President’s Message

Dear Mended Hearts Members and Friends,

Our election of officers was held recently and we are looking forward to a great year in Mended Hearts as we learn important information about how to take better care of our hearts through knowledgeable speakers at our meetings and give support to other heart patients.

A big “thank you” goes out to outgoing president Bob Detrick and outgoing secretary Janet Detrick for serving as chapter officers the past several years, and “thank you” to Bob Notestine and Louise Norris for stepping up as officers this coming year. Bob will serve as treasurer and Louise as secretary.

Please plan to attend the meetings as your ideas and suggestions are needed so our chapter can increase in membership and attendance. Remember, it is great to be alive and to help others! Let’s enjoy a great year in Mended Hearts!

Bruce Norris, President

UPCOMING MEETINGS
THURS., NOV. 8th
6 PM
Mary Rutan Hospital Conference Room.
Beth Short, CPN (Certified Nurse Practitioner) will be our guest speaker. She will be discussing fluid retention and heart failure.

THURS., DEC. 13th
6 PM
CHRISTMAS PARTY!
Mary Rutan Hospital Conference Room.
$5 gift exchange…women bring wrapped woman’s gift…men bring a wrapped man’s gift. Food, fun, games and door prizes. Please make reservations by calling Louise at 937-935-1746 by Sat., Dec 8th.

CHRISTMAS PARTY THURS., DEC. 13
The annual Mended Hearts Christmas Party will be in the conference room at Mary Rutan Hospital on Thurs., Dec. 13 at 6 p.m. There will be a $5 gift exchange, food, fun, games and door prizes. Please make reservations by calling 937-935-1746 by Dec. 8. Women bring a wrapped woman’s gift and men bring a wrapped man’s gift. This will be a fun, social evening so plan to attend and bring a guest or two. See you there!
Heart Attacks Often Follow Extreme Temperature Changes

Climate change may increase heart attack risk, study suggests.

Climate change may lead to a significant uptick in heart attacks, based on a University of Michigan study that found heart attacks often follow dramatic changes in outdoor temperature.

There’s a large body of evidence linking the temperature—mainly cold weather—to increased heart risks. However, this is the first study of its kind to explore the impact of sudden temperature changes on heart attack rates.

The new research will be presented this week at the American College of Cardiology’s 67th Annual Scientific Session—a meeting that brings together heart specialists from around the world to share the latest in treatment and prevention. The study included data from more than 30,000 patients treated for heart attack at 45 Michigan hospitals between 2010 and 2016.

After linking the data with weather records, researchers found that greater temperature fluctuation was associated with significantly higher rates of heart attack. Overall, heart attack risk increased by about 5% for every 9 degrees of fluctuation in temperature. Swings of more than 45 degrees were also associated with a greater increase in heart attack risk than smaller changes (18–45 degrees) in temperature.

Researchers note that this effect was even more pronounced on warmer days, meaning that fluctuations in temperature were more likely to trigger heart attacks in warmer weather.

In this study, daily temperature fluctuation was defined as the difference between the highest and lowest temperature recorded on the day of the heart attack.

The findings highlight the impact of our environment on heart health. "Generally, we think of heart attack risk factors as those that apply to individual patients and we have, consequently, identified lifestyle changes or medications to modify them," said senior author Hitinder Gurm, MD, professor of medicine and associate chief clinical officer at Michigan Medicine.

He encourages a similar approach when addressing environmental factors that impact cardiovascular risk. "Temperature fluctuations are common and [often] predictable," says Gurm. "More research is needed to better understand the underlying mechanisms for how temperature fluctuations increase the risk of heart attacks, which would allow us to perhaps devise a successful prevention approach."

Birthday and Anniversary Dates Needed

Our Mended Hearts chapter needs to update our birthday and anniversary listings. Please email your birthdays and anniversaries to Secretary Louise Norris at elnorris@columbus.rr.com, text to 937-935-1746, or call and leave a voice mail. You do not need to give the year if you don’t wish to. Thank you!

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!
Love your heart...eat grapes

Grapes have over 1,600 natural plant compounds
Research into the potential impact to our health when consuming grapes suggests that the whole grape – which contains over 1,600 natural plant compounds, including antioxidants and other polyphenols – offers a range of intriguing health benefits when included in our daily diet.

Grapes are heart-healthy
Grapes are a heart-healthy addition to your diet. In two studies conducted at the University of Connecticut, researchers found that adding grapes to the diet every day supports a healthy heart. Women who consumed 1 ¼ cups of grapes every day reduced blood triglyceride levels, LDL cholesterol levels, inflammatory proteins and other markers for heart disease. Men with metabolic syndrome who consumed 1 ½ cups of grapes every day reduced blood pressure, improved blood vessel function and decreased a key marker of inflammation.

A whole bunch of healthy
Scientists at some of the nation’s most prestigious research institutions continue to study the potential health benefits derived from eating grapes every day. Fresh grape farmers are committed to supporting continued research on grapes and their impact on heart health, eye health, brain health, joint health and cell health. For now, just remember to...

A natural source of
- Antioxidants
- No fat
- No cholesterol

Source: grapesfromcalifornia.com
MEMBERS ANNIVERSARIES
December 18
Larry & Norma Lance
December 23
Bob & Janet Detrick

No birthdays in Nov. or Dec.

Christmas Holiday Cartoon

“No, it’s really a cell tower.”