National Heart News - October 2019

Creating a World of Support
Extended through Day of Giving
https://give.classy.org/WorldofSupport

TOP TEAMS
1. MLH of Coastal VA, $5000
2. MLH of Washington, DC $4183
3. Chapter 165, Albany, GA $3605
4. MLH of So. IL & St. Louis $3007
5. MLH of the Bay Area $2625
6. MLH of Dallas $1658

TOP INDIVIDUALS
1. Laura Joyner $2879 (MLH of DC)
2. Ken Karlson $1800 (MH St. Petersburg)
3. Ashley Higbea $851 (MLH SO. IL & St. Louis)
4. Katie Rawls $750 (MLH SO. IL & St. Louis)
5. Amanda Lance $703 (MLH of SO. IL & St. Louis)
6. Angela Manriquez $630 (MH Lakewood)

If you are a chapter, group or individual interested in holding an event for our Create a World of Support fundraiser, or you would still like to make a personal donation, we would like you to know that we have extended the deadline of the campaign through Dec 3, the annual Day of Giving.

We are so appreciative of the support that many of you have already given. At this point 238 individuals, groups and chapters have generously donated and we know a number of you are still planning events and fundraising.

If you have not yet donated, please consider doing so. If you are looking for some fun, creative or easy ways to give, here is a list of ideas:

- Hold a raffle by getting an item donated to your chapter or group (MLH of Dallas)
- Hold a charity golf tournament (MH St. Petersburg/MLH of St. Petersburg)
- Hold a walk or run event and donate some of the proceeds (MLH of Coastal VA, MLH of the Bay Area, MLH of Amarillo)
- Recruit an amazing fundraiser for your group and let her do her magic (Laura Joyner, MLH of DC)
- Ask your local businesses to match your
For questions about the campaign, please email Mandy [HERE].

- Personal donation (Ken Karlson - his bank and Publix)
- Hold a King/Queen photo competition - the most votes for favorite pic equals the most donations (M&H of SO, IL & St. Louis)
- Hold a birthday party and ask for donations in lieu of gifts (Angela Manriquez)

If you are interested in donating to the campaign, but would prefer to mail in a check, you are welcome to do so. The mailing address can be found [HERE].

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**Regional Meetings**

Will you be in the Gastonia, NC area this weekend, or near Boston, MA on Nov 1? If so, you should think about joining your fellow heart patients and caregivers at two of our upcoming regional meetings. You can still register for both events.

It’s the perfect chance to learn more about exciting improvements in cardiac treatment and care and a wonderful opportunity to network with other heart patients. For a full list of the meetings we have scheduled across the country, please see below.

- October 26 – Gastonia, NC – Caromont Heart & Vascular – [REGISTER HERE]
- Nov 1 & 2 – Worcester, MA - UMass Medical Center - [REGISTER HERE]
- January 18 - Katy, TX - Registration coming soon
- Feb 7 & 8 – Evansville, IN - Registration coming soon
- May 1 - Rancho Mirage, CA

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**Wave of Light**

October is Pregnancy and Infant Loss month. We at Mended Little Hearts recognize that the loss of a life, at any age, should be recognized and remembered. In the CHD Community, we honor and cherish our heart warriors, of all ages, who have gone too soon.

On October 15 at 7 p.m. we asked our members and groups to participate in "A Wave of Light". For this global initiative, everyone participating was asked to light a candle, or share a candle virtually on social media, at 7pm in their time zone, and leave that candle burning for ONE hour. The wave of light was spread, hour by hour, across the globe. As one light burnt out, the next was lit.

We would like to thank M&H Bereavement Chair, Sharee McCoy and M&H Marketing Chair, Shannan Pearsall for their work on this remembrance campaign. During the week of Oct 9-15, our Facebook posts reached almost 90,000 people and over 30,000 people engaged.
Everyone is vulnerable to the flu and its harsh effects, but heart patients are particularly at risk of developing serious complications. According to the Centers for Disease Control (CDC), about half of adults hospitalized with flu during the 2017-2018 flu season had heart disease and studies have shown that influenza is associated with an increase of heart attacks and stroke.

