I hope this newsletter finds you well. On March 11, 2020, the World Health Organization (WHO) declared COVID-19, the disease caused by the SARS-CoV-2, a pandemic. Since that time, we have not been able to meet in person. At the present time, we are still meeting using Zoom to conduct our meetings.

Our next meeting is October 21, 2021, at 6:30 pm. I would like to encourage you to join us so that we can get an update from each of you. Information on how to join us is included with this newsletter. Our speaker is Julie Carlyle, Huntsville Hospital Nurse Manager. Julie is our contact for the heart patient visiting program. Her topic for the zoom meeting is “The Challenges of cardiac care in the Covid environment”. As heart patients, this will be a very important discussion. We are also pleased to inform you that Huntsville Hospital wants our accredited visitors to begin visiting the heart patients.

If you are not an accredited visitor and would like to be one, please check with me or Dr. Fredonia Williams. Visiting with the heart patients is a very rewarding experience, both for the visitor and the patient.

Our chapter is participating in Creating a World of Support, the annual fundraiser for MHI. We have a team page and want to encourage our members to log in to the webpage and make a donation. For more information on how funds are used, see the detailed information on page 2 in the newsletter. Our chapter benefits as all chapters in that we do not pay postage for the HeartGuides and visiting materials we give patients at the hospital, cardiac rehab and offices of our cardiologists. If you visit your cardiologist and don’t see our materials, please let us know so we can contact the office to see if they would like materials to share with their patients. MHI is also providing free of charge discussion guides on topics such as Depression and Heart Disease, Diabetes and Heart Disease, Aortic Stenosis & Valve Replacement, Flu and Heart Disease, Living with High Cholesterol and more.

Lindell Smith, President
Creating a World of Support
Third Annual Fundraiser

This year's fundraiser is on a fun and more interactive platform that allows you to share pics, track your mileage, and watch our progress as we create support around the world! Here are the details:

- You can register, donate, join a team or start a team at [https://www.charityfootprints.com/worldofsupport2021/](https://www.charityfootprints.com/worldofsupport2021/).
- You can register or donate anytime now through Oct. 31. If you prefer to donate by check or phone, you can and the donation will still be reflected online. Please email info@mendedhearts.org for more info.
- Choose a distance goal of 5K, 10K, 13.1 miles or 26.2 miles.
- Registration for adults is $25 and kids is $15 & you can complete your distance ANY way you choose.
- Each participant gets a new World of Support Wristband and a certificate. Prizes are given for individuals who raise $100, $500 and $1,000.

You can also...
⇒ Track your distance on your device (Fit Bit, Apple Watch, smart phone Health app, etc.)
⇒ See your distance accumulate on our map around the world (mileage starts to accumulate Sept 29)
⇒ Get mileage credit for volunteer hours.

Introducing the New Mended HeartGuide™

The new Mended HeartGuide™ has arrived and is now available for FREE online! This fantastic patient resource for both patients and caregivers includes current and updated education on all types of heart disease, as well as new sections on things you may be feeling, the empowered patient, being a caregiver, and more!

To view the new HeartGuide online go to [www.Mendedhearts.org](http://www.Mendedhearts.org). It will be available for chapters to order once the current supply of HeartGuides has been depleted.

From the national office to all MHI members:

We are in our second week of our World of Support fundraiser and would like to thank our top donors at a team and individual level. We also wanted to continue to encourage you to share the event with your members, start teams and support the fundraiser, as we still have a ways to go to meet our goal of $50,000. We also thought it would be helpful for you to know exactly where the funds from this campaign will go in 2022. Below you will see a graphic detailing the money allocated for certain items in 2022. These are all expenses that are not paid for by grants. **If we want to support chapters, groups, hospitals and individuals with these items, the money HAS to come from donations to the organization or we will not be able to move forward with some of these pieces of support.** If you would like to donate, start a team, join a team or register for the event, you can do so here: [https://www.charityfootprints.com/worldofsupport2021/](https://www.charityfootprints.com/worldofsupport2021/). If you prefer to donate over the phone or by check, please call 888-432-7899.

