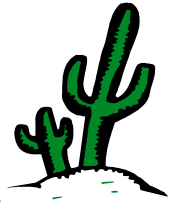


Desert Hearts



January-February 2012



The official publication of The Mended Hearts, Inc., Arizona and Nevada Chapters

Arizona-Nevada Chapter Meeting Schedule and Contacts

Central Phoenix Area - Chapter 68

President Toni Page
623-692-3703 hrt353@cox.net

Monthly Meeting: 2nd Wednesday of the month at 6:30 P.M., John C. Lincoln Hospital – Deer Valley Conference Room 1, 4th floor, north side of the hospital inside the Medical Office Building, 19842 North 27th Ave., Phoenix, AZ 85027
January 11 and February 8

Tucson - Chapter 116

President Alexandra Lane
520-682-8646 - alexandra.lane@med.va.gov

Monthly Meeting: 2nd Saturday of the month at 10:00 A.M., Tucson Medical Center (TMC), in the "Fireplace Room", located in the Patio Building; the first free-standing building on the right. 5301 E. Grant, Tucson, AZ 85712
520-324-5000
January and February - TBA, call for details

Scottsdale - Chapter 126

President Jean Fulton
480-314-0838 jfulton10@cox.net
or contact Seymour Miller 602-679-6172

Monthly Meeting: 2nd Tuesday of the month at 6:30 P.M., Via Linda Senior Center, 10440 E. Via Linda, Room #4, Scottsdale, AZ 480-312-5810
January - TAVR and February - TBA

Flagstaff - Chapter 126 Satellite

Facilitator: Don Luther
928-526-8223 donluther@email.com

Monthly Meeting: 3rd Saturday of the month at 10 A.M., in Taylor House (across from the hospital), 1431 N. San Francisco, Flagstaff, AZ 86001
January and February - TBA, call for details

Yavapai Medical Center - Satellite

Yavapai Regional Medical Center, Prescott, Arizona

For Information, call Nancy Thomas, Volunteer Services, 928-771-4730, email nthomas@yrmc.org or contact Richard Butts at 928-460-3123

Las Vegas - Chapter 277

President Steve Stanko
702-395-3965 lasvegasteve@aol.com

Monthly Meeting: 3rd Saturday of the month at 10:00 A.M., Desert Springs Hospital, South Magna Conf. Room, 2075 E. Flamingo Rd., Las Vegas, NV
January and February - TBA, call for details

East Valley Mesa - Chapter 297

President Glen Gassaway
480-273-9726 gleng@att.net

Monthly Meeting: 3rd Wednesday of the month at 6:30 P.M., Banner Baywood Heart Hospital, Mariposa Room, 6750 E. Baywood Ave., Mesa, AZ
January 18 and February - TBA, call for details

From US60, take Power Rd. north to Baywood Ave. Enter from Power, go up the ramp to upper level parking. Go through the visitors' lobby. Mariposa Room is left of the visitors' desk.

Tucson Old Pueblo - Chapter 374

President Maurice "Mac" McCarty
520-297-9814 mccartyml@aol.com

Monthly Meeting: 2nd Tuesday of the month at 1:00 P.M., Northwest Medical Center, Cardiac Rehabilitation Dept., 6080 N. La Cholla Blvd., Tucson, Arizona
January and February - TBA, call for details

Feel free to call or email to confirm meeting

Welcome to the American College of Cardiology

Now a proud sponsor of
Mended Hearts



AMERICAN
COLLEGE of
CARDIOLOGY

Arizona
CHAPTER

Enjoy the articles (below) that they shared with MH

FDA Approves SAPIEN Transcatheter Heart Valve

The Food and Drug Administration approved the Edwards Lifesciences SAPIEN Trans-catheter Heart Valve. This is one of several devices in development to use in trans-catheter aortic valve replacement (TAVR). In announcing the decision, the FDA noted that Edwards Lifescience will continue to evaluate the outcomes of the SAPIEN trans-catheter heart valve through a national Trans-catheter Valve Therapy (TVT) Registry that will track patient safety and real-world outcomes related to emerging TAVR procedures. The American College of Cardiology and the Society of Thoracic Surgeons have been working with the FDA and the Centers for Medicare and Medicaid Services in developing this new registry, called the TVT Registry™, which is scheduled to launch in late 2011. It will be the first national program to evaluate safety and efficacy of a TAVR option for patients who are otherwise considered to be high-risk or non-operable for conventional valve replacement surgery. For more information on what this means for TAVR, (Control + Click) [here](#).

