up 75% of muscles – so, water at bedtime will also help prevent night time leg cramps, leg muscles cramp because they are looking for the hydration

Remember, not to overdo on the water – too much can cause problems – especially if your physician has suggested you limit our fluid intake.

Healthcarereview.com 2011/10

Rich Braudis
Colorado Springs

January 23, 2012
Happy Chinese New Year!
It's the year of the Dragon



"I couldn't resist including this recipe – too good to leave out" - Editor

A pecan-crusting tilapia and Mexicorn dinner

When thinking about the cuisine of Mexico, you might visualize a cantina in a dusty desert town or mountain village. But when you look at a map of Mexico, you see coast lines that fall on both the Atlantic and Pacific Oceans as well as the Gulf of Mexico.

Those who have enjoyed cruises to the country South of the Border know that Mexico has a great love affair with ocean delicacies as well as the spicy cooking associated with other regions of the country.

Seafood dishes often contain Gulf shrimp, crab and scallops and many have a hint of Greece, because many Greek fishermen chose to make their homes in Mexico.

So, this combination of pecan-crusting tilapia and a Mexicorn casserole is not such an unlikely one. The fare is tasty, filling and nutritious.

Baked tilapia

4 large tilapia fillets
1 1/3 cups finely crushed pecans
1 cup honey
1/2 of one lemon



salt and pepper to taste

Pat the fillets dry with paper towel. Squeeze lemon juice onto each side of the fish and add salt and pepper to taste.

Coat the fillets on each side with the honey, using a pastry brush or spoon. Put the finely crushed pecans into a shallow dish or pie pan. Then, press the sticky fillets into the pecan bits until they are uniformly covered.

Bake at 350 degrees in a casserole or pie plate until the filets are crusty and brown.

Mexicorn casserole

15 ounce can Mexicorn
2 tablespoons butter
1 1/2 cups cracker crumbs
3 tablespoons milk
salt and pepper to taste

Pour the Mexicorn into a medium-size casserole dish. Add the cracker crumbs, salt, pepper, milk and butter. Stir thoroughly. Place in an oven at 350 degrees and bake until the top layer is medium brown and solid.

A side salad or green vegetable will compliment the combo for a complete meal.

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

Benefits of Omega-3 Fatty Acids in Patients with Stents

CardioSmart June 1, 2011-- Omega-3 fatty acids are a type of fatty acid that can only be found in foods, and are not naturally made by our body. This type of acid can be found in fish, such as salmon and tuna, as well as in other seafood, plants and nuts. The benefits of omega-3 fatty acids are apparent as early as birth, as infants not getting sufficient levels of this fatty acid are at increased risk for vision and nerve problems. While omega-3 fatty acids are crucial to brain function as well as growth and development, research has shown that they may also have numerous cardiovascular benefits by reducing risk for heart disease and reducing inflammation.

It is well known that omega-3 fatty acids can help prevent heart disease and improve the heart health of those with cardiovascular disease, but what is their effect on particular patients, such as those on blood-thinning medications after receiving a stent? Researchers in Poland investigated this question, as the effects of omega-3 fatty acids have not been investigated in this specific population before.

Stents have become increasingly common in heart disease patients, compressing built up plaque and opening the coronary artery to increase the flow of blood and oxygen to the heart. However, by placing this foreign object in the body, it can increase likelihood of blood clots, which can cause serious complications such as a heart attack or stroke. Accordingly, patients receiving stents are commonly treated with blood-thinning medications to help prevent clots and help blood to flow properly throughout the body. But clots can still form, even with the use of blood-thinners, and patients often rely on physicians to help break them up with medication or a medical procedure.

So what more can be done to help prevent blood clots in stent patients? Based on study findings, combining omega-3 fatty acids with blood-thinning drugs can help reduce risk of heart attacks by decreasing clot formation and improving clot properties. In this study, patients taking 1,000 milligrams of fish oil capsules daily experienced less blood clots than those not receiving the treatment, and when blood clots did form, they were easier to break up, taking nearly 15% less time to destruct.

While this study was small with less than 60 patients, findings are encouraging. Omega-3 fatty acids had only positive effects on patients with stents and did not take away from the body's natural ability to form clots. While it's important to note that the use of omega-3 fatty acid is by no means a replacement for blood-thinners and other treatments, it can help significantly improve outcomes in patients with stents when used in combination with other medications.

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



**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**