CHAPTER 399 MAKES A DIFFERENCE!  
by David Richards

Mended Hearts of Northwest Florida has been assisting the community for some years now. We are active in the Fort Walton Beach Medical Center and local rehab units throughout the community, providing moral support to heart patients, families, and caregivers.

Offering moral support, our trained and certified visitation members also provide educational information such as the Mended hearts Heart Guide, Heart Health Discussion Guides the Pulse monthly newsletter.

Chapter members attend monthly meetings where guest speakers discuss an array of heart-related topics and interact with one another to discuss their concerns. Fortunately, at this time we are allowed to have monthly meetings in the Medical Center at this time, so we are conducting meetings in the 3rd Floor Classroom in the Fort Walton Beach Medical Center. You are invited to attend all monthly meetings.

Chapter 399 is supported by Mended Hearts International, a nonprofit organization that has been offering hope to patients and caregivers for 70 years. It is a pleasure to work with this support group that supplies us with up-to-date training for the chapter and its members.

To be a Chapter member is to be a member of a positive organization. It is aimed towards helping heart patients of today and in the past. Members are associated with others that have a common history. It is the place to gather information and learn about heart health.

The Okaloosa/Walton Heart Walk is back

You won't want to miss it! We are bringing you a one-of-a-kind experience to join together with friends, family and colleagues to get moving and focusing on improved health, all while helping to defeat heart disease and stroke.

For more Info click on button or go to:
https://www2.heart.org/site/TR/HeartWalk/GSA-GreaterSoutheastAffiliate?pg=entry&fr_id=6191
WHAT IS A ELECTROCARDIOGRAM (ECG or EKG)?

An electrocardiogram — abbreviated as EKG or ECG — is a test that measures the heartbeat's electrical activity. With each beat, an electrical impulse (or "wave") travels through the heart. This wave causes the muscle to squeeze and pump blood from the heart. A normal heartbeat on ECG will show the timing of the top and lower chambers.

The right and left atria or upper chambers make the first wave called a "P wave" — following a flat line when the electrical impulse goes to the bottom chambers. The right and left bottom chambers or ventricles make the next wave called a "QRS complex." The final wave or "T wave" represents electrical recovery or return to a resting state for the ventricles.

An ECG gives two major kinds of information. First, by measuring time intervals on the ECG, a doctor can determine how long the electrical wave takes to pass through the heart. Finding out how long a wave takes to travel from one part of the heart to the next shows if the electrical activity is normal or slow, fast or irregular. Second, by measuring the amount of electrical activity passing through the heart muscle, a cardiologist may be able to find out if parts of the heart are too large or are overworked.

The testing is not harmful. The machine only records the ECG. It doesn’t send electricity into the body. There’s no pain or risk associated with having an electrocardiogram. When you remove the ECG stickers, there may be some minor discomfort.

Your heart is a hard-working muscle that requires plenty of oxygen to stay strong and function properly. However, due to blockages or constrictions in the coronary blood vessels, the heart can experience ischemia, a dangerous state in which the cardiac tissue is under perfused.

If your heart experiences prolonged ischemia, the muscle can actually start to die, leading to heart failure and even death. An EKG is a valuable tool that helps medical providers evaluate how much oxygen your heart is getting and intervene immediately if your heart is ischemic to prevent catastrophic complications.

The testing is often done in a doctor's office, a clinic, or a hospital room. ECG machines are standard equipment in operating rooms and ambulances.

You can also monitor your own heart by using personal devices. There are many devices available. Here are a couple of such devices:

- **Alivecor Kardia Mobile Device** FDA approved device that works with a dedicated smartphone app. You can up-to-date heart readings and can also receive shareable data on the app so that you can use it later.

- **Apple Watch**. The most significant change to the wearable, isn’t the bigger screen or thinner design, but the addition of an FDA-cleared electrocardiogram (ECG) built into the device.

