"Our chapter meetings are open to the public and you are always welcome to attend."

Monday, August 1st
MENDED HEARTS
ZOOM CHAPTER MEETING
11:30 am - 1:00 pm
(Sign in 11:15 - 11:30 am)

GUEST SPEAKER
Erin Cass, of Healthy Aging, will talk about Fall Prevention.

Directions for Joining Zoom Meeting
- Zoom Link: https://zoom.us/j/8527811204
- To call in by phone: Dial (1) 253-215-8782 and follow the prompts. Meeting ID Number is 8527811204 #...#
- For more information, contact Gracie Helm, Zoom Host, email: atthehelmsters@hotmail.com or by phone: 509-293-1603

EXECUTIVE BOARD MEETING
10:00 am - 11:00 am
Greater Wenatchee Mended Hearts Chapter 91 meetings are held the 1st Monday of each month by Zoom from 11:30 am to 1:00 pm. Chapter 91 invites heart patients, families and caregivers to attend and meet others who have had similar struggles and experiences. Our meetings offer peer-to-peer support and educational speakers of interest. For more information, call Chuck Phelps, Chapter President, at 509) 264-7159.

2022 CALENDAR OF EVENTS
September - No Meeting
October 3 - Chapter Meeting

Diabetes and Heart Disease, The Connection Between the Two
Lisa M. Stone, MD, Endocrinology, Confluence Health
Dr. Stone spoke to us about the connection between diabetes and heart disease at our June 6th Mended Hearts Meeting. She explained that diabetes mellitus is when the blood sugar is elevated because the cells cannot take up the glucose. If you cannot produce enough insulin, blood glucose levels will be elevated. She said there two types of diabetes, Type 1 is when the insulin producing cells in the pancreas are destroyed the immune system and requires insulin. Type 2 is when the insulin production is not sufficient and the body is resistant to insulin.
Diabetes a risk factor for heart disease due to elevated blood sugars; higher risk of obesity, high blood pressure, high cholesterol and an adverse lipid profile including elevated LDL, low HDL, elevated triglycerides, and small dense LDL.
She said damage to heart blood vessels is caused by high blood sugars. Sugar is sticky. It sticks to everything it touches. The higher the blood sugar the stickier it gets. Sugar sticks to cells, including blood vessel and heart cells and damages them. Oxidative stress causes damage to the cells and the lining of blood vessels. Inflammation increases cholesterol deposition that in turn leads to inflammation. Inflammation leads to rupture and occlusion. Which comes first, diabetes or heart disease? Dr. Stone made it clear that heart disease does not cause diabetes, it’s the other way around.

NEW!! Heart Failure Go-To-Guide
The Mended Hearts, Inc has added a new educational resource to their library. The Heart Failure Go-To-Guide is now available online to view or print. MHI leaders are encouraged to share it with their hospitals and health care providers and members can share it with anyone they know who is living with heart failure. To view, go to https://mendedhearts.org/gotoguide/the-gotoguide-on-chronic-heart-failure/

In Remembrance
Ray Fichtner passed away on July 10, 2022. Ray was a member of our Mended Hearts Chapter and will be greatly missed. In lieu of flowers, the family has asked that donations be made to Greater Wenatchee Mended Hearts, P.O. Box 3231, Wenatchee, WA 98807.

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!”
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.

August Birthday
13 Yvonne Dixon

Microwave Corn on the Cob in the Husk
Microwave corn in the husk. It’s the easiest way to enjoy fresh corn in minutes and you won’t have to deal with messy silk strands!

Leave the corn in the husk, cut off any floppy silks, and microwave 2-3 minutes per ear on high. Note that every microwave is different. If this timing over-cooks the corn in the reducing cooking time. Remove from the microwave and peel off the husks and husks. The ear of corn will be hot, so be careful. Use a hand towel or paper towel to protect your hands and throw the husks and silks into a garbage bag. The silks just fall off.

That’s it! The corn is so moist and naturally sweet that you may even decide to skip the butter. Season as you want and enjoy!

Want to cook more than one ear of corn at a time? Add 1 to 2 minutes for each additional ear. Remember, timing will vary based upon the wattage of your microwave oven. Start with the suggested time and add or reduce the time as necessary.

Low-Fat or Full-Fat Dairy? It’s Complicated

Stick to low-fat or fat-free dairy, nutrition guidelines frequently advise, and receive all the nutritional benefits of dairy (like calcium and protein) without the saturated fat that can raise cholesterol and lead to heart attacks and strokes.

That was the advice for decades from venerable sources like the American Heart Association, the American College of Cardiology and even the United States Department of Agriculture. But newer research suggests that fat in dairy isn’t necessarily bad — and could offer some useful benefits.

In a 2020 literature review published in the journal Advances in Nutrition, researchers concluded that instead of increasing risk factors for cardiometabolic health conditions like heart diseases or type 2 diabetes, full-fat dairy was associated with neutral or improved outcomes. Another study, published in 2021 in the American Journal of Clinical Nutrition, found that among 73 patients with metabolic syndrome, eating at least three servings of full-fat dairy each day had no effect on their blood pressure or cholesterol compared to other patients who avoided dairy or consumed reduced or fat-free versions.

Researchers are still trying to figure out how full-fat dairy works and who is most likely to benefit. According to the British Heart Foundation, the nutrients found in milk may work in combination to confer health benefits. The higher fat content may also increase satiety, which can lead to eating less overall, according to National Public Radio.

The Importance of Hope
If you’re feeling discouraged, here are some words of wisdom from Theodore Roosevelt to help you through. Hold on “When you’re at the end of your rope, tie a knot and hold on.” —Theodore Roosevelt.

Newsletter Publication
HEART BEAT 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.