Hi Everyone! Welcome to your October 2018 newsletter.

Beware of Halloween… the ghosts, goblins and witches will be out in full force on Halloween. Or, rather the cutest kids dressed up in all kinds of costumes will be ringing your doorbell and shouting TRICK or TREAT! I really enjoy seeing the kids when they come around.

We are also now in the Fall season although right now it still feels like summer!

Last month’s meeting was held at Orlando Health Heart Institute and our guest speaker was Dr. George Andreae. Everyone seemed to enjoy his presentation. He had very strong convictions on the type of food we should be consuming for optimum good health and much more. (see page 4)

All the information about the next meeting is on the last page.

On October 20, 2018 there will be a Southern Regional conference being held in Hollywood, FL. I will report to you at our November meeting on any new information I might receive.

Thinking about becoming a member? Contact Claire Jones, Treasurer jjonesfl@aol.com or see our website http://www.mendedheartsorlando.org/join/ for the Member Enrollment Form.

We would like to welcome the following new members to our Chapter:

• Patsy & Maurice Pulliam
• James Van Middlesworth
• Karen & Bruce Paton

In conclusion… stay healthy, happy and hope to see you on the 16th.

Warm Regards,
Larry

Upcoming Events

• American Heart Association Heart Walk November 3 (Page 7)
• Mended Hearts Monthly Meeting October 16 (last page)
• Upcoming October Cluster Meeting 10/20/2018 in Hollywood, FL. For more information contact Marvin Keyser at marvk01@gmail.com.
Safe Exercise for Patients with Heart Disease

Reviewed by Andrew M. Freeman, MD, FACC, FACP (January 01, 2016)

There is almost no disease that exercise doesn't benefit. As such, just because you've had a heart attack, a weak heart (congestive heart failure) or other heart disease, doesn't mean that you have to sit around and do nothing. In fact, with regular exercise (greater than 150 minutes a week), you may hasten your recovery, improve heart function and even get off of some of the medications you're on.

Cardiovascular benefits of exercise include:

- Strengthening your heart and cardiovascular system
- Improving your circulation and helping your body use oxygen better
- Improving your heart failure symptoms
- Lowering blood pressure
- Improving cholesterol.

It's never too late to increase your physical activity or start an exercise program. Get an "OK" and some guidelines from your doctor before you start.

Getting Started: Things to Discuss with Your Doctor

Always check with your doctor first before starting an exercise program. Your doctor can help you find a program for your level of fitness and physical condition.

Here are some discussion questions:

- How much exercise can I do?
- How often can I exercise each week?
- What type of exercise should I do?
- What type of activities should I avoid?
- Should I take my medication(s) at a certain time around my exercise schedule?
- Do I have to take my pulse while exercising?

Your doctor may decide to do a stress test or an echocardiogram, or to modify your medications. Always check with your doctor first before starting any exercise.

General Workout Tips and Caveats for People with Heart Failure

- Avoid too much isometric exercises such as pushups and situps. Isometric exercises involve straining muscles against other muscles or an immovable object.
- Don't exercise outdoors when it is too cold, hot or humid without checking with your doctor first. High humidity may cause you to tire more quickly. Extreme temperatures can
interfere with circulation, make breathing difficult and cause chest pain. Better choices are indoor activities such as mall walking or a treadmill.

- Make sure you stay hydrated – within reason. It is important to drink water even before you feel thirsty, especially on hot days. But, be careful not to drink too much water. Check with your doctor first!
- If your exercise program has been interrupted for more than a few days (for example, due to illness, vacation or bad weather), make sure you ease back into the routine. Start with a reduced level of activity, and gradually increase it until you are back where you started.

Read the full article online Click here

THIS MONTH’S SUDOKU PUZZLE (Solution page 7)

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Chapter 296
Our Last Meeting

Guest Speaker: Dr. George E. Andreae
Topics: Cardiac Disease, Medications & Risk Factors

by Gary Szasz Editor

It was an amazing meeting. No slides, no prepared remarks, just an informative conversation where everyone attending benefitted in so many ways.

We learned how to save money by buying medications from Canada safely and economically.

We learned about heart healthy medications for those of us with Type II diabetes. And again, how to save money on every refill.

