I hope each of you had a great, safe and happy Fourth of July. This is July so be very careful when you are outside working. Drink plenty of water.

I know many of you read our Mended Hearts newsletter, but do you really know what Mended Hearts is? Yes, you see us in the hospital wearing our blue vest every day except Sunday. What are we doing? Each accredited visitor (23) is doing what we love to do. Talking with people and their family who have had a heart attack or a heart procedure. If you or a family member has had a heart procedure, you have likely been visited by one of our members. We do not give medical advice but we have had a spouse or ourselves who has had a heart procedure. We have an office on the third floor of the hospital between the cath lab and CVICU unit.

We also give Automated External Defibrillators (AED’s) to non-profit organizations such as schools, churches, and law enforcements. We have given 173 AEDs away at a cost of $1,300 each. We ask nothing in return. We just want to help save lives.

We meet the third Thursday of every month at CRMC at 6:00 p.m. in education rooms 2-3-4. Please come join us for a potluck supper and enjoy one of our professional speakers who will speak for about 15 minutes then answer questions.

**From The President**

Submitted by Blanche Smithers

**NEXT MEETING**

Our July meeting will be held July 18, 2019 in education rooms 2-3-4 at 6:00 pm. Drucilla Ray will be our speaker. She will show us how to make a heart healthy recipe. Please come learn something new.

**JULY’S INTERESTING FACTS**

The long hot days of July are sometimes called “the dog days of summer”. July is also known for international chicken wing day. Also known as I forgot month. And the last, compliment your mirror day. Bet you didn’t know any of these!

**THOUGHT FOR THE DAY**

Practice kindness all day to everybody and you will realize you’re already in heaven now. When I was young, I used to admire intelligent people; as I grow older I admire KIND people.
Registration begins at 7:30 a.m.
Walk begins at 8:00 a.m.
Meet in front of CRMC’s main lobby

Walking for as little as 30 minutes a day can improve your health.

UPCOMING SCHEDULE:
Saturday, July 13
William Wassynger, MD
Cardiologist (Electrophysiology/Arrhythmias)
Tennessee Heart

Saturday, July 20
George Ivey, MD
General Surgery TN Department of Health

Saturday, July 27
Mark Wathen, MD, FACC
Cardiologist (Electrophysiology/Arrhythmias)
Tennessee Heart

In the event of rain, the walk will be canceled and resume the next Saturday.

Pour a bottle of aloe vera gel into an ice cube tray and freeze until hard. You just pop one out when you need it and place it directly on your sunburns and bug bites. They are a great way to relieve summer burns and bites!

Give these simple and cheap aloe vera cubes a try.

June Highlights
Submitted by Marsha Godsey

We had a very informative speaker, Vickie Bilbrey with Oakpoint Behavioral Health at Livingston Regional Hospital who spoke about dementia. Our next meeting will have a hands-on demonstration by Drucilla Ray. Everyone please join us on July 18 at 6:00 pm for a fun evening.

From Our Kitchen to Yours

Aloe Vera Cubes

Ingredients:
• 4-6 cups organic spinach
• 2 large peaches, sliced
• 1 avocado, diced
• 1/2 small red onion, very thinly sliced
• 1/2 cup goat cheese crumbles
• 1/2 cup sliced toasted almonds*

For the dressing:
• 3 tablespoons balsamic vinegar
• 3 tablespoons extra virgin olive oil
• 1 garlic clove, minced
• 1/2 teaspoon Dijon mustard
• Optional: 1 teaspoon sugar, to sweeten dressing
• Salt and pepper, to taste

Instructions
1 In a medium bowl, whisk together the balsamic vinaigrette: balsamic, olive oil, minced garlic, Dijon and salt and pepper.
2 In a large bowl, add the spinach. Drizzle with desired about of balsamic vinaigrette and toss together to combine. Top salad with peach slices, diced avocado, red onion, goat cheese crumbles and toasted almonds. Toss very gently again. Serve immediately. Salad serves 4.

NOTES
To toast your own almonds: Place sliced almonds in a nonstick pan over medium heat. Use a wooden spoon to consistently stir the almonds until they get nice and golden. This should take 3-6 minutes. Once done, remove from heat and transfer to a plate to cool.
Tell us about your occupations before retirement?
“Richard was in the U.S. Navy for 20 years. His job was in personnel and he retired as an E-6 (first class petty officer). Meg worked in a furniture factory in New Jersey.”

