I can’t believe September is here. I have so much to do and seem to be falling more behind every day. The hurrier I go, the behinder I get - that’s me!

I hope you have had success locating your guest speaker. I know I am still struggling. It is discouraging to send emails and make calls without the courtesy of a response. Let’s not give up; we are in this together. The right speakers for us are out there. Please let either Carolyn or myself know if you have a confirmed speaker.

Please mark your calendar for November 2. The Mended Hearts meeting of all the chapters of the Northeast will take place that day at the UMass Medical Center in Worcester. That’s a short ride for us. While many of you have never met our member Bob Cembrola, he is a visitor at this facility and instrumental in obtaining the meeting space. The day will be filled with guest speakers to educate us and improve our life. Details will be forthcoming. Please consider being a volunteer that day. Save The Date on your calendar.

Looking forward to a year of growing our membership. Let’s continue to share ideas to be the best chapter we can be.

A Healthy Heart start to growing membership...

Sue
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.
- Try sugar-free gum.
- Sip water frequently.
- Avoid sugar, acidic foods, caffeine, alcohol, and tobacco.
- Switch 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.

**Low-carb diet affects hydration**

Carbohydrates (especially whole grains) store water and if you eliminate carbs and grains, you may need more water. One important consideration for low-carb dieters: salt. Sodium helps maintain fluid balance in the body. Low-carb dieters eliminate salty processed food and may need more sodium. In addition, low-carb diets are low insulin diets. When insulin levels are low, the body flushes out more sodium, according to physiology.org. Salt or electrolyte tablets can be an option if hydration is a problem.
Meeting Notice

Our next meeting will be held on:

**Wednesday, September 11, 2019 at 5:30 p.m.**

at **Landmark Medical Center**
in Christiansen Conference Center.

**Speaker: Maria Kishfy, Atria/Lincoln, Exercise and Arthritis**

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.*

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30 Minutes of Exercise Can Counteract a Day of Sitting

New research finds even small amounts of exercise can dramatically improve your health. The vast majority of Americans spend a good portion of their days tethered to a desk. This type of sedentary lifestyle can take a serious toll on your health and even lead to an early death, research shows. However, just because you spend most days glued to a chair doesn’t necessarily mean you’re doomed. Just 30 minutes of physical activity a day can counteract a day of sitting, according to a new study published this month in the American Journal of Epidemiology.

Researchers from Columbia University Irving Medical Center evaluated 7,999 healthy adults, ages 45 and older, who previously participated in a separate study that required them to wear activity monitors for at least four days between 2009 and 2013. The research team used the data from the monitors — which recorded the amount and intensity of physical activity they did — and, over the course of five years, tracked the mortalities and health risks the participants experienced. The study found that substituting 30 minutes of sitting with light physical activity could lower your risks of an early death by about 17 percent. Replace that sedentary time with more moderate to vigorous exercise, like running and biking, and you’ll cut the risk of early mortality by 35 percent. Even short 1 to 2-minute bursts of movement were linked to long-term valuable health benefits.

*This article was taken from Healthline.com*