

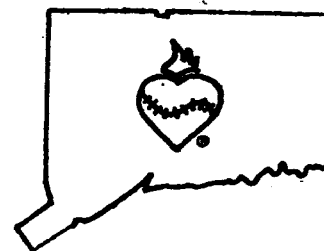
HARTFORD HEARTLINE

THE MENDED HEARTS, INC.

Chartered 1977/Greater Hartford-Chapter 9

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SEPTEMBER MEETING COME JOIN US!!!



WHEN? Wednesday, September 21, 2011 at 7:15 PM

WHERE? South Congregational Church
277 Main St., Corner of Buckingham St.
Hartford, CT (Attended parking west side of church)

WHO? Harris Leopold, M.D., Pediatric Cardiologist

TOPIC: Major advances in Pediatric Cardiology on congenital heart defects and cardiac surgery

Refreshments contributed by: Paul Bunker

President's Message:

Hello Members and Friends.

May I introduce myself in this issue? I am John Dunn, your newly elected President of Chapter 9, Greater Hartford. I am honored and proud to be able to contribute to our organization as your President.

How did I become a member of Mended Hearts? Having not felt well for several years, I went to Dr. Kastoff at Hartford Hospital. After an echocardiogram, I was diagnosed with aortic stenosis, at a severe level, and advised that surgery would be necessary to replace my aortic valve, the sooner, the better. Well, I was able to procrastinate this decision for about two years, all this time still feeling exhausted. Then one day while cutting the lawn, I nearly passed out and felt all the dreaded symptoms, that I was told would be the warning signs for immediate action.

Six weeks later, on December 2, 2008, my aortic valve was successfully replaced by Dr. Takata, at Hartford Hospital. About a month later, I started the Cardiac Rehab program there. This helped me get back to an active life-style much faster than recovering on my own. It was during this time I met Priscilla Soucy, Northeast Regional Director of Mended Hearts at a hospital educational presentation. Then and there, I knew that I wanted to join to give something back, for me being allowed to have a second chance. I wanted to offer hope and encouragement to heart patients and their families.

Truly, It's Great to be Alive and to help Others!

Heartfully,

John

OFFICERS & CHAIRPERSONS 2011-2013

President	John Dunn	860-866-5489
Vice President	Priscilla Soucy	860-289-7422
Secretary	Bob Lincoln	860-953-3807
Treasurer	Janet Poitras	860-667-0431

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Visiting Chairman - St. Francis Hosp.	Bob Hoffman	860-232-8417
Visiting Trainer - All Hospitals	Priscilla Soucy	860-289-7422
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Program - Co-Chairman	Priscilla Soucy	860-289-7422
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50/50 Raffle	Frank Soucy	860-289-7422
Labels for 3 month mailings	Bob Lincoln	860-953-3807
Webmaster	Bob Lincoln	860-953-3807
Photographer	Bob Lincoln	860-953-3807

NOTICE TO ALL VISITORS

When you acquire names of patients or others that want to receive our newsletter please call Bob Lincoln 860-743-1107 or e-mail him at pine3@comcast.com

Bob is now doing our 3 month mailing list and updating it.

NATIONAL CONVENTION

The Annual Convention brings members together from across the country for energizing speakers, informative seminars, networking opportunities and social activities. Participants leave this key training and leadership convention each year with renewed energy to carry out the mission of Mended Hearts. The 60th Annual Convention will be held May 16-21, 2012 in Dallas, Texas at the Hyatt Regency on Reunion Boulevard. Save the date!

COMMIT TO CONTROL

If You Haven't Yet "Commit to Control"? or asked Friends and Family to Do So - It's Not Too Late!

As a reminder, Takeda Pharmaceuticals has agreed to give Mended Hearts \$5 for every person who goes to our Website, www.mendedhearts.org clicks on the "Commit to Control" button on our home page and then commits to control their blood pressure. It's a step to commit to your health and help Mended Hearts at the same time! And it's fun, too. By typing in the zip code of where you live, your location shows up on a US map where others from that location are part of a nationwide tally. As of "press time" of this IB we were up to 1,292 - great headway - but we need 2,000 "commiters" to reach the \$10,000 quota Takeda has promised. So, spread the word!

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A CARDIAC JOURNEY

The following story was sent in by Lois Caron, wife of George Caron who have been members of our Chapter #9 for many, many, years.

