**Obstructive Sleep Apnea (OSA) and Heart Disease**

Dr. Stephen Chung, Medical Director of Confluence Health Sleep Center, spoke about Obstructive Sleep Apnea and its relationship to Heart Disease at our May Mended Hearts Meeting. Dr. Chung explained that **obstructive sleep apnea occurs** when the muscles in the back of your throat relax too much to allow normal breathing. These muscles support structures including the back of the roof of your mouth (soft palate), the triangular piece of tissue hanging from the soft palate (uvula), the tonsils and the tongue.

He said that OSA increases the risk for cardiac events and strokes. He also explained that OSA is of higher risk in patients with high blood pressure, cardiovascular disease, stroke, congestive heart failure, atrial fibrillation, diabetes, and COPD.

He shared with us the **Stop-Bang Questionnaire** used for OSA screening. **S** – Do you SNORE loudly (louder than talking or loud enough to be heard through closed doors)? **T** – Do you often feel TIRED, fatigued, or sleepy during daytime? **O** – Has anyone OBSERVED you stop breathing during your sleep? **P** – Do you have or are you being treated for high blood PRESSURE? **B** – BMI more than 35kg/m²? **A** – AGE over 50 years old? **N** – NECK circumference > 16 inches (40 cm)? **G** - GENDER: Male? High risk of OSA: Yes 5 - 8, Intermediate risk of OSA: Yes 3 - 4, and Low risk of OSA: Yes 0 - 2. He also talked about various treatments for OPA plus lots more information about the importance of sleep in our lives. He recommended reading the book, “Why We Sleep, Unlocking the Power of Dreams and Sleep,” by Matthew Walker, PhD.

**Mended Hearts Membership and Renewal Info**

Mended Hearts Membership is free at the associate level or you can upgrade to a $20.00 individual level or $40 family level and receive a subscription for the highly acclaimed “Heartbeat” magazine. It is published four times a year and has many great articles that help inform and educate us. And our local chapter gets 25% of the membership donation. We hope you will join or renew at one of these levels. You can use the enclosed membership form.

**A Special Thank You to the Nursing Staff**

To show our appreciation for all that they do for Mended Hearts, heart patients and their families, we gave floral arrangements to 3rd Floor Cardiology and 2nd Floor Cardiology Nurses in Honor of National Nurses Month. Flowers were provided compliments of Kunz Floral and delivered by chapter members, Pat Sax and Ann Diede.

**Peer Support is Just a Phone Call Away**

Call 509-421-3641

If you are a patient with heart disease, a caregiver of a loved one with heart disease, we are here for you -- you are not alone. Dominick Ferraro, our Greater Wenatchee Mended Hearts Visiting Program Chair, will talk with be glad to you about your heart condition and concerns.

“**It’s great to be alive - and to help others!”**
Men Less Likely to Seek Routine Care

June is Men's Health Month in the U.S., and it's a great time for men (and the people who love them) to think about their habits, check in with their doctors and make any necessary changes to safeguard their health for the future. Here are a few important -- and perhaps surprising -- facts about men's health:

- About 40 percent of men go to the doctor only when they have a serious health issue and never go in for routine checkups, according to the Cleveland Clinic.
- Men are less likely than women to seek out care, which may contribute to more serious diagnoses and shorter lifespans, according to the American Psychological Association.
- The most common reasons that men give for avoiding the doctor, according to the Centers for Disease Control and Prevention: Too busy to go, followed by fear of frightening diagnoses and anxiety over uncomfortable physical exams.
- Are you having trouble getting a man you care about to visit the doctor? Keep nagging him. According to Everyday Health, 20 percent of men admit to going to the doctor just to get someone to stop bugging them about it.
- Prostate is the second most common cancer among men, after skin cancer. Screening might be uncomfortable, but early detection is worth it. After 10 years, the survival rate for prostate cancer is 98 percent, according to the American Society of Clinical Oncology.
- According to Mental Health America, men are less likely than women to seek help for depression, substance abuse and trauma.

If you've been avoiding the doctor's office, consider putting your reservations aside and making that appointment. According to the Mayo Clinic, men over 50 should have an annual physical exam, and men under 50 should have checkups every three to five years. And remember that your mental health is just as important as your physical health -- see a doctor if you've been feeling depressed or anxious. Remember that taking care of your body and mind is a gift to yourself and to the people who love you.

What the Ocean Does for Your Head

You may love to go to the beach, but it isn't so much what you do there as what it does to you. The beach boosts mood. That may sound a little obvious because many people like going to the beach, but it's more than the mood you bring to the beach. It's actually the beach and ocean and how they appeal to your sense of sight, sound, and smell.

The sound of the ocean actually changes brain waves and puts people into a mild meditative state, according to the American Association for the Advancement of Science. The sight of the bright blue ocean transmits feelings of calm, peace and creativity. And the smell of the ocean breeze enhances that tranquil state, perhaps because of the negative ions in the air, according to the Journal of Alternative Complementary medicine. Even the sensation of feet digging into warm sand relaxes people. And of course, there is the placebo effect: We've been told the beach is relaxing and peaceful and we expect it to be.

Join Mended Hearts Today

Membership is about how you can help improve the lives of heart patients and their families, beginning with your own. To find out more, contact Chris or Chuck Phelps, Membership Chairpersons, at 509-860-4554 or email: membership91@nwi.net.

Men's Health Facts

Cleveland Clinic.

 newsletter: www.mendedhearts.org

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Vice President—Phil Aamodt
Secretary—Jan Cripe
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HEARTBEAT AWAY is published monthly by Greater Wenatchee Mended Hearts, Chapter 91 and printed courtesy of Confluence Health. If you have an item you would like to include in the newsletter or would like to receive the newsletter, contact Ann Diede at 509-679-8181 or email: mendedhearts91@frontier.com.

Newsletters are sent each month to our members as a benefit of Greater Wenatchee Mended Hearts membership. We also send complimentary copies for three months to recent heart patients who have requested our newsletter, meeting visitors and others considering membership.

June Birthday
15 Pat SAX

June 2022

HEARTBEAT AWAY”