Mended Hearts, Inc.

Mission: “Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.”

Mended Hearts is a national nonprofit organization offering the gift of hope and encouragement to heart patients, their families and caregivers for more than 60 years. Whether it be patients, spouses, family members, friends, or medical professionals, Mended Hearts brings together all of us who are faced with the realities of heart disease to form a network of caring individuals.

As a member of Mended Hearts, you can attend monthly meetings to share your experiences and/or learn from healthcare professionals speaking about life changing experiences you may face or already have faced. You may become a trained volunteer visiting heart patients while they are in the hospital, sharing your experiences as a heart patient, answering non-medical questions and empathizing with the anxiety and concern of these patients and their families. Also, as a Mended Hearts member you will receive the quarterly magazine, Heartbeat, which includes topics of interest such as health tips, research updates, success stories, news from other chapters, and more. Online (mendedhearts.org), will give you access to a “Members Only” section. Within this section, you can learn more about how Mended Hearts got started; communicate electronically with heart patients & members all over the world; have access to the Mended Hearts monthly newsletter; and many other special sites.

Chapter Officers:
Louise Dail President
Janice Schreck VP/Treasurer/Program Coordinator
Anne Rowe Secretary
Linda Booker Visiting Chairperson
Carolyn Davis Web Administrator

Newsletter:
Carolyn Davis Newsletter Editor

Meetings:
Held 3rd Monday night of each month (except for December) in the NC Heart & Vascular Hospital located next to the UNC REX Medical Building
Social Time: 6:30 pm – 7:00 pm
Meeting Time: 7:00 pm – 8:00 pm

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What Did I Miss?
Get the scoop from Anne:

March 19 - Patient visits for February - 30

“Exercise is Medicine” was the topic for our meeting presented by Jessica Tucker, an instructor in Health and Fitness at Wake Tech.

We all need to avoid inactivity by doing regular exercise. Walking is one of the best exercises we can do. The minimum is 30 min. a day for at least five days a week which can be done in 10 min. increments three times a day. Just by walking for 10 min. your blood pressure can decrease 10 points.

There are 5 Components of Health-Related Fitness: Heart and Lung Endurance, Body Composition, Muscular Strength, Muscular Endurance and Flexibility.

Exercise is medicine! Exercise promotes healing and increases blood flow. EVERY chronic disease/condition is improved with EXERCISE.

April 16 - Patient visits for March - 21

Our meeting was “All About Stents with Dr. Mohit Pasi, a cardiologist with NC Heart and Vascular.

Dr. Pasi told us that the heart is about the size of a fist and is usually located on the left side of the middle of your chest.

There are 3 arteries of the heart: left anterior descending (LAD), left circumflex, and right coronary artery. Over time, the arteries can block causing Coronary Artery Disease (CAD).

In 1983 the first coronary stent was used. First there were bare metal stents and now drug coated or drug eluting stents are being used. A new stent in the research phase is bio absorbable.

You will have to take blood thinners and/or low dose aspirin after having a stent procedure. The duration depends on which style stent was used.

In closing, Dr. Pasi told us that stents do not prevent heart attacks. They improve the quality of life.

What Will We Talk About?


July 16 - “Brown Bag Session and Learn About Heart Medications” – led by Dan McCosley, Pharmacy Coordinator at UNC REX. Before the meeting you will be able to meet privately with the pharmacist to discuss your medications and their dosage.

Visitors are always welcome to attend our meetings.

NOTE: If you have a subject you would like to learn more about or think others would be interested in, you can let Janice Schreck know at our meeting or by e-mail (jnieceupc@embarqmail.com). Or, if you know someone that would be available to speak to us on an appropriate subject, Janice will consider them as a future speaker.

Be yourself. Everybody else is already taken.

unknown

“It’s great to be alive – and to help others!”
Diabetes Education Classes Now Offered

The Diabetes Educators at UNC REX Healthcare are now offering diabetes education classes in the NC Heart & Vascular Patient Resource Library. Each 6-week group session will be held on Tuesday evenings. Sessions 1-5 will be from 5:30 - 7:00 and session 6 will be from 5:30 - 6:30.
A doctor's referral is needed.

There are two sessions available for 2018:

July 10th - August 14th          October 9th - November 13th

For more information, please contact: 919-784-5279

New Medicare Cards Are Coming

If you have Medicare, you are probably aware the Centers for Medicare & Medicaid Services (CMS) is required to remove Social Security Numbers (SSNs) from all Medicare cards by April 2019. In the past Medicare cards have used the subscriber’s Social Security number as their Medicare identification number, which can make it easy for someone to steal the subscriber’s identity. A new, unique Medicare Number will replace the SSN-based Health Insurance Claim Number on each new Medicare card. Starting April 2018, CMS will begin mailing new Medicare cards to all people with Medicare by geographic location or mailing waves.

There are 7 mailing waves. North Carolina residents are due to start getting their new cards in the 5th mailing wave or after June 2018. Starting in April 2018, people with Medicare will be able to check the status of card mailings in their area on Medicare.gov.

When your new card comes, be sure to shred the old one to protect your Social Security number. There is no charge to get the new card, and Medicare will not call you to confirm whether or not you received your new card. Both are examples of scams already circulating where people are trying to make a profit from the change.