To join our Chapter 260 team, log on to the website below and look for Chapter 260 on the team page.

[https://www.charityfootprints.com/worldofsupport2021/](https://www.charityfootprints.com/worldofsupport2021/)
October is Breast Cancer Awareness Month

Is it time to get your annual breast exam?

Breast cancer remains a major health concern for women, ranking as the second leading cause of cancer death in women (only lung cancer kills more women each year), according to cancer.org.

The chance that a woman will die from breast cancer is about one in 38 (about 2.6 percent). Breast cancer, especially when caught early, is often treatable. Currently, there are 3.5 million breast cancer survivors in the U.S.

You can do some things to catch breast cancer early and minimize your risk.

1. Live a healthy lifestyle. Maintain a healthy body mass index (BMI). Don't smoke. Avoid alcohol.

2. Be physically active. Participate in at least 30 minutes of moderate physical activity each day and take steps to stay within your healthy weight range.

3. Self-examination. All women over age 20 should perform breast self-examination each month. All lumps are not cancerous, but only a doctor can tell the difference. If you find a lump, see your doctor.

4. Mammograms. Scientific studies show that for women over age 50, routine mammography can find breast cancer at an early, treatable stage.

The National Institutes of Health have provided these pros and cons for women in their 40s to consider.

Some factors are out of a person's control, but these known risk factors should make women more vigilant.

* Family history. If your mother or sisters have had breast cancer, you might also have a higher risk. Only about five to 10 percent of breast cancer is hereditary. Talk to your doctor about genetic counseling and advanced screening.

* Breast density. Women with high breast density have a higher risk of getting breast cancer. This could be in part because the more dense the breast tissue, the more difficult it is to detect small abnormalities.

One key idea: Don't let COVID-19 fears stop you from getting your annual mammogram.
Minimum age for prediabetes screening drops

The United States Preventative Services Task Force (USPSTF) has updated its recommendations for when physicians should start to screen patients for diabetes and prediabetes. According to a statement published in the Journal of the American Medical Association, USPSTF now recommends that physicians start to screen overweight and obese patients at age 35 instead of the previous recommendation of 40.

According to Medical Economics, earlier screening can help delay or prevent diabetes in adults whose screenings indicate prediabetes. Lifestyle changes like diet modification and increased physical activity have been shown to be effective in reversing prediabetes.

Protect your heart health with a dog

If you'd like to live longer, consider getting a dog. According to CNN, a meta-analysis of more than four million people in the U.S., Canada, Scandinavia, New Zealand, Australia and the U.K. found that dog owners were about 24 percent less likely to die from any cause than people who didn't own dogs. And according to the journal Circulation, dog owners reap the health benefits of increased physical activity, better social support and valuable companionship.

Store it right to prevent back injuries

At home or on the job, storing heavy items properly can cut your risk of back injuries. Some heavy items should not be stored on the floor, which might seem counter-intuitive.

People tend to store heavy items on the floor, since it offers the best stability and support. Heavy objects won't fall and cause injury when stored on the floor. But while that's great for storage, it is terrible for retrieval.

Heavy objects that are frequently lifted should be stored at waist level rather than on the floor or shoulder level.

Lifting a heavy object from the floor -- even when you lift properly -- is twice as risky as lifting an object while you stand upright, according to Safety and Health Magazine.

That makes perfect sense when you think about it. To retrieve something from the floor, you'll have to bend down to get it. Even if you lift with your legs and bend your knees, you are still lifting the weight of your body plus the object, putting stress on your back.

Heavy items stored shoulder level or above are not only at risk of falling, but also put strain on the neck and shoulders. At waist level, you can easily hold an object close to the body to move it while you maintain a straight spine.

