It’s Great To Be Alive And To Help Others!

Meeting Notice
Day: Thursday
Date: September 6, 2PM
Place: Providence St. Peter Hospital
Cardio-Rehabilitation Classroom
Topic: National Mended Hearts Education & Training Conference

Upcoming Dates
- Sept 6: Chapter Mtg
- Sept 11: Board Mtg
- Oct 4: Chapter Mtg
- Oct 9: Board Mtg
- Oct 14: Health Fair

Mended Hearts National Education & Training Conference
By Bob Sherwood

Please join me at our September 6th meeting. Bob will be sharing highlights from his trip to San Antonio, Texas and the Mended Hearts National Education & Training Conference. Bob will be speaking to us about the following topics: Heart Failure, Stress Testing & Heart Disease, Cardio and Diabetes, Cardiac Rehabilitation, and Ask the Pharmacist.

Bob will also provide insights on the “Annual Meeting” and throw in a joke or two. Hope to see you there.
Heart Healthy Recipe
By Kristi Wells

Lemony Hummus from Dr. Greger’s How Not To Die Cookbook

Hummus is a great, healthy dip for veggies or crackers or can be used as a sandwich spread. There is a variety of hummus available in the grocery store, but most are made with oil. Since I’m doing oil-free, I’ve been experimenting with various recipes and here is one of the good ones. I always try to have cans of chickpeas (garbanzo beans) on hand and usually have tahini and miso paste.

Ingredients:

2 garlic cloves, crushed
1 tablespoon blended peeled lemon (time saver: you can peel and blend a whole lemon ahead of time and freeze in one teaspoon portions for quick use.)
1 teaspoon of white miso paste
1 1/2 cups of cooked or one 15.5 once BPA-free can or Tetra Pak salt free chickpeas, drained and rinsed
1/4 teaspoon of ground cumin
1/4 teaspoon of smoked paprika
2 tablespoons of chopped fresh parsley

In a food processor, combine the garlic and lemon and press until smooth. Add the tahini and miso paste and process once more until smooth. Add the chickpeas, cumin and paprika and process several minutes until very smooth. Add a little water (or reserved chickpea juice), one tablespoon at a time if a thinner texture is desired. Taste and adjust the seasoning with more lemon or cumin. To serve, transfer to a bowl and sprinkle with parsley. Serve with crudites or crackers or use as a sandwich spread. ENJOY!

Health Fair

We Need Your Help to provide information at the Mended Hearts table, on Sunday, October 14th, 9am - 1pm, at United Methodist Church, 1224 Legion Way SE, Olympia, WA. Please call Sonia Michaelis at 360-458-3998 for more information.

Providence Way Dedication Ceremony

Providence St. Peter Hospital is having their annual providence way dedication ceremony on Thursday, September 20, 4pm.

Darld Brannan, one of our members, is being honored with a paver. Please attend!
Deep Vein Thrombosis (DVT)

Deep Vein Thrombosis (DVT) occurs when a blood clot forms in a vein, frequently in the leg. It can lead to pulmonary embolism (PE), a sudden blockage in a lung artery due to a clot that breaks free and travels from the leg. PE is a potentially fatal condition, so rapid treatment is vital.

DVT
When a blood clot or thrombus forms in the large veins of the body, usually in the thigh or calf, it can serve as a “roadblock,” disrupting the flow of the blood returning to the heart. This can cause swelling, pain, and serious complications.

Risks
Anyone can be affected, but certain factors increase your risk:

- Cardiovascular disease
- Family history of DVT
- Increased estrogen levels from birth control pills, hormone replacement therapy, or having given birth in the past six weeks
- Obesity
- Sitting for long periods of time
- Injury to the vein from major surgery, fractures, or severe muscle injury

Talk to your doctor about how to reduce your risks.

DVT symptoms
- Visible swelling of the leg, along a vein, or behind the knee
- Pain or tenderness in the leg, or fluid collecting in the foot
- Increased warmth in the affected area
Red or discolored skin

PE symptoms
- Unexplained shortness of breath
- Pain during deep breathing
- Coughing up blood
- Rapid breathing or heart rate

Symptoms can be “silent” and can mimic heart attack, pneumonia, or even anxiety.

Prevention
“Awareness of DVT and PE is the best way to prevent these conditions,” says John Muir Health hematologist Michael Sherman, M.D. Prevention strategies include:

- Avoiding inactivity, obesity, and smoking
- Getting out of bed and moving around after surgery or illness
- Exercising your lower leg muscles during long trips
- Taking all medicines your doctor prescribes to prevent or treat blood clots
- Using compression stockings to prevent swelling

**** Your doctor can help develop a prevention strategy with you.****
Hi! We’re Mended Hearts, a volunteer group of heart patients and Caregivers providing help to patients and caregivers through an in-hospital visitor program, support group meetings, and education speakers. We also have fun hanging out together.

We work to inspire hope in heart patients and their families. We Partner with professionals like Providence St. Peter Hospital and the Cardio-Rehab Center to help folks have a positive recovery from various heart illnesses. We hope you received some encouragement from our visitors during your hospital stay. We also hope you will come see us at our Chapter meetings in the Cardio-Rehab classroom at Providence St. Peter Hospital, at 2 PM the first Thursday of every month, except December and August.

If you are new, we will send you this newsletter for a few months, but we hope you will join us as a member and get it even longer. Dues are cheap and include the national magazine. You are always welcome to attend our meetings with no requirement to become a member. If you have any questions, call or email any of the officers listed on the right side of this page.

VISITOR REPORT FOR JULY

Number of Visits to Patients: 90
Number of Visits to Family Members: 8
Internet and Telephone visits: 1
TAVR Visits: 3

Mended Hearts Chapter Website:
www.providence.org/MendedHeartsSW