George's heart journey began in September, 1977 at Hartford Hospital and Dr. Henry Low performed three bypasses at that time, 34 years ago. Then in October 1989 George had four bypasses also by Dr. Low. He recovered quite well but then in 1994 it was discovered by an annual physical that he had an aortic aneurysm and again we relied on Dr. Low. He asked George if he would consent to have that surgery at John Dempsey Hospital at the University of Connecticut, because he wanted to show other physicians his technique and George agreed. It was a long surgery and I so well remember Dr. Low coming to report to me as soon as he was through and said, "Be sure to tell George that he had the biggest audience ever in attendance." George's aortic aneurysm was 11.2 cm with placement of 13 1/2" of dacron tubing around his aorta, so it was truly a surgery of great skill made possible by Dr. Low. He was truly George's life savior. That aortic aneurysm was next to the largest that Dr. Low repaired at that time and he told us that the other man was much larger than George. With any aneurysm repair it presents a leakage problem, but not with Dr. Low at the helm. He has followed George every year, but now that must cease since he retired this past December. He has become such a good friend as well as physician and will be greatly missed yet so deserving of retirement. God Bless him.

In 2003 George developed bladder cancer and recovered with surgery and treatment. It returned in Feb. of 2006 and he was treated with radiation. We were told of a doctor in Mt. Kisco, NY, who is a top rated Urologist and he accepted George as a patient. Dr. Riechers has indeed increased George's life span also.

George had his left knee replaced in February 2010 which has improved his ability to walk and now he can play golf. Last December and part of January he had his left hand then his right hand operated on for carpal tunnel problems and hopefully that is it for awhile.

He was 89 years old this past January, 2011, and after 34 years he feels good and all is well. He thanks Mended Hearts and most important Dr. Henry Low.

LLY
Lois Caron, wife of George Caron

To All Our Members:

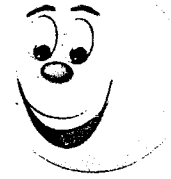
If you have a story to tell about your experiences please send it to:
Priscilla Soucy, 98 Highview St., East Hartford, CT 06108

NEW READERS

Newly visited patients and others who have requested our newsletter will receive copies for three months. It is our way of keeping in touch with you. Hope and encouragement are offered by members who are living proof that people with heart disease can continue to lead full productive lives. We hope as you recover you will be able to attend our meetings and want to become a member and join us in helping others.

It's Great to be Alive - and to help Others

FUNSTUFF



SHE DON'T LOOK SO GOOD

A doctor examining a woman who had been rushed to the Emergency Room, took the husband aside, and said, "I don't like the looks of your wife at all." "Me neither doc," said the husband. "But she's a great cook and really good with the kids."

Thanks to Chapter 154 Sudbury, Canada

LOST WIFE

The man approached a very beautiful woman in a large supermarket and said, "You know, I've lost my wife here in the supermarket. Can you talk to me for a couple of minutes?"

Why? asked the woman.

Because every time I talk to a beautiful woman, my wife appears out of nowhere.

Source: Pages

AMERICAN HARTFORD HEART WALK

SATURDAY - OCTOBER 29, 2011

BUSHNELL PARK - HARTFORD, CT

Registration: 9:00 AM - Official Start: 10:00 AM



Heart Walkers are asked to collect pledges prior to the event. Envelopes will be available at our September meeting. We can all wear our Mended Hearts Shirts and caps and tell others about our Mended Hearts program.

We will again this year have a table in the medical tent. If you are unable to walk the distance you are welcome to help out at the table talking to others and handing out brochures.

The American Heart Association is a good cause and the fund raising participants receive special recognition. A Heart Walk t-shirt will be given out (post-event) to all who have raised a minimum of \$100. Other prizes are available based on the total raised prior to the event day. Save the date!

In Memoriam

On July 14, 2011, Mario Sottile, a dedicated St. Francis Hospital visitor passed away.

Mario was a visitor for many years and really enjoyed talking with patients and helping them through a tough time in their lives.

He attended our monthly meetings and always had a smile for everyone. He always helped out when he could. He was in charge of our Mended Hearts clothing sale items for several years and brought the items to our meetings and home again. When we held the Mended Hearts National Convention in Hartford three years ago, he raised the most funds by selling ads to friends and people he knew. He was a tremendous help to our Mended Hearts chapter.