Significant Downward Trend in Hospitalization for Medicare Beneficiaries With Heart Failure

Overall heart failure (HF) hospitalization rates among Medicare patients has declined significantly since 1998, with the overall one-year mortality rate also declining slightly over the past decade, according to a new study published in the [Journal of the American Medical Association \(JAMA\)](#). Considered the largest study to date examining trends in HF hospitalization rates across the United States, it showed heart failure hospitalizations dropped nearly 30 percent between 1998 and 2008. The study authors attributed the decline to fewer individual patients being hospitalized with HF rather than a reduction in the frequency of HF hospitalizations. Other findings included: black men had the lowest rate of decline for HF hospitalization among those studied; despite the decline over the past decade the one-year mortality rate remains high – 31.7 percent in 1999 and 29.6 percent in 2008; one-year mortality rates declined significantly in four states but increased in five states. This study comes on the heels of a paper published earlier this year showing significant improvements in D2B times. To learn more about this study, use this link (Control + Click) [CardioSource journal scan](#).

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Dr. Roxie Strand

Acupuncture & Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is a complete medical system that has diagnosed, treated, and prevented illness for over 23 centuries. While it can remedy a wide variety of ailments and alter states of mind, Traditional Chinese Medicine can enhance recuperative power, boost immunity, and increase the capacity for pleasure, work, and creativity.

In Traditional Chinese Medicine, all of creation is born from the marriage of two polar principles... *Yin & Yang*. (Earth & Heaven, winter & summer, night & day, cold & hot, wet & dry, inner & outer, body & mind). Harmony of this union means good health, good weather, and good fortune; while disharmony leads to disease, disaster, and bad luck. The strategy of TCM is to restore this harmony.

Qi (pronounced chee) is the energetic force that gives us our capacity to move, think, feel, and work. This *Qi* circulates within the body through pathways called channels (or meridians) that link together all the parts of the body. Health exists when adequate *Qi* flows smoothly through the channels. Symptoms like joint pain, headache, anxiety, fatigue, PMS, angina, hypertension, asthma, indigestion, etc. occur when the circulation of *Qi* is disrupted.

TCM practitioners assess a person's health by taking a personal history, feeling the pulses on each wrist, and by observing the color and form of the face, tongue, and body. With this information, a TCM diagnosis is made and treatment begins. The goal of TCM is to adjust and harmonize *Yin & Yang*. This may include acupuncture, herbs, diet, exercise, and massage.

Acupuncture is based on the knowledge that *Qi* flows through different channels in the body and at times gets stagnant or congested. Acupuncture points are located in small depressions in the skin where the channels come closest to the surface of the skin. Thin



sterile acupuncture needles are inserted into these acupuncture points to mobilize the *Qi* throughout the channels, to relieve the imbalanced flow, and stimulate proper functioning of organs and systems.

The actual insertion of the acupuncture needles usually goes unnoticed by most patients. After the insertion of the needle, different people feel different sensations – tingling, numbness, aching, warmth, heaviness, cramping – as the *Qi* is stimulated by the needle and begins to flow.

Needles usually remain in place for 20-40 minutes; however, duration of treatment depends on the nature of the complaint, its severity, how long it has been present, and the constitution of the patient. Acupuncture can be scheduled as often as every day to three times/week to one time/month. Response varies – some need only a few sessions and others need sustained

treatment. As symptoms improve, fewer visits are required with longer time in between. Usually relaxation and an elevation of spirit accompany acupuncture treatments. And it is as normal to want to continue resting as it is to be immediately energized after receiving acupuncture. Some notice immediate relief of symptoms while others feel better and more energized in the days following treatment. Everyone is different and responds differently, but most people look forward to their next acupuncture session.

