Our Raymour and Flanigan fundraiser was a success. Paint and Vino instructors showed us how to create our personal masterpieces using a wine bottle. Food, drinks, and fun were enjoyed by all.

Todd Halliwell came to Mended Hearts wanting to help us in our mission of reaching out to heart patients. We had met in 2011 through one of our guest speakers.

I would like to thank Raymour and Flanigan, Todd and his team, Paint and Vino, relatives, friends, and members of Mended Hearts who attended. Please think of visiting Raymour and Flanigan when in the market for new furniture. Our mission to reach out into the heart community was greatly bolstered by this generous donation.

Thank you!
Bring A Guest!

For each guest you bring to our monthly meeting, you will receive a raffle ticket for a $10 gift card. The winning raffle ticket will be drawn at the end of the meeting. We will conduct raffles from now until June. The guest should be in the medical field, a medical student, a caregiver, a heart survivor, or stroke survivor. Let’s wow our guest speakers with our enthusiasm!

A nap a day keeps high blood pressure at bay

Catching some midday shut-eye linked to similar drops in blood pressure seen with other lifestyle changes, some medications.

It seems that napping may do more than just reboot our energy level and improve our mood. New research has found that people who took advantage of a midday snooze were more likely to have a noticeable drop in blood pressure compared with those who didn't nap.

It seems that napping may do more than just reboot our energy level and improve our mood. New research presented at the American College of Cardiology's 68th Annual Scientific Session found that people who took advantage of a midday snooze were more likely to have a noticeable drop in blood pressure compared with those who didn't nap.

"Midday sleep appears to lower blood pressure levels at the same magnitude as other lifestyle changes. For example, salt and alcohol reduction can bring blood pressure levels down by 3 to 5 mm Hg," said Manolis Kallistratos, MD, cardiologist at the Asklepieion General Hospital in Voula, Greece, and one of the study's co-authors, adding that a low-dose antihypertensive medication usually lowers blood pressure levels by 5 to 7 mm Hg, on average.

Overall, taking a nap during the day was associated with an average 5 mm Hg drop in blood pressure, which researchers said is on par with what would be expected from other known blood pressure-lowering interventions. In addition, for every 60 minutes of midday sleep, 24-hour average systolic blood pressure decreased by 3 mm Hg.

"These findings are important because a drop in blood pressure as small as 2 mm Hg can reduce the risk of cardiovascular events such as heart attack by up to 10 percent," Kallistratos said. "Based on our findings, if someone has the luxury to take a nap during the day, it may also have benefits for high blood pressure. Napping can be easily adopted and typically doesn't cost anything."

This is the first study to prospectively assess midday sleep according to the researchers. The same research's affect on blood pressure levels among people whose blood pressure is reasonably controlled, team previously found midday naps to be associated with reduced blood pressure levels and fewer antihypertensive medications being prescribed among people with very high blood pressure readings.

"The higher the blood pressure levels, the more pronounced any effort to lower it will appear. By including people with relatively well-controlled blood pressure, we can feel more confident that any significant differences in blood pressure readings are likely due to napping," Kallistratos said.

*Article taken from Science Daily
https://www.sciencedaily.com/releases/2019/03/190307081029.htm
Meeting Notice

Our next meeting will be held on:

**Wednesday, April 10, 2019 at 5:30 p.m.**

**at Landmark Medical Center**

**in Christiansen Conference Center.**

*Our speaker will be Sheena Pracyk, Certified Health & Wellness Coach. Topic: General Wellbeing & Healthy Habits.*

Mended Hearts meetings are held the second Wednesday of every month at 5:30 p.m. in Landmark Medical Center’s Christiansen Conference Center. Meetings start with a light meal followed by a short speaker.

*MH meets monthly for support and education. Some members provide information and help to others by visiting heart patients in the hospital. Learn how *Mended Hearts* can play a key role in recovery from heart disease and in personal victory.*

Please notify Claudette to let her know if you or any member or friend of our Chapter is in need of some cheer (illness, recovery, death in family). A card will be sent on behalf of the chapter with best wishes from all of us!

Claudette Marquis
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