Not only can a flu vaccine reduce your risk of getting sick with flu and being hospitalized, the flu vaccination has been associated with lower rates of some cardiac events among people with heart disease. In addition to getting your flu shot, the CDC recommends some other ways to protect yourself:

- Maintain a two week supply of your regular medications during flu season.
- Do not stop taking your regular medications without first consulting your doctor, especially in the event that you get the flu or another respiratory infection.
- People with heart failure should be alert to changes in their breathing and should promptly report changes to their doctor.

For more information on the flu and its effects on those with heart disease and congenital heart disease, please visit our website HERE.

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**Aspirin Survey**

Aspirin has been in the news a lot lately, and it has been very confusing for some patients. Updated guidelines that were released earlier this year state that aspirin should not be used in routine primary prevention for heart attacks due to lack of net benefit.

This caught the attention of the media, yet news stories generally oversimplified the new guidelines – failing to make clear that the recommendation applied only to primary prevention and often downplaying the positives of using aspirin for many who already have heart disease. The consequences of this confusion can be deadly. Nearly 1 in 3 people who have had a heart attack will have another. And for those taking aspirin for secondary prevention, going off their regimen can increase the risk of another heart attack by 63 percent and the risk of another ischemic stroke by 40 percent.

Following the release of the new guidelines, Mended Hearts worked with Womenheart and Bayer Aspirin to develop a survey about the understanding of the recent news. The goal of the survey was to gain an understanding of the current perception and use of aspirin as a secondary prevention tool for heart disease. To read some of the key findings of this survey, please click HERE. To read the entire survey, you can go HERE.

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**November is National Diabetes Month**

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Awareness month. Did you know that Type 2 Diabetes puts you at risk for heart disease and stroke? Learn your risks and how you can take charge of your health HERE.

Advocating with American Heart Association
Our Program Director, Jodi Smith, was chosen to advocate with the American Heart Association and was on the Hill on October, 17 with Susan Lucci of All My Children. Advocates from 48 states asked for an increase of $2.5 billion for medical research at the National Institutes of Health (NIH), for legislators to support legislation to prevent surprise medical billing, and to ban flavored tobacco, including smokeless products, products because they are marketed to children. They also listened to speakers on disparities and their impact on healthcare in our country.

Family Education Day at Cincinnati Children’s Hospital
Jodi Smith and Anna and Jason McCullough had an exhibit table at Cincinnati Children’s Family Education Day and Jodi spoke on a panel about the many support, education and advocacy services Mended Little Hearts provides including, Rock Your Scar Awareness Campaign, Bravery Bag Programs, Mended Little HeartGuide (which includes questions for parents to ask when choosing a location for their child’s care), Remember Our Hearts, and much more. We appreciate the work Cincinnati Children’s does to support their patients and families.

Each donation helps to support our mission to inspire hope through ongoing peer-to-peer support, education, and advocacy.

Give Today

If you wish to find out more about a local MH or M/LH event, or you have a meeting you would like added in next month’s newsletter, please email Mandy at Mandy.Sandkuhler@mendedhearts.org

MH Chapter Events

M/LH Group Events
MH Blueridge, VA: Chapter Meeting
10/24/2019 from 12 to 2 p.m. For more info contact Dan HERE.

MH of Loma Linda, CA: Chapter meeting
10/25/2019 from 1:30 to 3 p.m. For more info email Joe HERE.

MH of Morris County, NJ: Chapter meeting
10/27/2019. For more information email Deborah HERE.

MH of Northern Virginia: Chapter Meeting
11/02/2019 at 11 a.m. For more info email Michael HERE.

MH of Oakland, CA: Chapter Meeting
11/02/2019 from 9:30 to 11 a.m. For more info email HERE HERE.

MH of Wenatchee, WA: Chapter Meeting
11/04/2019 from 11:30 to 1 p.m. For more info email Ann HERE.

MH of Central Virginia: Chapter Meeting
11/05/2019 at 7 p.m. For more info email John HERE.

MH of Cabarrus, NC: Chapter Meeting
11/07/2019. For more info about future meetings email Ken HERE.

