MAY CHAPTER MEETING

Saturday, May 20th
10:00 am

Guest Speaker: 
Rachel Cooper-Leal
Patient Affairs Liaison
with Pfizer Rare Disease

Zoom Meeting Details Pg. 8
You can join the nation’s largest cardiovascular disease support network today and be part of our caring support network. Free memberships are available, and we welcome all. If you join at a donation level, you will get some gifts from Mended Hearts and Mended Little Hearts.

- Here at The Mended Hearts Inc., we believe everyone should have access to our membership opportunities regardless of financial status. We offer a FREE associate membership that provides you with e-news, meetings and access to all of our online communities.
- We have different levels of membership, each offering their own perks! Check out our Membership benefits and decide which one is right for you!

Get access to our support community and more!

JOIN US

[Membership - Mended Hearts]

The greatest gift you have is giving of your time in volunteering to help others. Your volunteer assistance is recognized for the asset it is by those we touch.

From a Mended Heart,

Harry Abrams
President
HOSPITAL VISITING REPORT

During April we provided more than 35 Accredited Visits to some of the hospitals we are currently visiting. This number will continue to increase as more Accredited Visitors are approved. Only Accredited Visitors may visit in-patient hospital rooms. YOU can help us by distributing available literature during your doctors visits as well.

DID YOU KNOW?

The Origin of Mother’s Day: 5 Surprising Facts About the Holiday

Did you know Mother’s Day traces its roots back to wartime traumas, and includes plenty of controversy? Here are five surprising facts you may not have known about Mother’s Day and its complex origins.

1. Mother’s Day officially began as a tribute to one woman.
Anna Reeves Jarvis is most often credited with founding Mother’s Day. After her mother Ann died on May 9, 1905, Jarvis set out to create a day that would honor her and moms as a group. In 1914, President Woodrow Wilson signed a bill recognizing Jarvis’ idea as a national holiday to be celebrated each second Sunday in May.

2. But before that, Mother’s Day started as an anti-war movement.
Although Jarvis is widely credited as the holiday’s founder, others had floated the idea earlier — with a different agenda in mind. The poet and author Julia Ward Howe had aimed to promote a Mothers’ Peace Day decades before.

3. Mother’s Day is a $25 billion commercial holiday.
These days, Mother’s Day is a $25 billion holiday in America, with those who celebrate spending about $200 on mom, according to National Retail Federation data published in 2019.

4. Jarvis died regretting her idea for this very reason.
Commercialism is the exact opposite of what Jarvis would have wanted: In her lifetime, she went after florists’ aggressive marketing, eventually facing arrests for public disturbances.

5. The white carnation is the official Mother’s Day flower.
The white carnation became the official flower of the holiday shortly after Jarvis’ own mother died. On May 10, 1908 — three years after that loss — Jarvis sent 500 white carnations to Andrews Methodist Episcopal Church in her mother’s honor for that first Mother’s Day celebration.

https://www.goodhousekeeping.com/holidays/mothers-day/g32129906/mothers-day-origin/

“I used to text, but now there’s a patch that allows me to communicate face to face.”

MAY CARDIOVERSARIES

2000 Fred Skey
2017 Shelley Doukas
Eli Lilly Says New Alzheimer's Drug Donanemab Slows Early Stages Of Disease By 35%

An Alzheimer's drug developed by Eli Lilly slowed cognitive and functional decline for people with early stages of the disease, a study that could lead to a new commercially available drug for the mind-robbing disease, the drug company said Wednesday.

Lilly said people on the experimental drug donanemab slowed decline by 35% compared to a placebo group based on a measure of daily activities such as driving, managing finances and talking about current events.

Lilly said it will submit an application by the end of June to the Food and Drug Administration seeking approval to market the amyloid plaque-busting drug.

"We hope that this is an exciting day for patients and their families," said Dawn Brooks, Lilly's global development leader for donanemab.