Acupuncture effectively treats many conditions ranging from allergies to hypertension to insomnia to back pain to digestive complaints. Call Creative Healing Solutions and talk to Dr. Strand to see if acupuncture is right for you.

Roxie Strand, NMD

Creative Healing Solutions
14301 N. 87th St, Ste #308, Scottsdale, AZ 85260
480-607-0299 phone www.docrox.com

Dr. Strand is a licensed naturopathic medical doctor (NMD) practicing at Creative Healing Solutions in Scottsdale. Her philosophy is simple - to listen, to respect, and to provide knowledge and advice based on individual needs. Dr. Strand creates an individual therapy plan that encompasses the physical, mental, emotional, and spiritual needs of each person.



Three Years Later

by Kathleen Julien, JCL North Mountain Volunteer

It was a Sunday afternoon like any other, except for the fact that I felt as if I were coming down with something after returning home from some errands. It was difficult falling asleep that evening, so I sat in the lazy boy chair and finally dozed off. As the day progressed on Monday, we decided that I should go to the doctor and get these flu like symptoms checked out.

It was 1 p.m., my blood pressure was 193 over 121, I was having a heart attack. The paramedics were there in minutes to take me to JCL North. It was November 2008. I received two stents for a 100 percent blocked artery to my heart.

After spending a little over two days in the hospital, I was ready to go home and get on with my life. I felt great, but I needed to take it easy until my cardiologist gave me the okay that I could exercise.

In December that okay came, and I started to exercise at the Cowden Center three times a week. That was three years ago, I have been consistent with my exercise ever since.

The Cowden Center is a great place to work-out. Staff members, including RN's, work with you and go step by step so you learn the correct way to exercise on that particular machine.

The road to recovery has been a labor of love and an education to what potential I have as a person. I enjoy the peace of mind that has been brought about by taking control of my health and no longer being a victim of heart disease. I'm very conscious about what I put into my body – no more unhealthy foods. I have seen the progress by exercising that it has brought me toward my fitness goals.

You have to take control of the situation and then turn it around 180 degrees, turn it into a positive circumstance that is very empowering and makes you feel very good and assured that

you can conquer anything!

Pushing myself on the equipment to the fullest has given my cardiologist a glimpse of my road-map to my recovery. I had a stress test two weeks ago and my cardiologist said I passed with flying colors, and he will see me in six months.

What a great feeling that was to hear him say that. I've worked hard to get to this point and there is no turning back. I always have an open mind to new ideas and any new alternative therapies that could also help me. For the past several months I have been mountain climbing and hiking that has added a new kind of physical exercise and gets me out to enjoy our beautiful weather and scenery.

I also believe it is very important for all of us to find positive people to be around who share in a vision of good healthy living and a good diet and exercise. It's so much easier when you work as a team with other people in the same situation you are in, rather than to do it alone, especially through the tougher times. Be consistent with your exercising, do it the same days every week; you'll be more likely to stay the course.

Just as it is important to seek out positive influences in strong positive people, it is equally important to steer away from negative influences.

Remember, always believe in yourself, each one of us is special.

I know you can do this, I just did.

Kathy

Come to the Cowden Center and meet Kathy who exercises there regularly - or - visit the JCL North Gift Shop where she volunteers.



Chapter 68 Phoenix



President's Note

As I write this note, Christmas music is playing in my home; and I realize how thankful I am that I am alive for another Christmas and New Year.

While this year has presented it's challenges, both in the world around us and personally to each of us, here we are trucking right along.

It's wonderful to be alive, isn't it?

Through Mended Hearts, I have met some of the strongest and most amazing people I have ever known. I consider it a privilege to be part of such a fabulous group of survivors, both patients and caregivers.

