Mended Hearts chapter 399 along with the national non-profit organization made up of and serving people with heart disease and their loved ones. Mended Hearts welcomes anyone interested in learning more about heart disease. Supported by a national office, 280 local chapters actively serve across the United States and Canada.

The network comprises patients having had heart events, family members, caregivers, and healthcare professionals who provide information and support to recovering patients and their families mostly during hospital visits, by telephone, and through group meetings.

Our local Mended Hearts Chapter will be excited to see all of you at our upcoming meetings. Patients, caregivers, and interested parties are welcome to attend, FREE, with no commitment to join our organization. We have exciting speakers and refreshments. Starting this month, Mended Hearts will be a part of the Lunch and Learn meeting at the Meridian at Westwood, a lovely atmosphere for the chapter in which to meet. The meetings will be on the second Wednesday of the month. This month we will have Lacey Tesseniar, an RN who will be the speaker. She will be educating about heart health. Also, I will be presenting the new Heart Guides that Mended Hearts have developed for heart patients and caregivers. We would like to see all Mended Hearts members attend.

Special Report

This past weekend, volunteers and staff from MHI attended the World Heart Congress in Geneva where they accepted, on behalf of The Mended Hearts, Inc., the World Heart Federation Advocacy Award in Cardiovascular Health 2023. Each 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 recognizes a specific campaign or achievement related to the promotion of cardiovascular health and the fight against CVDs and its risk factors. Congratulations to the volunteers and members of MHI for winning this prestigious award.
When temperatures exceeding 90°F or even temperatures in the 80s with high humidity can cause dangerous heat, hot weather means your body must work harder to keep its core temperature to normal levels, putting extra strain on your heart, lungs, and kidneys. This means you can be at greater risk if you have a heart condition. So, it’s essential to stay cool and hydrated.

Here on the Gulf Coast in Florida, as you know, we have a hot summer. American Heart Association, a global force for longer, healthier lives for all, urges people to take extra steps to protect their hearts. Precautions are especially important for older adults and people with high blood pressure, obesity, or a history of heart disease and stroke.

Here are some suggestions to protect yourself this summer. Stay hydrated by drinking a few cups of water before, during, and after being in the direct sun with or without exercise. Avoid caffeinated or alcoholic beverages. Yes, limit the beers. Take regular breaks. Find some shade or a cool place, stop for a few minutes, hydrate, and start again.

“Some heart medications like angiotensin receptor blockers (ARBs), angiotensin-converting enzyme (ACE) inhibitors, beta-blockers, calcium channel blockers and diuretics, which affect blood pressure responses or deplete the body of sodium, can exaggerate the body’s response to heat and cause you to feel ill in extreme heat,” “But don’t stop taking your prescriptions. Learn to keep cool and talk to your doctor about concerns.”

THE LUNCH AND LEARN AT MERIDIAN AT WESTWOOD

I want to introduce a change in the Mended Heart’s monthly meetings. The chapter has been meeting in the hospital classroom for a long time, and now we are co-sponsoring the lunch and learn program in the Meridian at Westwood.

Each month has an engaging speaker and a new general topic. Believe me; you can learn a lot. Plus, a free good lunch for all attendees. If someone needs to talk strictly about heart issues, we can step aside in a comfortable setting to discuss what’s on their mind in private. In the June meeting, we will have a heart-related speaker.

Many interesting speakers will be invited to inform and educate us in the following months. I invite you to the next meeting in June and all future meetings on the second Wednesday of each month. I genuinely hope to see you with us. Call me (David) at 850-582-6026, ask any questions you may have, or tell me what you think.

Particular Meeting Information Place: Meridian at Westwood – 1001 Mar Walt Drive (Across from the hospital) Next meeting: June 14 Time: 11:15 am

DID YOU KNOW? All Heartbeat® Magazine Issues Are Available Digitally!

Heartbeat Magazine is Mended Hearts’ quarterly magazine, generally sent to members by regular mail; each edition is loaded with great heart health articles. Now you will find the latest issue of Heartbeat® magazine on the internet. Just a friendly reminder that our digital editions don’t stop there — you can access our entire archive of previous issues on our website!

And there’s so much more to explore — digital issues go all the way back to 2016! Take a trip down memory lane, or catch up on issues you may have missed. Click the link below to access our digital editions and enjoy the world of Heartbeat® magazine at your fingertips!