In January, the FDA rejected Lilly's attempt to get accelerated approval for donanemab because the agency said the midstage study did not include enough people over at least 12 months. If the new late-stage study that enrolled more than 1,700 people is enough to warrant FDA approval, it would be the third amyloid-targeting Alzheimer's drug to gain approval.

In January, Eisai and Biogen received FDA approval to sell Leqembi for patients in the early stages of Alzheimer's disease. In 2021, Biogen's Aduhelm was the first to gain approval based on studies that delivered mixed results – an approval that prompted investigations from two U.S. House committees.

What did Lilly's new donanemab study find?
The Trailblazer 2 study found the drug slowed decline by 35% compared to the placebo based on the integrated Alzheimer's disease rating scale, which measures cognition and daily living activities.

Lilly also reported 47% of study participants on donanemab had no decline compared to 29% on placebo. Lilly said 52% completed their donanemab treatment within a year and 72% within 18 months.

Brooks said participants on the drug were allowed to switch to the placebo if the drug cleared all amyloid plaque before the end of the trial.

"Over half of the participants in the donanemab treatment (group) were able to complete the course of treatment in 12 months," Brooks said.

What were the side effects?
Drugs that target and clear amyloid can cause swelling or small bleeds in the brain. These are known as amyloid-related imaging abnormalities, or ARIA, detected by an MRI scan that patients must undergo. Lilly said 24% of people on the drug had signs of brain swelling, known as ARIA-E, though most did not notice any symptoms. Tiny brain bleeds, known as ARIA-H, were detected in just over 31% on the drug compared to nearly 14% in the placebo group.

Two participants died as a result of ARIA, and a third person died after experiencing ARIA.

What's next for Alzheimer's drugs?
Donanemab, Leqembi and Aduhelm are part of a pipeline of treatments based on a decades-old theory that Alzheimer's disease is triggered by amyloid that accumulates in patients' brains and can be slowed by drugs that remove the buildup of this protein.

Both Leqembi and Biogen's Aduhelm received accelerated approval to get the drugs to market. The Aduhelm approval was controversial and prompted a probe from two U.S. House committees that found the FDA sidestepped outside experts who said trials failed to prove the clinical benefit of the drug.

Following Aduhelm's approval, the Centers for Medicare and Medicaid Services said it would pay for such drugs that received FDA accelerated approval only in clinical trials.

With more than 6 million Americans afflicted with the memory-scuttling disease, advocates are pushing centers to pay for these new drug treatments outside of clinical trials.

Maria Carrillo, Alzheimer's Association chief science officer, said the latest donanemab results are "the strongest Phase 3 data for an Alzheimer's treatment to date."

"The progress we've seen in this class of treatments, as well as the diversification of potential new therapies over the past few years, provides hope to those impacted by this devastating disease," she said. "Yet, Medicare stubbornly continues to block access for the people who could benefit."

Eli Lilly says new Alzheimer's drug donanemab slows early stages of disease by 35% (msn.com)
SURGEON GENERAL DECLARES LONELINESS EPIDEMIC, SAYING IT POSES RISKS AS DEADLY AS SMOKING

Widespread loneliness in the U.S. poses health risks as deadly as smoking a dozen cigarettes daily, costing the health industry billions of dollars annually, the U.S. surgeon general said Tuesday in declaring the latest public health epidemic.

About half of U.S. adults say they've experienced loneliness, Dr. Vivek Murthy said in an 81-page report from his office.

"We now know that loneliness is a common feeling that many people experience. It's like hunger or thirst. It's a feeling the body sends us when something we need for survival is missing," Murthy told The Associated Press in an interview. "Millions of people in America are struggling in the shadows, and that's not right. That's why I issued this advisory to pull back the curtain on a struggle that too many people are experiencing."

The declaration is intended to raise awareness around loneliness but won't unlock federal funding or programming devoted to combatting the issue.

Research shows that Americans, who have become less engaged with worship houses, community organizations and even their own family members in recent decades, have steadily reported an increase in feelings of loneliness. The number of single households has also doubled over the last 60 years.