Where did you live prior to moving to Cookeville?
“Well, being in the service we lived in various locations. Some of these were: Virginia Beach, Washington, D.C., Mississippi and Philadelphia, PA. Richard spent time aboard ships deployed to different areas overseas.”

How did you two meet?
“We met at a roller skating rink in New Jersey where Richard was taking skating lessons. We met in October of 1967 and got married in November of 1968.”

What is the most important life lesson you have learned?
“To accept things as they are.”

What is something most people don’t know about you?
“Meg was a competitive roller skating judge to include gold medal dance, figure event and test centers. Meg also studied belly dancing for 3 years. While in that activity she once danced in a Middle East resturant.”

What matters most to you as you get older?
“Meg: Good health and family. Richard: Good health and my wife.”

What is your best childhood memory?
“For Meg it was climbing trees and throwing dirt balls at the boys. As for Richard, he had a couple of good memories. One was when he caddied for a player in Ohio in a 1958 PGA Golf tournament and the other was when he graduated from high school with Roman Estevere who later became known as Martin Sheen.”

What excuses do you give when you don’t want to do something?
“Richard: Just don’t do it. Meg: Pass it off to Richard.”

Meg, what’s the best gift Richard ever gave to you?
“The day he retired from the Navy.”

Do you have any children and if so how many and where do they live?
“We have one son and one granddaughter. He lives in Cookeville and homeschools our granddaughter.”

What are your favorite foods?
“Richard likes a good steak and Meg prefers pizza.”

What are your favorite TV shows?
“I guess we favor old time TV shows. Meg likes ‘Tombstone Territory’ and Richard goes for ‘Perry Mason.’”

Do you have any hobbies or special interests?
“Both of us are master gardeners. We usually work at the fair in the potted plant area.”

Do you have a favorite dessert?
“We both really like a banana split.”

The secret to aging gracefully?
“Be happy as you are and enjoy yourself.”

Are you more in love now than you were when you first met?
“Yes.”

How many years have you been married?
“51.”

Spotlight is designed to feature various Mended Heart’s members and hospital staff. Watch Out! You could be next!

“It’s great to be alive - and to help others!”
Intensive blood pressure treatment isn’t just for high-risk patients with diabetes, based on a clinical trial testing the risks and benefits of two antihypertensive drugs, preterax and diamicron. Findings were recently published in the American Heart Association journal Hypertension, and suggest all diabetics at risk for heart disease benefit from treatment, regardless of risk.

Known as the ADVANCE trial (Action in Diabetes and Vascular Disease: Preterax and Diamicron Modified Release Controlled Evaluation), this study looked at the impact of aggressive blood pressure treatment in patients with diabetes. The trial itself studied whether the combination therapy improved outcomes when compared to an inactive placebo pill—which it did. However, the recent analysis took a deeper look at findings to see if the benefits vary by cardiovascular risk.

In total, the analysis included 10,948 patients with diabetes at moderate to high risk for heart events. By study definition, that means participants either had heart disease already or had at least two major risk factors for developing it.

After being randomized to the study treatment, participants were followed for four years for the development of heart disease, heart events and death.

As the overall study showed, the combination blood pressure therapy significantly reduced risk for both heart events and death when compared to placebo. However, the additional analysis showed that benefits were the same, regardless of a patient’s health at start of the study.

For example, researchers found that the hypertensive therapy worked the same in patients with normal blood pressure vs. very high blood pressure. Intensive therapy also improved outcomes equally in patients who had a low vs. high risk of experiencing a heart event in the next ten years.

What that means, according to authors, is that blood pressure therapy should not be reserved for high-risk patients with diabetes. In this study, intensive blood pressure medication improved outcomes in all patients with diabetes.

Since diabetes significantly increases risk for heart events, increasing the use of blood pressure treatment in diabetic patients could save countless lives. According to the Centers for Disease Control and Prevention, more than 30 million Americans have diabetes. People with diabetes are twice as likely to have a stroke or heart attack as those without diabetes, making it the 7th leading cause of death in the United States.

Of course, there are a few things to keep in mind about study findings.

As authors note, the trial included patients with diabetes who either had heart disease or had two cardiovascular risk factors, such as obesity or high cholesterol. It also included only patients with type 2 diabetes, which occurs when the body doesn’t use insulin or blood sugar properly. Type 2 diabetes is the most common form of diabetes and accounts for up to 95% of all diabetes cases.

For these reasons, findings can’t be applied to different populations—such as very low risk patients or those with type 1 diabetes. However, findings remain promising for patients with type 2 diabetes who face increased risk for heart disease.

