Labor Day is coming up, and as we know, that holiday marks the unofficial end of the summer season. 2021 has been a productive summer for Chapter #399. We hosted our first monthly meeting in the Medical Center in over a year. The meeting had a presentation from Nurse Susan Schmachel, the Stroke Coordinator and interim Chest Pain Coordinator in the FWB Medical Center. Although we have made progress, we have a ways to go.

Allen Handzo has volunteered to be the chapter Heart Walk coach, and he and I are looking for walkers for the chapter Heart Walk team. The Heart Walk will be in Niceville on 30 October. More info on the walk later in this Pulse edition. A special notice was sent out to subscribers some time ago asking for walkers to join and if they would like to donate to the American Heart Association to help support the great work they do. For more information on the walk, contact Allen by emailing him at garfieldw707@hotmail.com

Our article of the month in September is ATRIAL FIBRILLATION FACTS. Atrial fibrillation is the most common heart arrhythmia (irregular heartbeat) treated in the United States. The Centers for Disease Control and Prevention (CDC) estimate 12.1 million people will have AFIB in the U.S. by 2030. Women and people of European descent are more likely to experience A-fib. There will be a virtual presentation on AFIB coming up on 7 September. To register, go to mendedhearts.org

The Next Monthly Meeting - 30 September.
Get the latest news of our new soft start. We will have an interesting speaker, which will be announced soon.

Where & When: The 3rd Floor PCU Classroom in the FWB Medical Center. Staring at 2:30 pm
ATRIAL FIBRILATION FACTS

Atrial fibrillation is a type of abnormal heart rhythm (arrhythmia) of your heart. Atrial fibrillation starts in the upper chambers of your heart (the atria) and causes them to quiver (fibrillate) instead of beating normally.

This can mean your heart doesn’t pump blood around your body as efficiently as it should. Some people have a single episode of atrial fibrillation. For others, it can come and go (sporadic or paroxysmal) or be permanent (persistent). It’s essential to diagnose and treat atrial fibrillation because it can cause blood clots to block the blood supply to your vital organs and lead to a stroke. It may also be a sign that you have heart disease.

Causes
The most common causes of atrial fibrillation are:

A. Long-term high blood pressure
B. Coronary heart disease (blocked arteries)
C. Valvular heart disease (problems with your heart valves).

It is sometimes caused by hyperthyroidism (when your thyroid is too active). This cause can be treated. Atrial fibrillation can also be associated with chest trauma or surgery or too much caffeine or alcohol. Some medicines or diseases (like pneumonia) can trigger atrial fibrillation. Sometimes there is no known cause.

Symptoms
Atrial fibrillation can cause symptoms like:

A. A ‘fluttering’ heartbeat
B. An irregular pulse
C. Weakness, tiredness, and dizziness.

Diagnosis: If your doctor suspects you have atrial fibrillation. The doctor may do tests like electrocardiograms (ECG) or echocardiograms. Read more about medical tests.

Treatment
Your doctor will decide on the best treatment, depending on:

A. How bad are your symptoms?
B. The cause (if known)
C. How long you have had the problem
D. Your risk of stroke and other issues
E. The risks of each treatment
F. Medicines most people with atrial fibrillation will need to take medicines

Your doctor will decide the best ones. Ask your doctor for information on these medicines.

They may prescribe medicines to restore or maintain a normal heartbeat in the short or long term. Most medicines usually have to be taken for a long time. It’s important to take medicines as prescribed.

Procedures
Your doctor may also recommend procedures like:

A. Electrical cardioversion
B. Catheter ablation
C. Surgery (very rare) to try to make your heartbeat regular.

Lifestyle changes as with other heart conditions, the best way to manage your heart health is to make sure you see your doctor regularly and reduce the risks. It’s important to control the risk factors for heart disease to avoid more heart problems. Find out about the risk factors and what you can do about them.

You may also need to reduce your caffeine intake. Talk with your doctor about what’s best for you.
JOIN THE MENDED HEARTS WALKING TEAM

We have the Okaloosa-Walton Heart Walk on 30 October, so now is an excellent time to keep walking. Just stay as cool as possible in the hot Florida sun. The recommendation is to walk in the morning or evening. Of course, a treadmill in a cool room is excellent.

Walking is more than just transportation to get around. Walking can improve your fitness at any speed; it burns calories and reduces the health risks of inactivity.

Whatever your motivation to walk, it is a great way to improve your health. We hope to see you at the Okaloosa Heart Walk. Join the Mended Hearts Walking Team with coach Allen for the Heart Walk. EMAIL garfieldw707@hotmail.com to get more info on the walking team and give to the American Heart Association to resume their great work.

BAKED COCONUT SHRIMP

These oven-baked coconut shrimp are made with paleo bread crumbs. They are perfect for a party appetizer or main dish for shrimp lovers! For serving, most commonly dipped in a cocktail sauce or a creamy citrus sauce on the side.

Ingredients

- 1/4 cup sweetened coconut
- 1/4 cup panko breadcrumbs
- 1/2 teaspoon No Salt
- 1/2 cup coconut milk
- 12 large shrimp, peeled and deveined

Directions

Heat the oven to 350 F. Lightly coat a baking sheet with cooking spray. Mix the coconut, panko and salt until the mixture is an even consistency. Place the panko mixture in a small bowl.

Place the coconut milk in another small bowl. Dip each shrimp in the coconut milk and then in the panko mixture, and place on the baking sheet. Lightly coat the top of the shrimp with cooking spray. Bake until golden brown, about 10 to 15 minutes.
TRIVIA!

1. Which actress fakes her death to escape an abusive relationship in the movie drama “Sleeping with the Enemy”? a- Sandra Bullock, b-Julia Roberts, c-Amy Adams, d-Meg Ryan.

2. In the Harry Potter series of novels, the Hogwarts school motto in English is “Never Tickle a Sleeping” what? a- Beauty, b-Mandrake, c-Broom, d-Dragon.

3. Which is the name of the wicked fairy who caused Princess Aurora to fall asleep in Disney’s “Sleeping Beauty”? a- Narissa, b-Siobhan, c-Maleficent, d-Gothel.

4. In which U.S. state would you find Sleeping Bear Dunes National Lakeshore? a-Maine, b-Michigan, c-Massachusetts, d-Maryland

Trivia Answers 1-b, 2-d, 3-c, 4-b