President’s Message

Greeting from Mended Hearts,

Can you believe it is the last day of April and I had a good coating of frost this morning? I believe our hearts would feel better, especially the farmers and gardeners, if the spring weather would finally get here.

Speaking about hearts, May 10th we have Sandy Rabenstein, a registered respiratory therapist, from Mary Rutan Cardiac Rehab to speak to us about pulmonary disease.

We hope to see you May 10th at 6 pm in the Conference Room at Mary Rutan.

Bob Detrick, President

Enjoy Spring!
Stay Healthy!
Study shows non-narcotic pain medications work as well as opioids

Nonsteroidal anti-inflammatory drugs (NSAIDS) like ibuprofen were shown to work better than opioid-based medications at treating chronic back pain, according to research by the Minneapolis VA Health Care System.

Dr. Erin Krebs, one of the lead authors of the study, said that the study shows that there is no discernible benefit to using opioids over NSAIDS that outweighs the potential risk of accidental death or addiction from the more potent pain relievers.

The study looked at 240 patients at a VA primary care clinic that were seeking treatment for chronic pain. Researchers randomly assigned half of the patients a mix of opioids and half a mix of either acetaminophen or ibuprofen for one year. Before and after the trial started, each patient was asked to rate how their pain affected their daily lives and the intensity of the pain itself on a 10-point scale. While both groups found overall relief over the course of the year, the results were nearly identical for both measures and indicated that there might not be any apparent reason for the more powerful drugs to be used under normal circumstances.

Opioid-related deaths continue to be the most significant driver of drug overdoses in the United States with 42,249 recorded in 2016 alone, according to the Centers for Disease Control. Many states, especially in the Northeast and Midwest regions, saw significant death rate increases and prescription rates still hover around 66 per 100 people. It is possible that further research into non-opioid pain medications could help reverse this trend while still providing relief to sufferers of chronic pain.

Mended Hearts wishes to thank Mary Rutan Hospital for their continued support through the use of their conference room and light, heart-healthy snacks provided at our meetings. Thank you!
New drugs promise to melt away high cholesterol

Patients that suffer from abnormally high cholesterol can benefit from a new class of drugs, but the cost may cause problems for some. Affordable cholesterol-lowering drugs like statins work for the majority of people, but there are about 10 million people in the United States who can't take those drugs or who suffer from a genetic disease. Familial hypercholesterolemia is a genetic disease that causes uncontrollable high cholesterol even with the highest doses of traditional medicines. PCSK9 inhibitors such as Praluent, from Sanofi and Regeneron Pharmaceuticals, and Repatha, from Amgen, represent a new way of tackling cholesterol. They have been shown to reduce cholesterol in eligible patients by 50- to 60 percent after a year's worth of treatment. The drawback to the drug is the price tag. A year's worth of Praluent is around $14,600 and Repatha demands a similar price. It is likely, however, that patients could obtain discounts from 30 to 65 percent off the retail price, according to The Pharmaceutical Research and Manufacturers of America. Health insurance companies may be hesitant to approve the use of these drugs as long-term use could end up costing them billions of dollars in benefits. Prescribing this treatment might end up saving them money in the long run as the estimated lifetime cost of heart failure is $110,000 - many years’ worth of a life-saving medicine.

Hungry hummingbirds begin staking out territory

They've just flown 500 miles across the Gulf of Mexico and they are headed north to your house. And they are hungry. Hummingbirds return in force in May through June, looking for nectar from flowers and a free handout from neighborhood feeders. Of the over 320 species of hummingbirds, only 26 are found north of Mexico. After flying across the Gulf, they migrate 20 miles per day. Their wings flutter 80 times per second, but not in flaps; in a figure eight, which enables them to fly backwards and to hover. Migrating birds cover thousands of miles in their annual travels and have amazing navigational skills, including by the stars, sensing changes in the earth's magnetic field, and even by smell. Even though their brains are the size of a grain of rice, hummingbirds have enough gray matter to know where they nested the year before. Many return to the same nesting areas, and even the same feeders, on their trip across country. People may start seeing traveling birds as early as March. These are usually the males on their way to stake out mating territory. During these early weeks, males will actually feed from a feeder at night if the area is well lit. Put out a hummingbird feeder and enjoy watching these beautiful little birds at your house!
CAR WASH WORD SEARCH PUZZLE

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BRUSH
BUCKETS
CHAMOIS
CHROME
CLEAN
DEAD BUGS
DIET
DOOR HANDLES
DOORS
DRIVEWAY
DRY OFF
FENDERS
FRONT
GARDEN HOSE
GLASS
GRIME
HEADLIGHTS
HOOD
HUBCAPS
LICENSE PLATE
MIRRORS
MUD
PREPARATION
REAR
RINSE
ROOF
SCRUB
SIDES
SOAP
SPONGE
SQUEEGEE
SUDS
TAIL LIGHTS
TIRES
TOP
TOWELS
VEHICLE
WASH
WATER
WAX
WHEELS
WINDOWS
WINDSHIELD

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MEMBERS BIRTHDAYS
May 27 – Janet Detrick
June 11 – Jean Moon
June 28 – Dorothy Van Buskirk
Aug. 10 – Bob Notestine
Aug. 13 – Louise Norris
Aug. 21 – Bob Detrick
Aug. 24 – Mike Madden

MEMBERS ANNIVERSARIES
July 8 – Mike & Connie Madden
Aug. 16 – Jim & Joy Miller

HAPPY BIRTHDAY
AND
HAPPY ANNIVERSARY