But the crisis deeply worsened when COVID-19 spread, prompting schools and workplaces to shut their doors and sending millions of Americans to isolate at home away from relatives or friends.

People culled their friend groups during the coronavirus pandemic and reduced time spent with those friends, the surgeon general's report finds. Americans spent about 20 minutes a day in person with friends in 2020, down from 60 minutes daily nearly two decades earlier.

The loneliness epidemic is hitting young people, ages 15 to 24, especially hard. The age group reported a 70% drop in time spent with friends during the same period.

Loneliness increases the risk of premature death by nearly 30%, with the report revealing that those with poor social relationships also had a greater risk of stroke and heart disease. Isolation also elevates a person's likelihood for experiencing depression, anxiety and dementia.

The surgeon general is calling on workplaces, schools, technology companies, community organizations, parents and other people to make changes that will boost the country's connectedness. He advises people to join community groups and put down their phones when they're catching up with friends; employers to think carefully about their remote work policies; and health systems to provide training for doctors to recognize the health risks of loneliness.

Technology has rapidly exacerbated the loneliness problem, with one study cited in the report finding that people who used social media for two hours or more daily were more than twice as likely to report feeling socially isolated than those who were on such apps for less than 30 minutes a day.

Murthy said social media is driving the increase in loneliness in particular. His report suggests that technology companies roll out protections for children especially around their social media behavior.

"There's really no substitute for in-person interaction," Murthy said. "As we shifted to use technology more and more for our communication, we lost out on a lot of that in-person interaction. How do we design technology that strengthens our relationships as opposed to weaken them?"

NUTRITION NOTES:

Lemon-Raspberry Muffins

The secret to the sparkling flavor of these delicately crumbed muffins is the strips of lemon zest finely ground into the sugar. Enjoy the muffins warm right from the oven.

By Marie Simmons

Updated on April 6, 2023
Reviewed by Dietitian
Breana Lai Killeen, M.P.H., RD

Cook Time: 15 mins
Additional Time: 25 mins
Total Time: 40 mins
Servings: 12
Yield: 1 dozen muffins
Nutrition Profile: Low-Calorie Vegetarian

Ingredients

- 1 lemon
- ½ cup sugar
- 1 cup nonfat buttermilk (see Tip)
- ½ cup canola oil
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup white whole-wheat flour or whole-wheat pastry flour (see Shopping Tip)
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 ½ cups fresh or frozen (not thawed) raspberries

Directions

1. Preheat oven to 400 degrees F. Coat 12 large (1/2-cup) muffin cups with cooking spray or line with paper liners.
2. Use a vegetable peeler to remove the zest from the lemon in long strips. Combine the zest and sugar in a food processor; pulse until the zest is very finely chopped into the sugar. Add buttermilk, oil and egg and vanilla and pulse until blended.
3. Combine whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a large bowl. Add the buttermilk mixture and fold until almost blended. Gently fold in raspberries. Divide the batter among the muffin cups.
4. Bake the muffins until the edges and tops are golden, 20 to 25 minutes. Let cool in the pan for 5 minutes before turning out onto a wire rack. Serve warm.

To Make Ahead

Wrap each in plastic and freeze in a freezer bag for up to 1 month. To reheat, remove plastic, wrap muffin in a paper towel and microwave on High for 30 to 60 seconds.

Tips

No buttermilk? You can use buttermilk powder prepared according to package directions. Or make "sour milk": mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole wheat. Whole-wheat pastry flour can be used as a substitute here. Both can be found in the natural-foods section of the supermarket or online from King Arthur Flour, bakerscatalogue.com.

