Managing Afib

Dr. Roy Lin, Cardiac Electrophysiologist at Confluence Health, spoke at our January Mended Hearts Meeting about Managing Afib, a common heart condition affecting many people. He explained that patients with atrial fibrillation (Afib) have an irregular and often too fast beating heart rate. In atrial fibrillation, erratic electrical impulses can cause the upper chambers (atria) of the heart to fibrillate or quiver, resulting in an irregular and frequently rapid heart rate. Dr. Lin said Afib needs to be managed because it significantly raises your risk for a stroke.

Conditions and lifestyle factors known to contribute Afib are aging, genetics, high blood pressure, heart failure, binge drinking, obesity and sleep apnea. He also said that taller people are more likely to have it. Triggers for Afib may be inflammation, physical and psychological stress, caffeine and exercise. Dr. Lin said that Afib is progressive and that everyone is affected differently.

"You Are Not Alone"

Hope and encouragement are just a phone call away. If you or your family would like to talk with one of our Mended Hearts Visitors about your heart condition and concerns, please call Dominick Ferraro, Visiting Program Chair, at 509-421-3641.

"It’s great to be alive - and to help others!"
Heart Valve Awareness Day, Feb. 22

This February 22 and throughout the year, Mended Hearts is proud to participate in the national heart valve disease awareness campaign. This campaign encourages you to listen to your heart, know your risk factors, get your heart checked regularly and join the movement to spread the word and increase awareness.

Millions of Americans have heart valve disease and every year, an estimated 25,000 people in the U.S. die from heart valve disease. The good news is that most heart valve disease cases can be successfully treated with valve replacement or repair in patients of all ages. Unfortunately, awareness of heart valve disease is alarmingly low. As many as 11.6 Americans have heart valve disease, yet only 40 percent of adults have heard of the disease. To learn more about heart valve disease, go to: www.heartvalveawarenessday.org.

Heart Failure Awareness Week, Feb. 10-16

Mended Hearts is collaborating with the Heart Failure Society of America for Heart Failure Awareness week activities. You can find out more information at: www.hfs.org. Two free webinars are being offered and will be ready for registration soon. Check the www.hfs.org website for more information on times:

- Heart Failure: Medications and Challenges of Multiple Medications
  February 12, 2019
- Managing Heart Failure and Diabetes - February 14, 2019

Central Washington Hospital Cardiac Rehabilitation
Community Education Classes
(Held at Cardiac Rehab
Every Monday at Noon)

Feb 4…..Home Exercise Programs
Feb 11….Fall Prevention
Feb 18….Cardiac Anatomy/
  Disease Process
Feb 25….Cardiac Medications

Call 509-433-3171 for more information.

To Join Mended Hearts
Family dues are $45/year and
Individual dues are $30/year.
For more information, call Chris or
Chuck Phelps, Membership
Chairpersons, at 509-860-4554 or
e-mail: membership91@nwi.net

January Birthdays
Continued -
26 Ray FICHTNER
27 Jeff LANKHAAR

No Birthdays in
February

Newsletter Publication
HEART BEAT AWAY is published monthly by Greater Wenatchee Mended Hearts, Chapter 91 and printed courtesy of Confluence Health. If you have an item you would like to include in the newsletter or would like to receive the newsletter, contact Ann Diede at 509-679-8181 or email: mendedhearts91@frontier.com.

Newsletters are sent each month to our members as a benefit of Greater Wenatchee Mended Hearts membership. We also send complimentary copies for three months to recent heart patients who have requested our newsletter, meeting visitors and others considering membership.