Whenever you talked to Mario, you always got a straight answer and you could depend on him. Mario will be missed by all who knew him and he will not be forgotten.

HEALTH UPDATE

TAKE BP DRUGS AT NIGHT

Duke University Medical Center reports that people with high blood pressure may benefit more by taking their medication at bedtime.

Ambulatory blood pressure monitoring (ABPM) tracks a person's blood pressure 24 hours a day. It shows 62 percent of those taking at least one medication at night were able to control their blood pressure over a 24-hour period, compared with 53 percent of those who took them in the morning.

Source: Pages

INSURERS NOW COVER THE COST OF IMMUNIZATIONS

Beginning this year, health insurers must cover 100 percent of the cost of 10 vaccines recommended for adults by the Centers for Disease Control and Prevention (some existing plans are exempt.)

Adults often miss immunizations that can help keep them healthy. Shots you might need include those for influenza, pneumonia, the booster shot for tetanus, pertussis and diphtheria, and the shot for shingles if you are age 60 or older. For a list of covered vaccines, visit cdc.gov/vaccines.

Source: Pages

THE WHOLE FOOD STORY

Why is the whole orange better for you than its juice, or the whole apple better than apple sauce? Because whole foods contain a food matrix in which all of the components work together. That means you can absorb all the individual nutrients better.

Whole grains are a good example. Scientists have found that natural phytonutrients are embedded in the fiber matrix of the grain. They can help lower your risk of heart disease, type 2 diabetes and certain types of cancer, according to New York Presbyterian/Weill Cornell Medical College.

Source: Pages

SUGAR VS. CORN SYRUP

A growing number of restaurants are retooling their recipes in order to replace ingredients containing high-fructose corn syrup (HFCS).

The Mayo Clinic says table sugar and HFCS are chemically similar, but some researchers believe the body reacts differently to the corn syrup.

In an Environmental Health Study, some HFCS samples contained small amounts of potentially harmful mercury. That study was done in 2008, and most HFCS formulas have changed since then. But some HFCS is made outside the U.S. Many food and drink makers are taking no chances.

In the last two years, brands from Wheat Thins to Pepsi have introduced new recipes or products.

One thing no one questions: both HFCS and sugar have the same number of calories. If you're gaining weight, switching to products containing table sugar won't help.

Source: Pages

B VITAMINS AND DEPRESSION

Older adults who have low intakes of vitamins B6 and B12 are more likely to suffer from depression, according to UCLA Division of Geriatrics. Higher intakes from foods and supplements resulted in a decreased likelihood of depression.

Source: Pages



"Of course I remember our anniversary. I paid the preacher \$50 for five minutes work."

DONATIONS

In memory of Mario Sotille from Saul & Fran Reichlin.

Carol Farr made a generous donation.

Donations may be made to Mended Hearts, Inc. in memory of a deceased friend, family, or member. Are you celebrating a special occasion such as a birthday, or anniversary, Chapter 9 welcomes your tax deductible contribution. All donations will be acknowledged by mail and in our monthly newsletter. Please make checks payable to: Mended Hearts, Inc. Chapter 9 and mail to:

Janet Poitras, Treasurer, 1 King Arthur's Way, #5, Newington, CT 06111

ALL HOSPITAL VISITORS

Our Re-accreditation meeting will be held on Saturday, October 22, 2011 from 11:00 AM to 1:00 PM. We need all our visitors present so please make every effort to attend. It will be held at the same place as last year.

CAMP MADDEN



On July 16th, five of our members, John and Joan Dunn, Janet Poitras, Frank Soucy and I, toured Camp Madden in Great Barrington, MA.

We spent the afternoon touring the camp and sitting down and talking with the kids. The children love it there. The 10 and 11 year olds were there the Saturday we attended and they were telling us about all the activities they were doing and how much fun it is. Several of them were on there 2nd or 3rd year of staying at the summer camp for two weeks.

The camp is run by the Director, David Zaleon, and he never runs out of ideas for them. The dorms have bunk beds and air conditioning which is so much easier and more comfortable and fun for them.