Make your next batch of muffins or cupcakes the ultimate grab-and-go treat by lining your tin with muffin liners. No liners? No problem. Use 5-inch squares of parchment paper, coat each muffin cup with cooking spray, and push each square into the cups using a small can or bottle, pressing the paper up the sides. (It’s OK if some of the paper is sticking out over the rim.) Fill each cup as directed.

https://www.eatingwell.com/recipe/251934/lemon-raspberry-muffins/
THE LAST WORD:

MHI Awarded World Heart Federation Advocacy Award 2023

We are thrilled and excited to announce that The Mended Hearts, Inc. has been awarded the World Heart Federation’s Advocacy Award in Cardiovascular Health 2023. Every year, this award is bestowed on an individual or an organization who has made a significant contribution to the development of advocacy for cardiovascular health at the local or global level. The award, which will be given on May 19, 2023, in Geneva, Switzerland, recognizes a specific campaign or achievement related to the promotion of cardiovascular health and the fight against CVDis and its risk factors.

The WHF Board members, who voted unanimously to grant the award to MHI, would like to publicly recognize The Mended Hearts, Inc.’s remarkable contribution to the mission of the WHF and the entire cardiovascular disease community. This is the first time the World Heart Federation has given this award to a patient organization, and they wish to recognize the unique contribution of The Mended Hearts, Inc. in the United States and at the global level.

The World Heart Awards are all about celebrating organizations and individuals who have gone above and beyond in their quest to fight cardiovascular disease and promote heart health around the world. Since 2018, the World Heart Federation has been recognizing individuals and organizations that are making an outstanding contribution to cardiovascular health.

The World Heart Federation (WHF) is a non-governmental organization (NGO) based in Geneva, Switzerland, formed in 1979. A leader and convener in global cardiovascular health, the World Heart Federation champions heart health and acts to reduce the global burden of heart disease and stroke, which together claim 18.6 million lives every year. WHF’s membership of more than 200 heart foundations, scientific societies and patient organizations in more than 100 countries is an active hub, promoting heart health and driving change at the local, regional and global level.

WHF is recognized by the World Health Organization as its leading NGO partner in cardiovascular disease prevention. As the principal representative body of the global cardiovascular community, WHF brings together a diverse network of multi-sectoral groups to share knowledge, guide policy, and give people the tools they need to live longer, healthier lives.

Congratulations to the MHI volunteers and members whose hard work and dedication to the cardiovascular community helped us achieve this prestigious honor.

Thank you sponsors!

Click HERE

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Emory University Volunteer Services

May 14th

May 16th

May 29th
You Can Help:

Chapter 81 is continuing to improve our Zoom meetings and hope you will take an hour out of your day to join us. You Can Help by asking for literature supplies to take to your doctors office/ clinic / re-hab visits. As you are aware, being faced with, "What just happened", "Why ME", and "What DOES THAT MEAN" are almost always the reaction to the trauma that first faces us. You can help everyone struggling with the initial questions and life affirming message we strive to bring. We are also starting to begin hospital volunteering and visits again. Regardless of social distancing, we can still find connections and support in each other. Please reach out if you need us. We are still here for you as you go through your recovery journey. Please visit our website www.mendedhearts81.com for the Zoom link or see below.

HOW TO ACCESS THE MONTHLY ZOOM MEETING

ZOOM MEETING LINK: https://us02web.zoom.us/j/86533140241?pwd=UGNSaXNScStzc3JWbUZmNEhabFEwZz09

DIAL BY YOUR LOCATION:
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- +1 312 626 6799 US (Chicago)
- +1 646 558 8656 US (New York)
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 669 900 9128 US (San Jose)

MEETING ID: 865 3314 0241

PASSCODE: 310626

(Meeting ID and Passcode the same for dial or accessing directly through the provided link)

May Speaker Bio: Rachel Cooper-Leal
Patient Affairs Liaison (PAL) Biographies PP-HEM-USA-1499

Rachel Cooper-Leal is a Patient Affairs Liaison (PAL) with Pfizer Rare Disease. The PAL is a field-based, non-sales, community-facing colleague who serves as the regional point of contact for local advocacy groups, patients, and caregivers. Rachel earned her Bachelor of Science degrees from Auburn University in Alabama. She has over 15 years of pharmaceutical experience, most recently in rare disease.