October is my favorite month, with the weather cooling after a long hot summer here in Northwest Florida. A time to get out and enjoy the cooler weather.

This month’s main article is about worry, which we all sometimes have, and it’s normal as long as we don’t overdo it and allow ourselves to worry for an extended periods. If you find yourself in this position, talk to your doctor, It can take a toll on your health and might be linked to an anxiety disorder. Therapy, drugs, and other strategies can help.

Many people are not aware of the benefits of walking for the heart it is one of the best daily exercises. However, small changes like walking for 15 minutes a day can significantly impact health, primarily when maintained over time. This month we calibrate the importance of walking for the heart with the American Heart Association Heart Walk on the 30th of this month.

**HOW WORRY AFFECTS YOUR BODY**

**How Much Is Too Much?** We all worry from time to time, but if you can’t shake it after a few weeks or it starts to get in the way of your normal work or home life, talk to your doctor. It can take a toll on your health and might be linked to an anxiety disorder. Therapy, drugs, and other strategies can help.

**Nervous System** - This messaging network comprises your brain, spinal cord, nerves, and special cells called neurons. Worrying too much can trigger it to release “stress hormones” that speed up your heart rate and breathing, raise your blood sugar, and send more blood to your arms and legs. Over time, this can affect your heart, blood vessels, muscles, and other systems.

**Muscles** - When you’re troubled about something, the muscles in your shoulder and neck can tense up, and that can lead to migraines or tension headaches. Massage or relaxation techniques, like deep breathing and yoga, may help.

**Breathing** - If you’re worried a lot, you might breathe more deeply or more often without realizing it. While this usually isn’t a big deal, it can be severe if you already have breathing problems linked to asthma, lung disease, or other conditions.
Heart - If it sticks around long enough, something as small as a nagging concern in the back of your mind can affect your heart. It can make you more likely to have high blood pressure, a heart attack, or a stroke. Higher levels of anxiety can trigger those stress hormones that make your heart beat faster and harder. If that happens over and over, your blood vessels may get inflamed, which can lead to hardened artery walls, unhealthy cholesterol levels, and other problems.

Blood Sugar - When you’re worried about something, stress hormones also give you a burst of fuel (in the form of blood sugar). This can be a good thing if you need to run from danger, but what happens if you don’t use that fuel? Your body normally stores it to use later. But sometimes, if you’re overweight or have diabetes, for example, your blood sugar can stay too high for too long. This can lead to heart disease, strokes, or kidney disease.

Immune System - If your body is affected by the physical effects of worry, it may not fight germs as well. Just thinking about things that made you angry or depressed in the past can take a toll. It can make it harder for you to fend off the flu, herpes, shingles, and other viruses.

Stomach - You may feel “butterflies” in your stomach when you’re nervous -- in more serious times, you may feel nauseous or even vomit. If this happens often, it can lead to stomach pain and sores in your stomach lining (ulcers). And if you eat a lot of foods high in fat and sugar, your stomach has to work harder to digest them, making more acid. This can cause acid reflux -- when acid flows up into your throat.

Intestines - Constant fretting can affect your bowel habits -- you could have diarrhea or find it hard to go to the bathroom. Diet, exercise, and over-the-counter medicines can often help, but you might be able to keep these problems from happening if you find ways to calm your anxiety.

The Okaloosa/Walton Heart Walk - 30 October

You won’t want to miss this year’s Heart Walk! Join the Auxiliary / Mended Hearts Walk Team for this event. Contact the team coach Allen Handzo to join, send your name and email address to garfieldw707@hotmail.com.

Join today  For more Info click on button or go to:
https://www2.heart.org/site/TR/HeartWalk/GSA-GreaterSoutheastAffiliate?pg=entry&fr_id=6191

They say dogs are man’s best friend. There is nothing like the unconditional love of a dog, but dogs can literally heal the heart. According to the American Heart Association, owning a dog decreases the risk of heart disease. Dog owners have shown to have lower blood pressure, and walking your dog is good exercise.
MH CHAPTER 399. MONTHLY MEETING - 20 OCTOBER

2:30 pm in the 3rd floor Classroom, Fort Walton Bch Medical Center.