They have a large bulletin board in the recreation room and the kids were asked to write how they felt about having their heart surgery. Some of their responses were: "I was scared", "I was really scared", "A lot of people came to see me", "It wasn't so bad, I got a lot of stuffed animals",.

We were told that the parents have a tough time of it when they are away. For many, it is the first time they have been away from home for any length of time and two weeks can seem very long for a parent to worry. When they pick the kids up and see how radiant and adamant they are about what they experienced, it must be a great feeling for the parents. All the kids agree that they want to come back the following year.

OLIVE OIL USE REDUCES STROKE INCIDENCE

Many studies suggest that olive oil consumption may have numerous health benefits, like helping to prevent heart disease and heart attack. Olive Oil is high in monounsaturated fat - a healthy type of fat that can promote heart health when used in place of unhealthy fats, such as saturated and trans fats. Olive oil is also high in protective antioxidants that help protect your body's cells from damage and reduce risk of heart disease and cancer. In combination, these healthy fats and antioxidants can provide significant health benefits, including reducing risk for stroke.

A recent study published in the journal *Neurology* reported that those consuming olive oil in daily diets are nearly half as likely to have a stroke as those who never use the oil.

Over 7,500 French adults ages 65 and older participated in this study. Their dietary and lifestyle habits were tracked over five years, and those using olive oil for cooking and in salad dressing were considered "intensive" users, in comparison with those that never use the oil. Not only were "intensive" users 41% less likely to suffer a stroke than their counterparts, those with the highest levels of oleic acid (healthy fat found in olive oil) were 73% less likely to have a stroke than those with the lowest levels of oleic acid.

Based on these findings, olive oil consumption may have significant health benefits around stroke prevention. However, it is important to realize that although using olive oil in place of other "unhealthy" oils is associated with lower risk for stroke, it is not a proven form of prevention. Therefore, it is important to maintain a healthy lifestyle in addition to using olive oil when possible in order to experience the greatest health benefits.

You can help prevent stroke by reducing or controlling your risk factors, such as high blood pressure, high cholesterol and diabetes. You should also exercise regularly and maintain a healthy weight, in addition to limiting alcohol intake and avoiding tobacco use.

Thanks to Chapter 42, Denver, Colorado

INTERNET BULLETIN

The Mended Hearts *Internet Bulletin* (or IB) is sent on a regular basis (usually monthly, sometimes more often if there is a time-sensitive matter) to Mended Hearts and Mended Little Hearts members and supporters of our mission. It is intended to provide an update on organizational highlights nationally and is designed to complement our quarterly magazine, Heartbeat.

If you would like to receive this Bulletin you can e-mail Marti Samples:
marti.samples@mendedhearts.org

We sincerely hope you find it a helpful bulletin and a way to stay connected to MH, MLH and heart community happenings nationwide!

OUR WEBSITE: www.mendedheartsct.org

ANNOUNCEMENTS

SURGIVERSARIES

<u>SEPTEMBER 2011</u>	<u>YEARS</u>
(?) Daniel Marmor	35
George Caron	<u>34</u> <i>BEQUETT CHAPMAN, JR., 32</i>
Donald Coutu	24
Joe Palladino	16
Paul Cianci	15
Vincent Pascal	13
Ira Yellen	11
Joshua Dunn	<u>8</u> <i>JUNE TRAMER 7</i>
John Hannon	6
Joann Coralli	2
<p>Rick Lemay was omitted from our June Surgiversary list in error. He celebrated his 1st Surgiversary date.</p>	
<p><u>Angioplasty</u> Charles Rotenberg 3</p>	

FOR YOUR CONTINUED GOOD HEALTH!

NEW MEMBERS

Mathew and Carol Sapere
West Hartford, CT

Sarah Stone

WELCOME!

HOSPITAL VISITS

June - July - August 2011

Pre-Op and Post-Op visits for Hartford Hospital and St. Francis Hospital

TOTAL VISITS 247

GREAT JOB!

CAUTION!

Hartford Heartline is written for the education and information of the members of Mended Hearts and all those concerned with heart health. It is **not** intended as a substitute for the advice of your physician. Always check with your physician regarding any questions you may have about your condition.

PREVIEWS OF UPCOMING SPEAKERS & EVENTS

October 19, 2011 Asad Rizvi, M.D., Cardiologist
 November 16, 2011 TBA
 December Holiday Break