We discussed how all politicians of both parties are paid off by big Pharma to keep prices high in the US and the legal loopholes we can still take advantage of since these same politicians still need our votes.

Personally, I found the education on Vitamin D and Magnesium Oxide to be extremely valuable. I suffered with calf and shin cramping on an almost nightly basis for many years. I’ve tried every suggested solution and nothing has worked. In addition to the Magnesium tablets, I purchased a massage oil that contains Magnesium as well and have had only one minor cramp in two weeks.

That's amazing.

Thank you Dr. Andreae
"The doctor’s lawyer will see you now."

"Well, yes, it’s a routine procedure—if you routinely have someone slice open your body with sharp instruments and then fiddle with your insides."

"You have a lot of boring health issues, so I’m prescribing medical marijuana for myself."

"Mr. Benton, I’m afraid your electronic health records got lost in the electronic shuffle."

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Turkey Meatloaf Recipe

Made with ground turkey, this delicious (and healthy) meatloaf will be a dinnertime hit. Be prepared for the family to ask for seconds!

Course Main Course
Cuisine American
Prep Time 15 minutes
Cook Time 50 minutes
Total Time 1 hour 5 minutes
Author I Heart Recipes

Ingredients
- 1 lb ground turkey breast
- 2 medium sized eggs
- 1 1/2 cup oatmeal
- 1/2 cup plain bread crumbs
- 1 cup chopped bell peppers
- 1 small yellow onion chopped
- 1 tsp seasoning salt
- 1/2 tsp ground black pepper
- 1 tsp minced garlic
- 1/2 cup your favorite barbecue sauce

Instructions
1. Preheat the oven on 375 F.
2. Place the ground turkey, vegetables, eggs, oatmeal, bread crumbs, seasonings, and 1/4 cup of the barbecue sauce in a large bowl. Mix the ingredients using your hands.
3. Mold the meatloaf, then brush on some of the remaining barbecue sauce on to the meatloaf.
4. Cover the meatloaf, and place in the oven for 25 minutes.
5. Remove from the oven, uncover, and pour the remaining barbecue sauce all over the meatloaf.
6. Place the meatloaf back into the oven uncovered for 10 to 15 minutes.
7. Let the meatloaf sit for 5 minutes before cutting into it.
8. Serve!

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EVENT INFORMATION

Important Info
Lifestyle Change Awards
T-Shirt Contest Information

Event Schedule
Saturday, November 3, 2018
7:30am Festivities Begin

Event Location
Memory Mall, University of Central Florida
12777 Gemini Boulevard North
Orlando, Florida 32816
Parking: Accessible and Top Walker parking will be in Garage D, Sponsors and Heart Walk participants are to park in Garage H, Lot D1, Lot C, or Garage C.
THE MENDED HEARTS, INC.
Cardiac Support Group
Chapter 296

Please join us at our monthly meeting and be part of this self-help organization for those who have had heart problems.

Speaker: Dr. Scott Bush, Clinical Psychotherapist
Where: Florida Hospital Orlando Campus
When: Tuesday, Oct. 16, 2018 @ 7:00-8:30 pm

Dr. Bush is a Licensed Mental Health Counselor, Christian Sex Therapist, and minister. His specialties are EMDR, trauma, chronic pain, parenting, finding the root of a problem, panic attacks, obesity and sex therapy. Join us as he shares about trauma therapy and how this therapy finds triggers from the past to change life for the future.

Florida Hospital Orlando Campus
Medical Offices Building
Diabetes Center Conference Room, 5th Floor
2415 N. Orange Ave.
Orlando, FL  32804

Parking: Park in the McRAE Parking Garage accessed on Rollins Street. Park on 3rd Floor of garage if possible. At the elevators on the 3rd floor of the parking garage – turn left and go into the Medical Office building complex. Follow signs to 5th floor. Parking garage vouchers will be provided at the meeting. Due to possible changes for future meetings call the contact person or check our local web site listed below to confirm that no change has occurred before coming to any meeting. Call the National Office to locate a chapter near you if you do not live in the Central Florida area.

1-888-432-7899 or 214-206-9259 http://www.mendedhearts.org
Our local web address is www.mendedheartsorlando.org

2018 October meeting Contact: Sharry Tamayo (407) 421-0136
2018 November meeting Contact: Joanna Gerry (321) 843-1093