Here’s just some of what you’ll find: • Through Thick and Thin: What You Should Know About Inherited Cardiomyopathy (July 2022) • 7 Easy Lifestyle Changes That Are Good for Your Heart (Nov/Dec 2019) • The Power of Belonging (October 2021)

https://mendedhearts.org/magazine/
**HOW WORRY AFFECTS YOUR BODY**

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

**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 anxiety levels can trigger those stress hormones that make your heart beat faster and harder. If that happens repeatedly, your blood vessels may get inflamed, leading to hardened artery walls, unhealthy cholesterol levels, and other problems.

**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, your shoulder and neck muscles can tense up, leading to migraines or tension headaches. Massage or relaxation techniques, like deep breathing and yoga, may help.

**Breathing** - If you're worried, you might breathe more profoundly or 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.

**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 good 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, 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 also not fight germs. 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" 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 many 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.

**NOT ALL DIETS ARE BEST FOR THE HEART**

Even though weight loss comes down to a simple formula -- eat fewer calories than you burn -- dieters should exercise caution when choosing how to eat. Even though calories are king when it comes to dropping pounds, not all diets are created equal when protecting or improving heart health.

According to the Harvard Heart Letter, all older adults should pay attention to their heart health, and for people who want to lose weight, low-carb diets may not be the best choice. Dieters who stick to a ketogenic or Atkins-style diet tend to eat lots of red meat and high-fat, high-salt processed meats, like bacon -- not exactly heart-healthy. But low carbohydrate diets are only partially off-limits for dieters who prefer to avoid carbohydrates; doctors recommend choosing unprocessed or minimally, such as those found in nuts.

But in general, experts caution that dieters should think twice about any diet restricting a specific category of food, such as carbohydrates or fats, which are less sustainable for people who want to lose and keep weight off. Instead of restrictive diets that eliminate entire food groups, experts urge dieters to eat various heart-healthy foods. CONTINUED ON NEXT PAGE
According to the American Heart Association (AHA), various whole fruits and vegetables, whole grains, low-fat dairy products, skinless poultry, fish, nuts, legumes, and non-tropical vegetable oils (such as olive oil) are all excellent choices for heart health. In addition, the AHA recommends that dieters limit saturated fats (such as butter), trans fats, sodium, red meat, sweets, and sugary drinks.

CHOCOLATE PEANUT BUTTER DIP
Quick & easy Chocolate Peanut Butter Dip recipe made in minutes & so tasty! Made with just 3 ingredients, this recipe is perfect for snacking or parties as everyone loves it!

Prep Time: 5 minutes
Total Time: 5 minutes

Ingredients
- 6 oz Vanilla Greek Yogurt
- 1/2 cup semi sweet chocolate chips
- 1/4 cup creamy peanut butter

Directions
1. Pour the semi sweet chocolate chips in a small bowl and microwave on high 1 1/2 minutes or so, until melted and smooth. (I put mine in for 1 minute, stirred gently, then added 30 seconds and it was perfect.)
2. Gently stir in peanut butter. Let sit for about 10 minutes, so that it has a chance to cool off. (Or not! If you don’t let it sit, your dip will just be a little less thick. The texture is still fantastic though.)
4. Enjoy with apple slices, strawberries, pear slices, banana, pretzels, graham crackers- or anything else you’d like to dip!
Trivia Teaser: Go out for a pass

1. In what dance does a dancer attempt to pass under a low pole? a-Samba, b-Limbo, c-Hula, d-Conga.

2. A popular World War II-era song by composer Frank Loesser was "Praise the Lord and Pass the" what? a-Ammunition, b-Peas, c-Plate, d-Pancakes.


4. Which amendment to the U.S. Constitution prohibits Congress from passing a law regarding the establishment of religion? a-1st, b-3rd, c-4th, d-7th.

5. Millionaire John D. Rockefeller was noted for handing out what to children he passed in the street? a-Whiskey, b-Dimes, c-Comic books, d-Bicycles.


7. The Ted Williams Tunnel allows drivers to pass under a harbor in what city? a-Boston, b-Baltimore, c-Passaic, d-Toronto.

8. What fictional traveler had a companion named Passepartout? a-Huck Finn, b-Phileas Fogg, c-Lemuel Gulliver, d-Robinson Crusoe.

9. Who was the longtime host of the TV game show Password? a-Jack Narz, b-Gene Rayburn, c-Allen Ludden, d-Bob Barker.

10. In 1564, the English Parliament passed a resolution begging what Queen to find a husband? a-Margaret, b-Mary, c-Elizabeth I, d-Victoria.