Cooking Demonstrations Are Continuing at NC Heart & Vascular Hospital

There have been cooking demonstrations during the past several months and new ones scheduled regularly. During the class the presenter demonstrates how to cook several recipes, answers questions while they are cooking, and then samples are offered to the attendees.

Registration is required. Space is limited.

COST: $20.00 (check for $10.00 discount codes)

To find out the subject and availability of future classes -

Google: Heart Healthy Cooking Classes - UNC REX Healthcare

“It's great to be alive – and to help others!”
Living Healthy with Chronic Disease Workshops

Healthy Living is an evidenced based Chronic Disease Self-Management Program (CDSMP) developed by Stanford University. Participants of the workshop have demonstrated significant improvement and spent fewer days in the hospital.

Learn from trained leaders how to: set goals, manage pain, increase fitness, manage medications, improve communication with your healthcare provider, and make healthy food choices.

This interactive workshop is open to people and caregivers of people who live with chronic diseases (COPD, diabetes, arthritis, high blood pressure, heart disease, chronic pain, or effects of a stroke) or a combination of these chronic diseases.

Each session is a 6-week workshop that meets weekly on Tuesdays from 11:00 AM to 1:30 PM in the Patient Education Center on the first floor of the NC Heart and Vascular Hospital.

A light lunch will be provided.

Each workshop is limited to 15 participants. It is free and you must register.

Workshops will be offered on the following dates:

**Jul 10th thru Aug 14th**

**Oct 9th thru Nov 13th**

The workshops will be facilitated by Pam Beacham, MSM RN NP CCRNK CNS, Clinical Nurse Specialist – Medical Surgical ICU and Jackie Thompson, DNP RN, Stroke Program Coordinator at UNC REX Healthcare.

You may register online [www.rexhealth.com/livinghealthy](http://www.rexhealth.com/livinghealthy) or call Pam Beacham at (919) 784-4015 and leave your name, email address, phone number, and the date of the session you would like to attend. You will receive a confirmation by email or phone within 48 hours.

Save the Date for SAN ANTONIO

“The great to be alive – and to help others!”
Heart-Healthy Diet

A heart-healthy diet is one of your best defenses against heart disease. Choose a variety of colorful foods from all of the food groups. A heart-healthy diet includes foods that are low in cholesterol, fat, and sodium. The American Heart Association recommends limiting added sugar and sugar-sweetened beverages.

Key tips for a heart-healthy diet include:

- Eat more fruits and vegetables and pick a variety of colors to maximize the vitamins and minerals.
- Choose whole grains like brown rice and whole wheat breads.
- Include fish in your meals 2-3 times a week.
- Limit saturated and trans-fats.
- Avoid trans-fat foods like hard margarine or butter.
- Choose lean meats like loin, tenderloin, round or lean ground beef. Remove the skin from chicken and turkey.
- When cooking - bake, broil, poach, grill, steam, or stir-fry your food.
- Limit oil to 1-2 Tablespoons per meal of heart-healthy oils like olive or canola oil. Remember that fats are high in calories, so if you are trying to lose weight, watch your portions.
- Choose low-fat or fat-free dairy such as skim milk, nonfat yogurt, and cheese.
- Reduce sodium to less than 1500 mg a day; avoid pre-packaged/processed foods and fast food.

How to Get Started

Talk to a registered dietitian to learn which dietary approach is right for you.

The DASH (Dietary Approaches to Stop Hypertension) plan has been shown to reduce blood pressure as much as some medication. The DASH eating plan key points are similar to those for an overall heart healthy diet:

- Increase fruits and vegetables and low-fat dairy products such as milk and yogurt
- Decrease sodium and saturated fat
- Choose whole grains like whole wheat bread and pasta
- Limit meat to 6 ounces a day
- Include heart-healthy fats like olive oil

Learn to read food labels so you can make better food choices. Check the serving size, fat, sodium, and ingredient list. Ingredients are listed in order by weight. Avoid foods that have high fructose corn syrup, unbleached flour, sugar, fats, oils, sodium or salt as one of the top ingredients.

Ashley Honeycutt, RN, LDN - Manager H&V Outreach Services

TRIVIA

See how many questions you can answer related to road trips.

1. Which U.S. highway is also known as the Main Street of America or the Mother Road? (Hint: It was established in 1926.)
2. Running between Newport, Ore., to Boston (3,365 miles), this is the longest road in the U.S.
3. Which U.S. interstate goes through the most states (15), including Washington, D.C.?

(answers page 6)

“It’s great to be alive – and to help others!”
**LEARN MORE**
**GOTOGUIDES AVAILABLE**

**Mended Hearts** has a collection of online educational resources called GoToGuides.

These interactive guides provide comprehensive information, patient tools, videos and quizzes on specific heart conditions.

The following GoToGuides are available:

- **Chronic Heart Failure**
- **Complicated AFib**
- **Heart Attacks**
- **High Cholesterol and FH**
- **Depression and Your Heart**
- **Valve Disease**

Also, online is the **HeartGuide**

*The Journey to a Healthy Heart Starts Here*

Educational Guides Are Available at:  
[www.mendedhearts.org/education](http://www.mendedhearts.org/education)