MH of Aiken, SC: Chapter Meeting 11/8/2019 at 10 a.m. For more info email Phil HERE.

MH of National Capital Area, DC: Chapter Meeting 11/10/2019 at 3 p.m. For more info email Ash HERE.

MH Newark, DE: Chapter Meeting 11/11/2019 at 6:30 p.m. For more info email Linda HERE.

MH of Myrtle Beach, SC: Chapter Meeting at Mercy Care 11/11/2019 at 11:30 a.m. For more info email Mary Lou HERE.

MH of Chicago, IL: Chapter Meeting 11/12/2019 at 6 p.m. For more info email Neal HERE.

MH of St. Petersburg, FL: Chapter Meeting 11/13/2019 from 1 to 3 p.m. For more info email Ken HERE.

MH of Landmark, RI: Chapter Meeting 11/13/2019 at 5:30 p.m. For more info email Carolyn HERE.

MH of Fayetteville, NC: Chapter Meeting 11/14/2019 from 6 to 7:30 p.m. at Cape Fear Valley Health Plex. For more info email Bill HERE.

MH of Oklahoma: CHD Kids Party at Dave & Busters OKC for older children and teens 10/26/2019 from 6-8 PM. For more info email Heather HERE.

MH of Long Island: Annual Toy Drive from 11/01 through 12/14. For more info click HERE and for questions email HERE.

MH of the Bay Area: Superhero Heart Run 11/03/2019. For more info click HERE.

MH of Philadelphia Region: Taste of Philly Masquerade Ball 11/09/2019 from 6 to 10 p.m. For more info click HERE.


MH of Ft. Worth: Gift Exchange & Toy Drive 11/11. For more info email Kathy HERE.

MH of Washington, DC: Support group meeting 11/14/2019 from 7:30 to 9:30 p.m. For more info click HERE.

MH of Southwest PA: Annual Toy Drive from 11/16 through 11/30. For more info click HERE.

MH of Washington, DC: Sips With Santa 11/17/2019 from 10 - 2 p.m. For more info click HERE.

MH of Indianapolis, IN: Breakfast With Santa 12/08/2019 from 8 to noon (Santa from 9 to 11 a.m.). For more info click HERE.

MH of San Diego, CA: Holiday Potluck from 4 to 6 p.m. on 12/15/2019. For more info email Julie HERE.

MH of Washington, DC: Annual Toy Drive. For more info click HERE.

MH of San Diego, CA: Music therapy classes the last Friday of every month at 4 p.m. through December. Two classes; ages 0-3 and 4 & up. For more information click HERE.

MH of Southwestern PA: Heart of Gold - MH
MH of Coachella Valley, CA: Chapter Meeting
11/14/2019. For more info email Bill HERE.

MH Bellefontaine, OH: Chapter meeting
11/14/2019 at 6 p.m. For more info email Bruce HERE.

MH of Leesburg, FL: Chapter Meeting
11/14/2019 at 10 a.m. For more info email Michele HERE.

MH of Charlottesville, VA: Chapter Meeting
11/14/2019 from 2 to 3 p.m. For more info email Robin HERE or call 434-243-8197.

MH of Atlanta, GA: Chapter Meeting
11/16/2019 at 10:30 a.m. For more info email Harry HERE.

MH of Fort Myers, FL: Chapter Meeting
11/20/2019 at 6:30 p.m. For more info email Joe HERE.

MH of Greater Hartford: Chapter Meeting
11/20/2019 at 7 p.m. For more info email Walter HERE.

MH of Huntsville, AL: Chapter Meeting
11/21/2019. For more info contact Fredonia HERE.

MH of the Grand Strand, SC: Chapter Meeting at Waccamaw Hospital 11/26/2019 at noon. For more info email Mary Lou HERE. (This meeting date is close to Thanksgiving - you may want to confirm the meeting date with Mary Lou)

MH of Cherokee, GA: Chapter Meeting
11/26/19. For more info email David HERE. (This meeting date is close to Thanksgiving - you may want to confirm the meeting date with David)

MH of Palm Beach Cty, FL: Chapter Meeting for November is canceled. For more info click HERE.

www.Mendedhearts.org - 1-888-432-7899