I am particularly thrilled to count Chapter 68 as my Mended Hearts 'home'. We are growing

once again and will very soon be a force to be reckoned with in 2012. Look out heart disease! Chapter 68 is going to give you a run for your money!

I am looking forward to 2012. It's time to shake off the old and bring in the New. New health, new attitude and new growth.

We are looking forward to the new partnership with the American College of Cardiologists. Hopefully, we will all find the partnership to be mutually satisfying and very productive!

Let's go out and help others as we have been helped. Let's make 2012 the best year yet!

Grateful to be alive!

Toni Page

President, Visiting Co-Chair
Accredited Visitor, MH Ch. 68

Visitor Reaccreditation

Chapter 68 will be having a Visitor reaccreditation session sometime in January. Visitors, you will be contacted with information regarding the date, time, and place. We will be doing the training on a Saturday at the home of the President (that's me!).

We have new materials provided by Dallas. This will prove to be an entertaining and informative session. We have not done reaccreditation in quite some time and we are overdue.

Reaccreditation normally is done yearly. Visitors can not continue with the program if they do not attend reaccreditation sessions.

If you are a MH Member and are not yet an Accredited Visitor, but would like to become one, this is your time as well.

Training will take about 2 hours. Please contact Toni at 623-693-3703 if you have any questions.

Meet Us In Dallas

Mended Hearts will be having it's annual convention in Dallas this year. Last year's gathering in New Orleans was fantastic! There were great speakers, inspirational stories, and delicious heart-healthy foods. What a great time to celebrate our 60th Anniversary!

Plan to join us in Dallas in May!

(more details coming soon)

Central Phoenix Area - Valley of the Sun-Chapter 68

President Toni Page 623-692-3703 hrt353@cox.net
Regular Monthly Meetings 2nd Wednesday of the month, 6:30 P.M., John C. Lincoln Hospital, Deer Valley Conference Room 1, 4th Floor, North side of the hospital, inside the Medical Office Building, 19842 North 27th Ave. Phoenix, AZ 85027

Next Meetings: January 11 and February 8



Chapter 116 Tucson



From the President

Dear Members and Friends,

Happy New Year to you all! I wish you an abundance of good health, happiness, and wishes fulfilled.

Our first meeting on Saturday, January 14th will feature Peter Tesoriere, RN, with a presentation about exercise, so timely to start the New Year off well! As we have been doing, we'll start with a supportive discussion at 10, and then morph into Peter's talk and PowerPoint presentation at about 11. I have requested to keep the Fireplace Room over the long haul and hope this won't be a problem (over time there have been different room schedulers).

Some exciting news: in February, Liz Berry and Vanessa West (of Mended Little Hearts) are planning the first "Tucson Festival of Hearts," to promote heart disease awareness and education. They reserved the Mall at the University of Arizona (wow!) for this public event, to take place on the second Saturday of February (Heart Month). As this event will conflict with our meeting time, why don't we plan to meet on the Mall to support this event? Liz and Vanessa's goal for this event is to educate the public about resources available to heart patients, especially to those newly diagnosed, who may need guidance, to let them know of the wealth of information and support available to

them. This would span such institutions as UMC, Sarver Heart Center, and Diamond Children's Center, supporters (among other organizations) of this event, as well as Mended Hearts and Mended Little Hearts for peer support and education. Healthy lifestyles will play an important role in this community event, as well as health screenings (blood pressure, EKGs) taking place. Though, at present, times for this event are being discussed, it will most probably run from mid morning to mid afternoon. Let's make our group known by volunteering to man (or woman) one or more tables with Mended Hearts information. Perhaps our group members can sign up for taking two-hour shifts at our tables. I know there will be other volunteering availabilities as this event coalesces. This will be an amazing day, put together by these two amazing young women, who we are privileged to know!

It brings to mind the famous quote of Margaret Mead, "Never doubt that a small group of thoughtful, committed individuals can change the world; indeed, it's the only thing that ever has." This will be the start of nurturing a healthier Tucson heart community, as this will be the first annual Tucson Festival of Hearts.

Remember, NO meeting in the Fireplace Room in February.