Every month, we gather together with our volunteers, patients, caregivers, and families to make a real difference. We share stories, educational experiences and have interesting speakers.

Join us and be a part of the Mended Hearts Family.

NUTS APPEAR GOOD FOR THE HEART

Eating nuts as part of a healthy diet may be good for your heart. A new analysis of dietary questionnaires found that women who ate about a quarter cup of nuts at least twice a week had a 27 percent lower risk of death from cardiovascular disease than women who didn’t eat nuts.

The study published in the Journal of Clinical Lipidology analyzed two sets of questionnaires filled out by 39,000 women. The original dietary questionnaire was followed up ten years later by a second questionnaire. Women who ate nuts had improved cholesterol and lower blood sugar levels.

It’s Recommended to lower sodium select lightly salted nuts, which is fine for most people, especially if it will make you choose them over a less healthy snack, such as potato chips. Nuts contain unsaturated fatty acids and other nutrients. And they’re a great snack food.
AVOCADO DEVILED EGGS - LOW-SODIUM

Avocados are virtually the only fruit with good monounsaturated fat and polyunsaturated fat. Thus, avocados are a great finishing touch to the traditional deviled egg.

Servings 12 servings

Ingredients

- 12 eggs, hard-boiled
- 2 ripe avocados, peeled and pitted
- 2 teaspoons lime juice
- 5 tablespoons light mayonnaise
- 2 teaspoons yellow mustard
- 2 teaspoon chopped parsley
- 3 teaspoons ground cayenne pepper
- 4 cloves fresh garlic, minced

Directions

- Cut eggs lengthwise and remove yolks. Set aside the yolks in a bowl.
- In a medium bowl, combine egg yolks, avocado, lime juice, mayonnaise, mustard, half of the parsley, cayenne pepper, and garlic. Mash mixture together until smooth.
- Spoon mixture into egg white and garnish with the other half of chopped parsley.

JOIN CHAPTER 399 TODAY!

When you join, you become part of something bigger, and you help us give voice to the many issues heart patients face throughout their lifespan.

You will join the nation’s largest cardiovascular disease peer-to-peer support network and help us support even more people.

DOWNLOAD THE PDF APPLICATION*

NOW IN OUR SIXTH YEAR  By David Richards

First, I want to thank Mended Hearts National office for sending this lovely plaque to our chapter. We will put it up in a nice place on a wall in the hospital for all to see. Mended Hearts, a national nonprofit organization, has been offering the gift of hope to heart disease patients, their families, and caregivers for more than 60 years.

Chapter 399 has been here for six years. However, we may be newer and smaller than a lot of chapters. Our chapter is dedicated to inspiring hope in heart patients and their families.

Mended Hearts brings together patients, spouses, family, and medical professionals to form a network of caring individuals. Chapter 399 offers the gift of hope to heart patients, their families, and caregivers. We have monthly meetings to inform patients, family, and caregivers about a multitude of subjects and interesting speakers.

With the COVID pandemic looming, we are unfortunately hampered with what we can do for the patient. Unfortunately, at this time, we can’t personally visit the patient in the hospital room. But we do visit family and caregivers in the surgery waiting room. At this time, we have twenty members, of which four are certified visitors and a visitor in training, along with a Chaplin that works closely with us. Like the very people we serve, we are heart patients and caregivers sharing our experience and offer hope.

As we proceed into our future. We will always be looking for more members and visitors for better times to come in our seventh year of 2022 and onward. So if you would like to join us come to a monthly meeting, and we will see you get the application.
Trivia Questions

1. Which word refers to a nosy and gossipy person? a-Quokka, b-Quince, c-Quidnunc, d-Quixote.

2. Which word refers to a type of bet in horse racing? a-Quidditch, b-Quitrent, c-Quirly, d-Quinella.

3. Which word refers to a state of dormancy? a-Quiescence, b-Quotennial, c-Quadratary, d-Quaresimal.

4. Which word is related to money matters? a-Persiflage, b-Pardine, c-Pecuniary, d-Peccable

Trivia Answers 1.c, 2.d, 3.a 4.c