MESSAGE FROM OUR PRESIDENT

Dear Members,

NEEDS IF WE ARE TO SUCCEED:

VICE-PRESIDENT
and
SECRETARY

Carolyn and I are getting very, very tired and overwhelmed.

Sue

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
clore22@msn.com

Mended Hearts Inc. was founded in 1951 and incorporated in 1955. It is a national non-profit volunteer support group dedicated to providing help, encouragement and support to heart disease patients and their families.

Meetings are held on the second Wednesday of each month in Christiansen Conference Center, located on the Ground Floor of Landmark Medical Center 115 Cass Avenue Woonsocket, RI.

To learn more about our chapter, please call Sue Trinque at (508) 883-1291

Chapter Officers

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Vice President - OPEN

Secretary - OPEN

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Robert Hoffman, MH Northeast Regional Director
Sue Trinque, MH Northeast Asst. Regional Director
For healthy blood pressure, both numbers matter

The bottom number in a blood pressure reading (the diastolic pressure) has sometimes played second fiddle to the top number (systolic) in clinical settings, but new research confirms that both numbers are important in determining a person's heart disease risk.

The study, from researchers at Kaiser Permanente in California, was published in the New England Journal of Medicine.

"Although systolic does count for a little bit more in terms of the risk of heart attack and stroke, diastolic high blood pressure is a close second, and it's an independent predictor of those risks," said lead author Dr. Alexander Flint, a stroke specialist with Kaiser Permanente.

A high diastolic number "really should not be ignored," he added. "We should not declare victory just because one number is under control. We need to pay attention to both."

Systolic refers to the amount of pressure in a person's arteries, when the heart squeezes and sends blood throughout the body. Diastolic is the pressure in the arteries between heart beats.

The study analyzed more than 36 million blood pressure readings from 1.3 million adults. All were members of Kaiser Permanente in Northern California. Most were white; just 7.5 percent were black.

"Recognizing that the diastolic blood pressure also has to be controlled because it can increase risk for stroke is a good step forward in our management for blood pressure," said Dr. Nieca Goldberg, a cardiologist at NYU Langone Medical Center and medical director of the Joan H. Tisch Center for Women's Health, who was not involved with the research.

Over the past decade, mounting evidence has shown that when patients can get their blood pressure down to levels below what was previously considered "normal," they greatly reduced their risk for heart attack and stroke.

In 2017, the American Heart Association and the American College of Cardiology updated their guidelines for optimal blood pressure. Anyone with a measurement over 130/80 mmHg is considered to have hypertension.

Neither Goldberg nor other outside heart experts were surprised by the findings.

"This is something I've believed for years, that we should treat both systolic and diastolic blood pressure," Dr. Angela Brown, an associate professor of medicine and clinical hypertension specialist at Washington University School of Medicine in St. Louis, wrote in an email to NBC News.

Brown also emphasized that younger people often have higher diastolic readings than systolic readings, such as 130/100mm Hg, compared with older people whose systolic readings may be higher, such as 170/80 mmHg.

Both systolic and diastolic hypertension can be treated with the same kinds of medications, but some doctors may need to switch the medicines or doses to get patients below that 130/80 mmHg mark.

"Everybody's reaction to medication is different, so it really has to be individually tailored," Flint said.

Lifestyle factors are perhaps the biggest driver of hypertension. The American Heart Association recommends several ways to lower your blood pressure and keep it in a healthy range. Those include:

- eating a well-balanced diet that's low in salt.
- limiting alcohol to two drinks a day for men, one for women.
- exercising about 30 minutes a day, five days a week.
- quitting smoking.
- losing weight if your body mass index is over 25.

Article taken from https://www.nbcnews.com/health/heart-health/healthy-blood-pressure-both-numbers-matter-n1030851
Meeting Notice

Our next meeting will be held on:

Wednesday, October 9, 2019 at 5:30 p.m.
at Landmark Medical Center
in Christiansen Conference Center.

Speaker: To be announced

Mended Hearts meetings are held the second Wednesday of every month (except July and August) 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.

Ready for anything: What goes in an emergency preparedness kit?

September is typically a mild weather month, but unfortunately it's also a time when hurricanes and other extreme weather conditions can pop up. With that in mind, it's a good time to review the items you should keep in your emergency kit. Some of the items the Red Cross says you absolutely need to include:

* A plan for your pet. Evacuate early with your pets. Have food, pet carriers, leashes, and water.
* Water, one gallon per day per person; three days worth for an evacuation.
* Non-perishable food items, same guidelines as for water. Take a can opener.
* Flashlight
* Battery-powered or hand-crank radio, preferably a NOAA weather radio
* Extra batteries
* First aid kit that includes prescription medicines
* Cell phones with chargers
* Extra cash (remember that ATMs and other machines often don't work) and credit cards
* Documents, including insurance papers, ID, deed or lease to the home, proof of address, medication list
* Emergency contact info
* Emergency blankets
* Map of the area (cell phone service, including GPS, could be lost)
MENDED HEARTS & MENDED LITTLE HEARTS
NORTHEAST REGIONAL MEETING
WORCESTER, MA

When:
Fri, Nov 1 - 2:30-4:30 p.m.
Sat, Nov 2 - 9 - 3:30 p.m.

Where:
UMASS Medical Center
55 Lake Avenue North
Worcester, MA 01655

Cost: $10/person or $15/family

Lunch: Included

Contact: Bob Hoffman
vrome@att.net or 860 841-3530

This regional conference program offers education in the latest treatment of cardiovascular and CHD care, patient advocacy information, as well as opportunities for heart patients and caregivers to network and share their experiences.

Register at:
https://mendedhearts.org/events/regional-meetings-2019/