Thank you for your contributions to our community,

Alex



Mended Little Hearts



Mended Little Hearts of Phoenix is looking forward to busy New Year.

In January a member of the Adult Congenital Heart Association will be joining us to discuss how to give our children control over their own medical care as they become adults.

In February we will be screening the movie *Hearts of Hope* to raise CHD awareness in our community.

We will also be encouraging our members to share treats with our local cardiologists, cardiac surgeons, and staff to thank them during CHD awareness week. Many of our members did

this last year, and it was greatly appreciated by our area cardiology teams. We encourage others to join us in doing so this year.

Little Hearts Hold Big Hopes

Vision: **Mended Little Hearts** is a support program for parents of children with heart defects and heart disease dedicated to inspiring hope in those who care for the littlest heart patients of all.

Mended Little Hearts offers resources and a caring support network as families find answers and move forward to find healing and hope.



Chapter 116 Tucson



You Ought to be in Pictures!



L-R: November's speaker, Brenda Carle, RNP, Alex Lane, Group Coordinator, members: Sandra Russell-Tesorierie, RN, Al Etzdorf, Peter Tesorierie, RN, & Sheldon Gutman



Members Marvin Weinberg, Renee Cohen, Al and Robin Bleecker, RN, Iola Stroelein



Guests Richard and Sharon Ryan; Members Marvin Weinberg, Renee Cohen, Al and Robin Bleecker, Iola Stroelein, and Esther Berlot



Members Les Berlot, Sondra and Bob Blattman

126 Scottsdale - *continued from page 8*

Scottsdale's January speaker will be a cardiologist speaking on the new Aortic Valve Replacement procedure known as TAVR (see page 2 for more information on TAVR).

February's speaker is TBA; call for information.

Visitors' Corner

Thanks for all you do!!! Please plan on attending our luncheon in January. It's my way of saying

thanks! We'll have yearly total numbers of visits with patients and families in the next newsletter.

Happy Mendaversary to all members who had their cardiac event in January or February. We wish you continued good health.

Welcome to all our new members. We look forward to seeing you at our meetings.



Chapter 126 Scottsdale



President's Message

Once again the holidays have come and gone in a blur. I hope everyone had a wonderful season with family and friends.

To everyone who shared in our Holiday pot luck, thank you for your food donations. What a great time we had just visiting and sharing. To those of you who missed it, you missed a wonderful social gathering.

We received a heart-felt thank you from the senior center for our donation to their senior shut-in program. We once again donated gift certificates to the cardiac children of St. Joseph's Hospital. As you know, all their Christmas gifts for the children were stolen, so every little bit helped.

We did have our annual visitor re-certification training in December. To those of you who were

unable to attend, please contact Seymour or me. This is required for you to be able to continue visiting. Thanks for your efforts.

We will be having our volunteer luncheon towards the end of January. Look for your invitation in the mail. We will be starting our attendance jackpot drawing at our January meeting.

Our cluster meeting in November was a great success. Dr. Vijay was a dynamite speaker, and I'm excited about our affiliation with the AAC.

I want to encourage all members to attend our meetings and hear our speakers. It's important to have good turn-outs when we ask physicians to speak at our meeting.

I look forward to a great season of speakers. Stay healthy and I'll see you at the next meeting.

(See page 7 for more information.)

Jean



Satellite Chapter 126 Flagstaff



Open House at the Heart and Vascular Center of Northern Arizona in Flagstaff

On Wednesday, November 30, 2011 Flagstaff Medical Center (FMC) invited interested folks to visit the newly renovated office and clinic space of the Flagstaff Heart and Vascular Center of Northern Arizona. The building is located across Beaver Street from the main hospital buildings in Flagstaff.

Their brochure states, "At the Heart and Vascular Center of Northern Arizona, we've brought together a world-class cardiovascular team. You deserve the very best cardiovascular care and the most experienced physicians. And you deserve to have it without leaving your community."