Authors add that since the optimal blood pressure goal in patients with diabetes remains controversial, they hope recent findings help shed light on which patients might benefit from intensive blood pressure treatment. Experts also encourage further research on the issue, as improved treatment could improve survival and quality of life for millions with diabetes.

### Medications Can Contribute to Dry Mouth

In the fall or spring, if you take antihistamines to combat seasonal allergies, you may find yourself with an annoying side effect: Dry mouth.

But, it isn’t just antihistamines. Hundreds of medications cause dry mouth including pills for blood pressure, pain, muscle relaxants, anxiety, depression and simple decongestants. Also, health conditions, including diabetes, or treatments such as cancer radiation therapy can cause the condition.

Symptoms of dry mouth include severely painful dry tongue, choking, sore throat, and hoarseness. It can change the taste of food, cause bad breath, and affect teeth and gums.

You can get relief through some prescription medications.

However, home care can help.
- Use a humidifier at night.
- Chew sugar-free gum.
- Sip water frequently.
- Avoid sugar, acidic foods, caffeine, alcohol, and tobacco.
- Try switching out medications with your doctor’s help.

Many dry mouth over-the-counter symptom relievers are available, including special mouthwash that does not contain alcohol. Dry mouth sprays can be helpful at night, but if they don’t seem to have staying power, try the gels.
**What to File and Keep**

Always keep filed or in a safety deposit box, according to AARP:

- Original birth and marriage certificates
- Social Security cards
- Divorce decrees
- Citizenship and adoption papers
- Death certificates of family members
- Active passports (even if you’re not traveling)
- College diplomas
- Military records
- Wills and trusts
- Power of attorney paperwork
- Active life insurance policies

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**Are Recliners Bad For You?**

Snubbed by the style conscious, and loved by the sports fanatic, recliners are a matter of taste, but experts disagree on whether they are good for the body.

One theory has it that recliners promote terrible posture and are thus bad for our backs. Chiropractors will tell you that sitting in general is bad for the spine; putting it in a position it was never intended for. Combine that with the many hours spent sitting at our desks, and it’s no wonder we suffer aches and pains (and why standing desks have become so popular).

Others say, not so fast. Yes, it comes down to posture, but that simply means we need better recliners.

Find one that supports the lower back and promotes good posture, for example.

According to WebMD, the ideal sitting position is actually one in which you are leaning back a bit, at a 135 degree body-thigh position, which puts less stress on the spine than the typical 90-degree seated position.

Find the right chair with the right support, and don’t spend hours a day in it; you should be fine. Find a recliner that induces slouching and spend tons of time in it; then prepare for pain.

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**Low-carb Diet Affects Hydration**

Carbohydrates (especially whole grains) store water and if you eliminate carbs and grains, you may need more water, especially if you work in the heat.

According to paleoleap.com, one important consideration for low-carb dieters: salt. Sodium, potassium and magnesium are electrolytes and they maintain fluid balance in the body.

Since low-carb dieters eliminate salty processed food, they don’t get heavy sodium doses and may need more.

In addition, low-carb diets are low insulin diets. When insulin levels are low, the body flushes out more sodium, according to physiology.org.

Don’t be afraid to salt your food when on a low-carb diet. If nothing else, use light salt as this type of salt has more potassium.

Salt or electrolyte tablets can be an option if hydration is a problem. Bring a thermos of broth or bouillon for lunch. That can help, too.
energy drinks quickly affect the heart
CardioSmart

It may be the dangerous changes in heartbeat and blood pressure that land some consumers of energy drinks in the emergency room, based on results of a clinical trial that tested their short-term effects on the heart. Findings were recently published in the Journal of the American Heart Association and suggest that anyone with high blood pressure or heart rhythm disorders should use caution when consuming energy drinks.

Conducted at the University of the Pacific in Stockton, California, this study explored known health concerns associated with energy drinks. Energy drinks—which contain a mixture of caffeine and other energy-boosting ingredients—have been linked to a number of health problems, including abnormal heart rhythm, heart attack and sudden cardiac arrest. In 2011 alone, energy drinks caused more than 20,000 hospital visits and have led to at least 34 deaths to date.

However, just how energy drinks cause the increase in health risks is not fully clear.

To learn more, researchers tracked heart activity in 34 healthy volunteers who consumed two popular brands of energy drinks (or a placebo sugar drink) on three separate occasions. The goal was to see how energy drinks affect blood pressure and changes in QT interval, which is the time it takes the heart to recharge in between beats.

