Looking for support after a heart event? Mended Hearts can help

Each year in February, The Mended Hearts, Inc. (MHI) celebrates and recognizes American Heart Month by raising awareness of the impact of cardiovascular disease and the importance of peer-to-peer support. Heart disease is the leading cause of death in the United States with almost half of all people living with some form of cardiovascular disease. Congenital heart disease (CHD) is the number one birth defect in the United States. One out of every 110 children is born with a congenital heart defect(s). Despite these alarming statistics many people are unaware of the devastating effect heart disease can have on patients and families.

After a heart event people often have questions about how their life will change and what the future will hold. People can experience depression, anger, anxiety, and sadness, and they often have questions about nutrition, exercise, medication, cardiac rehabilitation, and more. Even with the full support of family and friends, heart patients and caregivers can feel alone and that no one understands what they are going through.

The Mended Hearts, Inc. has been supporting, educating and advocating for heart patients, families and caregivers for over 70 years, bringing awareness to issues that those living with heart disease face, and advocating to improve quality of life across the lifespan. Through our peer-to-peer support groups, accredited visiting programs, community events, advocacy efforts, Heartbeat Magazine, and educational materials and resources, MHI has provided hope, help and healing to millions. To learn more about the world’s largest heart support organization and how we can help, visit www.Mendedhearts.org or call 1-888-HEART99 (1-888-432-7899).

MENDED HEARTS CHAPTER 399, MONTHLY MEETING - 16 FEBRUARY

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.
Easy Chocolate Mousse

Tasty, fun, and a little bit cheesy if you want to go over-the-top on presentation, this easy chocolate "mousse" is a quick three-ingredient dessert to impress your sweetie on Valentine's Day. Or you can enjoy it on your own anytime -- it is that simple.

Serves 2

**Ingredients**

1 1/2 cups heavy whipping cream  
1/3 cup sifted cocoa powder  
1/4 cup powdered sugar  
1/4 teaspoon almond extract  
1 cup strawberries, quartered

**Directions**

Using a hand or stand mixer with a wire whisk attachment, begin whipping the cream in a chilled bowl until slightly thickened.

Add the cocoa powder and powdered sugar and carefully mix until soft peaks form. Next, add the optional extract and continue whipping until stiff peaks form.

Spoon the mousse into a plastic bag or piping bag with a tip and pipe into your preferred serving bowls or parfait cups. Garnish with strawberries and serve immediately.

Happy Valentines

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A QUOTE TO REMEMBER

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.

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HEART FRIENDLY RECIPES

Happy Valentine's Day!
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*

https://mendedhearts399.files.wordpress.com/2019/05/membership-form-w-chapter-info-2.pdf

How music can help heal a broken heart

What song makes your heart pound? Do you get breathless from "Total Eclipse of the Heart?" Does Whitney Houston’s cover of "I Will Always Love You" get you going? Or maybe you’re old school and nothing makes your pulse race quite like the final movement of Beethoven’s Symphony No. 9.

Whatever your preference, humans have always felt an innate connection between music and their hearts. And according to Scientific American, that ancient instinct is helping modern physicians diagnose and treat today’s cardiac patients.

Heart rhythm disorders, such as arrhythmia and atrial fibrillation, create complex tones that are audible through the stethoscope. In an article for the Lancet, nephrologist Michael Fields describes how he uses musical analogies to teach cardiac auscultation to medical students. According to Fields, describing heart tones in musical terms is a useful tool to help new physicians acquire this notoriously difficult skill.

According to Frontiers in Physiology, another group of researchers used a scene from a movie that pairs high tension with a fast-paced musical score to study how strong emotions influence heart cells. Their data may explain how extreme stress can contribute to serious cardiac arrhythmias.

According to Scientific American, cardiac patients can also benefit from music-based interventions to help them recover from surgery, lower stress and help reduce blood pressure and heart rate. Some studies have found that patients who listen to relaxing music after heart attacks experienced decreased strain on the heart and lungs.

While music therapy for heart patients is still an emerging area of study, the early results are promising, according to St. Luke’s Health. And even though more research is needed and music alone cannot treat cardiovascular diseases, there’s no real risk attached to spending 30 minutes a day relaxing.