This comprehensive program offers services ranging from general cardiology and the treatment of chronic heart and vascular conditions to advanced surgical techniques, including open-heart surgery. It integrates the exceptional cardiovascular programs of Flagstaff Medical Center and Verde Valley Medical Center into a comprehensive system of inpatient and outpatient

care, including a network of physician offices and clinics.

Patients are surrounded by the expertise of the most experienced physicians, nurses, technologists, exercise physiologists, and dietitians. Plus, patients will know that the team has the compassion to support the needs of the entire family.

As a former patient of the Flagstaff Heart and Vascular Center of Northern Arizona, I can vouch for the information above. I experienced heart valve repair by heart surgeon Dr. Steven Peterson without having to travel to Phoenix, and I was surrounded by my family. My procedure was successful, I recovered faster, and follow-up visits were much easier.

Our Flagstaff Mended Hearts Satellite is very proud to represent FMC and the Flagstaff Heart and Vascular Center of Northern Arizona. We meet the third Saturday morning of each month at the Taylor House, an extension of the hospital. Do join us!

Jane A. Julien, PhD



Chapter 277 Las Vegas, Nevada



Steve writes . . .

Our meeting on October 22 was hosted by member **Stephen Nasser** since I was recovering from a hospital stay to drain a pleural effusion. Stephen did a great job, and our speaker, **Dr. Robert Chapman Wesley**, was very well received. Dr. Wesley is our local contact with the American College of Cardiology, and we expect to see him again in the future. Stephen is shown presenting a speaker's gift to Dr. Wesley who serves as the Governor of the ACC in Nevada.

As appropriate compensation for his contribution to the program, Stephen won \$10 in the 50/50. Unfortunately, **Susan Stanley** was not present when her name was called for the Attendance Jackpot, and she lost out on \$87 that was passed forward.

As we came into November, I managed to drag myself to a meeting for the first time in several months. As it turned out, just a bit later, I had a second pleural effusion, and this time they withdrew two liters of fluid from my left lung on November 24.

For this meeting, we had two perfusionists, another first for Chapter 277. Though we had a small turnout, the folks that showed were treated to an outstanding exhibition of what goes on during most heart surgeries as the perfusionist operates the heart lung machine and its many miracle subsystems that cool and warm the blood; save blood cells that would be lost to internal bleeding from suture holes; take over the breathing function while lungs are collapsed; and pump blood to the heart and all the rest of the body while a surgeon cuts and sews on the heart itself. These nurses were really knowledgeable! They kept us enthralled for over an hour as they answered a multitude of questions. The pictures were taken as they received their speakers' gifts, Certificates of Recognition from Mended Hearts Chapter 277.

We asked the speakers to pull our winning numbers, and my daughter, **Sandy Stanko**, won the 50/50. **James Joyce**, who is a regular attendee, was not present and lost out on \$97 that was carried forward till our next meeting.

Speaking of our next meeting, we decided that we would have neither a meeting nor a party in December this year. The busy holiday season and my health status led to this decision. I promised that I would advise via e-mail when we would have our next meeting, with a post holiday party being one possibility.

Enjoy the coming year. I wish everyone Happy Holidays, and I will be in touch.

Steve Stanko
President, Chapter 277
The Mended Hearts, Inc.
(702) 395-3965
lasvegasteve@aol.com



Dr. Wesley receiving gift from Stephen Nasser



Perfusionist
 David Engal
 receiving
 Certificate of
 Recognition



Perfusionist
 James Winters
 receiving
 Certificate of
 Recognition



Chapter 297 East Valley, Mesa



President's Message

Greetings to All,

As we all celebrate and recover from the holiday season, we can take a moment to appreciate our friends in Mended Hearts! There are still many folks that can benefit from our shared experience and can be helped by our visitation programs and chapter/support group meetings.

Our expansion plans are going to kick back off in January, as we continue to be in contact with another hospital system's volunteer services. If all goes well, we have a goal of expanding our chapter into another East Valley hospital early next year!