If you do have to take something off the floor, lift properly. When you must lift a load from the floor, keep your head up, back straight, bend at the hips -- not the waist -- and lift with the legs.
We recognize member birthdays and surgery dates referred to as Mendiversaries. Congratulations to everyone who is celebrating a heart procedure anniversary this month. If we have your month listed incorrectly or you would prefer not to be listed, please notify the chapter president. If we are missing your celebration, let me know at 256.837.7354.

October Birthdays
Howard Carr
Robert Jones
Eddie Landers
Barbara Morris
Shelley Wyckoff

October Mendiversaries
Conard Atchley
Howard Carr
Edwin Rudolph
Jim Wright

Cases of flu tend to increase as temperatures decrease. According to the CDC, people should get their flu shots as soon as they are available. Most flu outbreaks happen in February and March. The influenza vaccine takes two weeks to incubate and build antibodies. When it does kick in, the vaccine will last six months. The young, elderly, and people with health problems should get the vaccine immediately. All Accredited Visitors returning to visit must have the flu vaccine.

About Mended Hearts: “Mended Hearts is a national and community-based non-profit organization that has been offering the gift of hope to heart disease patients, their families and caregivers. To offer this hope Mended Hearts provides a variety of programs.”

Mended Hearts Mission Statement: “To inspire hope and improve the quality of life of heart patients and their families through on-going peer-to-peer support, education, and advocacy.”

Vision Statement: “To be the premier nationwide resource and peer-to-peer support network for all heart patients and families affected by Heart Disease across the life span.”
Renew Your Mended Hearts Membership or join us

National dues individual $20; family $40

No local dues as chapter receives 25% of national dues paid

Membership in Mended Hearts and Mended Little Hearts now is about how you can help improve the lives of heart patients and their families, beginning with your own. We are now offering a free membership level. This was created so that money will not be a barrier to engaging with Mended Hearts and Mended Little Hearts and receiving access to resources and information.

When you join at this level, you become part of something bigger, and you help us give voice to the many issues heart patients face throughout their lifespan. You also learn about the many educational opportunities Mended Hearts and Mended Little Hearts provide. Finally, you join the nation’s largest cardiovascular disease peer-to-peer support network and help us support even more people. Mended Hearts and Mended Little Hearts provide educational programs, peer-to-peer support programs, heart disease awareness campaigns, and we advocate for heart patients big and small every opportunity we can. We need your support to do this. To join Mended Hearts or Mended Little Hearts or renew your membership is easy and can be done online or through the mail.

To renew over the phone, please call 888-432-7899 Monday through Friday, 8 a.m. to 4 p.m. ET.
To renew through the mail, print off and fill out the membership form found in this newsletter. It can be mailed to the address for the Mended Hearts Resource Center found on the form.

We have a variety of levels of membership for both individuals and families. Please review the attached membership for the membership levels. We appreciate the response from last month’s request for joining and/or renewing your membership, so we are including the information in the rest of the 2020 newsletter issues. We really would like to see an increase in both our local chapter as well as the national chapter. An increase in membership is an increase in the number of individuals made aware of the benefits of being involved with Mended Hearts.

Mended Hearts is a national and community-based non-profit organization that has been offering the gift of hope to heart disease patients, their families and caregivers. To offer this hope Mended Hearts provides a variety of programs.

- Mended Hearts is the largest peer-to-peer heart patient support network in the world
- Mended Hearts has been offering hope and support for 69 years, providing more than 230,000 visits each year
- Mended Hearts provides education, support and hope to all types of heart patients and their families
- Mended Hearts and Mended Little Hearts has 265 chapters in North America, serving 460+ hospitals

It’s great to be alive and to help others.

*Please note, as of January 1, 2021, no local dues for chapters. For more information, call me at 256.837.7354.
Effective January 1, 2021, the Resource Center will process all new memberships (all levels) and all membership renewals. All chapters will be reimbursed 25% of all paid national dues or renewals of dues.