The energy drinks tested in the study contained between 152 and 160 milligrams of caffeine per can, along with other ingredients like taurine, glucuronolactone and vitamins. The placebo drink contained only carbonated water, lime juice and cherry flavoring.

After tracking participants’ heart rhythm and blood pressure for four hours after consuming the drinks, researchers found that the two energy drinks significantly increased blood pressure compared to the placebo drink. After consuming the energy drinks, participants’ average QT interval was also 6-7 milliseconds higher than it was after consuming the placebo drink.

What this shows, according to authors, is that energy drinks likely have an immediate impact on both blood pressure and heart rhythm. These changes could be to blame for the increase in heart risks from energy drink consumption.

A long QT interval can signal a heart rhythm disorder, which can cause serious irregular heart rhythms that increase risk for stroke. High blood pressure, which affects nearly half of U.S. adults, is also a known risk factor for heart disease and significantly increases risk for heart events.

For these reasons, experts urge individuals with heart conditions and high blood pressure to use caution and limit their energy drink intake. Authors also encourage additional research to study the long-term health effects of regular energy drink consumption and to help identify the ingredients that pose a danger to heart health.
Fourth of July Word Search Puzzle

Calendar of Events

July 12  Board of Directors meeting
July 14 – 18  MH Conference in San Antonio, TX
July 19  Mended Hearts Meeting
July 22  Make Someone Smile Week
July 24  Jamestown Meeting

Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.
## Member Enrollment

**Member Information** (please print or type)  
Name (Mr/Mrs/Ms) ____________________  
Address (line 1) ____________________  
Address (line 2) ____________________  
City/State/Zip ____________________  
Email address ____________________  
Phone ( ______ ) ____________________  
Alt Phone ( ______ ) ____________________  
Retired:  
- Yes  
- No  
Occupation ____________________  
Family member (must reside at same address; please name): ____________________  
Preferred Contact:  
- Phone  
- Email  
- Mail  
May Mended Hearts staff or volunteers contact you regarding local chapter opportunities?  
- Yes  
- No  

**Medical Info/Demographics** (Optional for Mended Hearts reporting purposes in aggregate only)  
Name of Heart Patient ____________________  
Date of Surgery/Procedure ____________________  
Type of Surgery/Procedure ____________________  
- Angioplasty  
- Heart attack  
- Diabetes  
- Atrial Septal Defect  
- Pacemaker  
- Valve-Surgery  
- Aneuryism  
- Transplant  
- Valve Transcath  
- CABG (Bypass)  
- AFib arrhythmia  
- ICD (Defibrillator)  
- Stent  
- Other arrhythmia  
- Other  

Many chapter newsletters include surgery/procedure anniversaries of members.  
Please indicate here if you are agreeable to having your name published in this way.  
- Yes  
- No  

Add my email to monthly national email updates?  
- Yes  
- No  

Optional info: Date of birth ____________________  
Race:  
- Caucasian  
- Black  
- Asian  
- Am. Indian  
- Other  
Gender:  
- Male  
- Female  
Patient signature ____________________  

Add my email to monthly national email updates?  
- Yes  
- No  

Optional info: Date of birth ____________________  
Race:  
- Caucasian  
- Black  
- Asian  
- Am. Indian  
- Other  
Gender:  
- Male  
- Female  
Family member signature ____________________  

**National Membership Dues:** Includes subscription to *Heartbeat* magazine and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National dues are tax deductible less $10.00; Chapter and Lifetime dues are 100% tax deductible.  

**United States national**  
- Individual: $20.00  
- Family: $30.00  
- Life – Individual Dues: $150.00  
- Life – Family Dues: $210.00  

**Chapter dues (please customize)**  
- Individual: $ ______  
- Family: $ ______  
- Life – Individual Dues (if applicable): $ ______  
- Life – Family Dues (if applicable): $ ______  

**Dues Summary:**  
- National dues: $ ______  
- Chapter dues: $ ______  
- I am joining as a non-heart patient:  
  - Physician  
  - RN  
- Other Interested Party:  
  - Health Admin  
  - Other  

**TOTAL $ ______**  
- I would like to make a tax-deductible contribution of $ ______  
- Donation to national $ ______  
- Donation to chapter $ ______  
- To chapter #: ______  
- Chapter Name: ______  
- City: ______  
- State: ______  

Please send payment with enrollment form to MHI chapter Treasurer.

Carolyn Smith  
588 Old Qualus Road  
Cookeville, TN 38506