Anyone in the East Valley area who is interested in joining a great group and/or becoming a patient visitor should contact Glen Gassaway or Shirley Izenberg, attend a meeting, and spread the word! In addition, we are always searching for interesting speakers. We meet the third Wednesday of the

month in the Mariposa Room just off of the first floor lobby at Banner Heart Hospital.

Treat yourself, your loved ones, and friends by joining us. Be kind to each other and take care of Yourselfes!

Heartfully yours,
Glen Gassaway

It's great to be alive – and to help others!

Board Members: President, Glen Gassaway
Vice Pres., Visiting Chair: Shirley Izenberg
Secretary, Treasurer, Kathy Bodziak

Next Meeting
Wednesday, January 18, 2012

MENDED HEARTS Chapter 297 invites all heart patients, family, and friends to monthly meetings on the *3rd Wednesday of the month, 6:30 p.m.*, at Banner Baywood Heart Hospital, Mariposa Room, 6750 E. Baywood Ave., Mesa.

“It’s great to be alive – and to help others!”

Dedicated to inspiring hope in patients
with heart disease and their families.

OBJECTIVES of The Mended Hearts, Inc.

The purpose of this organization is to offer help, support, and encouragement to heart disease patients and their families and to achieve this in the following manner:

- ♥ To visit with physician approval, and to offer encouragement to heart disease patients and their families.
- ♥ To distribute information of specific educational value to members of The Mended Hearts, Inc., and to heart disease patients and their families.
- ♥ To establish and maintain a program of assistance to physicians, nurses, medical professionals, and health organizations in their work with heart disease patients and their families.
- ♥ To cooperate with other organizations in education and research activities pertaining to heart disease.
- ♥ To assist established heart disease rehabilitation programs for members and their families.
- ♥ To plan and conduct suitable programs of social and educational interest for members and heart disease patients and their families.

CONTACT S



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Rocky Mountain
Regional Director
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Seymour Miller
Asst. Regional Director
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Mended Hearts National
Toll free phone
1-888-heart99
www.mendedhearts.com





Chapter 374 Tucson



from Rachele . . .

Since the last publication, Old Pueblo Mended Hearts has had two meetings. Our October meeting featured Kristen, one of our very own exercise physiologists, from Cardiac Rehab at Northwest Medical Center. She arrived with posters and charts and a most interesting presentation dealing with the topic: EXERCISE - ITS VALUE FOR EVERYONE. Her message was especially for those who have recovered from a heart attack or heart surgery. The number of times a week depends upon the level of intensity of the exercise itself. One could opt for seventy-five minutes of intense workout twice a week or two and a half hours of moderate intensity five days a week. Strength exercise should be limited to twice a week.

With the treadmill or bicycle, the difference between the two choices – moderate or intense exercise – depends upon the speed utilized by the individual using the equipment.

Moving beyond the gym, the difference becomes more pronounced. Vigorous intensity can be found in swimming laps, race walking, jogging, running, as well as aerobic dancing. Jumping rope, playing tennis singles, or hiking uphill with a backpack are all activities lending themselves to vigorous exercise. On the other hand, moderate exercise can be provided by playing tennis doubles and walking briskly or doing ballroom dancing, general gardening, and studying Tai Chi.

There are multiple benefits from either program. Most important is the reduced risk of cardio-vascular disease, but there is also less risk of type two diabetes as well as some cancers. Strengthening of bones and muscles, along with weight control, are definite positives as well as offering improvement both in mood and one's chance of living longer.

In November, EMOTIONS AND THE HEART was the topic of the talk given by cardiologist Dr. Edward Gutierrez. He began by delineating the differences among the three personality types and their relationships to coronary artery disease. Most of what he presented was based on a ten-year study limited only to men, ages thirty-five to fifty-nine. Furthermore, the study provided no information

relative to diet. Despite this, Dr. Gutierrez stressed much of the material is applicable not only to women but also to individuals both older and younger than the group studied.