If you are interested in purchasing a personal mobile unit, check online for the unit for you.
“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less”

Marie Curie
A Polish and naturalized French physicist and chemist who conducted pioneering research on radioactivity.

WOMEN HAVE UNIQUE VISION CHALLENGES WITH AGE

Our vision changes throughout our lives. As we age, we need more light to see, it becomes harder to tell the difference between some colors; it becomes more challenging to focus on things that are near, and it can be harder to adjust to glare and darkness.

In particular, women experience unique challenges with eyesight as they get older. Because they tend to live longer, women have greater instances of eye disorders. They are also more likely to undergo certain cancer treatments that may affect vision.

Women have higher rates of cataract, glaucoma, and age-related macular degeneration, as well as a higher prevalence of dry eye. They may also experience changes in vision due to pregnancy and menopause.

Prevent Blindness has designated April as Women's Eye Health and Safety Month to raise awareness of and educate women on their increased risk for eye diseases.

THE McCORMACKS THE NEW VISITING TEAM

The chapter has two new credited visitors, and they will be a significant part of the chapter patient visiting team. To become a credited Mended Hearts visitor, you must go through an accreditation training session and train with other accredited visitors. Then, the Visiting Charman will approve the individual's accreditation.

Jannet and Terry McCormack, husband, and wife, will work together when visiting heart patients in the future. We are happy to have this duo volunteering with us.

LEARN FROM THE EXPERTS

Attend our Monthly Chapter Meetings, and you will learn about the heart from the expert speakers. Come to our next meeting we have a seat for you.

Next Meeting: 26 August at 2:30 pm
3rd Floor Classroom – Fort Walton Beach Medical Center
TUNA MACARONI SALAD with CHEESE

A great easy tuna salad it is the perfect dish for a hot august summer cookout. It’s a crowd-pleaser! It is a great twist on a classic side dish.

The salad can made in less than 15 minutes! It’s a versatile recipe meaning if you don’t want to make macaroni salad with tuna you can swap in chicken.

Servings10 servings

4 cups uncooked elbow macaroni
16 oz canned tuna drained
4 boiled eggs crumbled
1 1/2 ounces sharp cheddar cheese – cut into small cubes
1 small red onion diced
3 ribs celery diced
1/4 cup chopped green onion
1/4 cup dill relish
1 tsp No salt
1 tsp coarse black pepper
1 tsp garlic powder 1 tsp onion powder

Cook the elbow macaroni pasta until it’s nice and al’dente, then drain the water. Rinse the pasta under cold water, then set to the side.

In a large mixing bowl toss in the mayonnaise, dill relish, tuna, onions, celery, cheese and eggs. Mix the ingredients, then toss in the salt, pepper, onion powder and garlic powder. Make sure that everything is well combined, then add in the cooked macaroni.

Fold the ingredients until everything is well combined, then cover the bowl, and refrigerate for at least 1 hour.

Put the macaroni salad in your desired serving dish.

Join Mended Hearts Chapter 399 Today, and it can be FREE!

Join Us Today! An all-volunteer organization. Our members have had heart surgery, family and caregivers, medical professionals, and all those interested in the fight against heart disease. If you are interested in joining Chapter 399 this year, DOWNLOAD THE PDF APPLICATION*  https://www.mendedhearts.org/wp-content/uploads/2019/04/MEMBERSHIP-FORM-w-chapter-info-2.pdf
Trivia Questions

1. Uncle Albert, played by Ed Wynn, hosted a tea party on the ceiling in what Disney movie? a—“Mary Poppins,” b—“Matilda,” c—Aladdin,” d—“The Aristocats.”

2. What top 10 hit song for Uncle Kracker featured vocals by Dobie Gray? a—“Good to Be Me,” b—“Follow Me,” c—“Drift Away,” d—“Smile.”

3. What musical instrument was the specialty of Grand Ole Opry performer Uncle Dave Macon? a—Banjo, b—Mandolin, c—Fiddle, d—Harmonica

Trivia Answers 1.a, 2.c, 3.a