The study results determined that someone possessing a Type A personality has double the risk of coronary heart disease. Type A individuals are achievement driven, highly competitive, and they generally possess marked impatience and a sense of urgency related to time. In many there exists an easily triggered, free floating hostility. Type B personality, on the other hand, endows one with a relaxed, easygoing nature, almost totally lacking a sense of urgency. In fact, some Type B's appear almost apathetic; and, of course, their risk of coronary artery disease is low. The third personality type is Type D. These are persons with negative affect who view their world with worry, irritability, and gloom. They are usually quiet, socially inhibited, and possess low self assurance. Often they suffer from depression. All of this lends itself to emotional stress, doubling the risk of mortality. In fact, according to the study, Type D personalities face a four fold increase in early death.

Unfortunately, personality cannot be changed; however, one can modify or change behavior. Some suggestions for Type A's are to drive in the slow lane every other day, to leave one's watch at home for a day, and to purposely select the longest check-out line at the grocery store. For Type D's the suggestions are to consciously observe and talk to other people, to become involved in an activity that will draw one into relationships with others, and – last but not least – smile more. Changing life style will not cure coronary artery disease, but it definitely will reduce the rate of reoccurrence.

No meeting is scheduled for December, but we look forward to seeing all of you in January. Remember, one o'clock the second Tuesday of each month at Cardiac Rehab. See you then.

*Rachele Dakos
Chapter 374, Old Pueblo Mended Hearts*



The Mended Hearts, Inc.

National Office

Phone: (888) 432-7899

www.mendedhearts.org

MEMBERSHIP APPLICATION

Member Information (please print or type)

Name (Mr./Mrs./Ms.) _____ Chapter ___ Member-At-Large ___
 Address (line 1) _____ Phone (___) _____
 Address (line 2) _____ Alt Ph (___) _____
 City _____ DOB _____ Retired: Yes No
 State _____ ZIP _____ Vocation _____
 Email address _____ Preferred Contact: Phone Email Mail
 Family member (must reside at same address) (Mr./Mrs./Ms.) _____ DOB _____
 May we contact you regarding local chapter opportunities? Yes No

Medical Information/Demographics (Optional: *No application is denied based on medical information, age, or race.*)

Name of Heart Patient (1) _____ Name of Heart Patient (2) _____
 Date of Surgery/Treatment _____ Date of Surgery/Treatment _____
 Type of Surgery/Treatment _____ Type of Surgery/Treatment _____

<input type="checkbox"/> PICA	<input type="checkbox"/> Atrial Septal Detect Valve	<input type="checkbox"/> PICA	<input type="checkbox"/> Atrial Septal Detect Valve
<input type="checkbox"/> MI	<input type="checkbox"/> Pacemaker	<input type="checkbox"/> MI	<input type="checkbox"/> Pacemaker
<input type="checkbox"/> Aneurysm	<input type="checkbox"/> Transplant	<input type="checkbox"/> Aneurysm	<input type="checkbox"/> Transplant
<input type="checkbox"/> Bypass	<input type="checkbox"/> Other	<input type="checkbox"/> Bypass	<input type="checkbox"/> Other
(how many ___)	(_____)	(how many ___)	(_____)
<input type="checkbox"/> Tricuspid	<input type="checkbox"/> Tricuspid	<input type="checkbox"/> Tricuspid	<input type="checkbox"/> Tricuspid

Many chapter newsletters include surgery/treatment anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

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Yes No _____ Yes No _____
 Signature Signature

National Membership Dues: Includes subscription to *HEARTBEAT* and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National Dues are tax deductible less \$10.00; Chapter and Lifetime Dues are 100 percent tax deductible.

Within United States

- Individual \$25.00
- Family \$35.00
- Life Individual \$150.00
- Life Family \$210.00

I am joining as a non-heart patient: Physician JRN
 Health Admin Other Health Party Other Interested Party

Dues Summary: National Dues \$ _____ I am not prepared to join. Enclosed is a contribution of \$ _____

Director – send both chapter and national dues to National Office.

Applicant – Send one check with application to:
 Seymour Miller, Assistant Regional Director
 The Mended Hearts, Inc., 14542 North 91st Place
 Scottsdale, AZ 85260