



Heart Beat



Volume 8 No. 1

Salinas Valley Mended Hearts Chapter 370

Jan. - March 2019

What is Mended Hearts?

The Mended Hearts Visiting Program is staffed by trained, accredited Chapter 370 members who volunteer their time visiting heart patients and their families while in the hospital due to a cardiac event.

Patients often have questions concerning "limits and adjustments" to their life following a heart procedure. They can truly benefit from the support of caring individuals who have traveled the road on which they are about to embark. Mended Hearts visitors bring personalized support for heart patients facing surgery, and a positive influence in assisting recovering heart patients and their caregivers.

Our accredited visitors serve heart patients by listening, sharing and offering compassionate words of hope, comfort and encouragement as experience-based, caring individuals who have "been there, done that" when it comes to communication and education are the keys to understanding and establishing lifestyle changes following heart procedures. Our visitors also encourage new heart patients to consider the many benefits of joining Mended Hearts Chapter 370 for continuing support, education and assistance.

We support Caregivers

Heart patients will tell you their caregivers are an important part of their recovery and ongoing wellbeing. Mended Hearts recognizes the vital role caregivers provide. We also recognize there are challenges to being a caregiver. Mended Hearts, Inc. recognizes the unique needs of caregivers and is committed to providing them with support and education. Mended Hearts, Inc. hosts a Caregiver Committee whose mission is to provide educational and emotional support to the local chapters.

When you are caring for another person, whether in the hospital or at home, caring for yourself is often your last priority. You may not feel that caring for yourself is a priority, but it is imperative that you try. The best gift you can give your patient is to also care for yourself.

- Communicate how you are feeling
- Allow time to grieve the lack of normal
- Reflect on the journey—in writing
- Educate yourself about the disease
- Get involved in your loved one's care
- Involve others who can help
- Visit with other Mended Hearts members
- Eat right
- Rest –get sleep and take breaks

Introducing Survivors Have Heart

When someone suffers a heart attack, the initial focus is often on healing physically. Yet, the emotional journey can be just as impactful, and sometimes even more difficult than expected. Heart attack survivors can feel vulnerable or afraid. But there is hope, and help.

That's why AstraZeneca has created Survivors Have Heart - a movement to celebrate survivorship and a destination that provides support and community for heart attack survivors and their loved ones.

We encourage you to visit SurvivorsHaveHeart.com where you will find heartwarming personal stories, videos and valuable resources, and where you can sign up to receive a helpful guide with tips for survivors.

Accredited Visitor Training

We will be having our annual visitor training on Thursday, January 10, 2019, at 10:30am in the Downing Resource Center, Conference Room C.

All current and anyone who wants to become an accredited visitor should plan on attending this training.

Upcoming Meeting Speakers

January 15, 2019 at 6:00 p.m.

Our Speaker is Jessica McKillip, Executive Director, ITN Monterey County, Dignified transportation for seniors

"Living Longer - Driving Longer"

February 19, 2019 at 6:00 p.m.

Our Speaker is Kanae Mukai, MD
"Your Heart and the Environment"

March 19, 2018 at 6:00 p.m.

Our Speaker is Claude Evans, RRT, RPSGT
"Signs and Symptoms of a Sleep Disorder"

at

Salinas Valley Memorial Hospital
Downing Resource Center
Room B & C

450 East Romie Lane, Salinas, CA 93901



When negative thoughts constantly intrude, take action

People tend to be their own worst critics, but when negativity constantly dominates thoughts it is time to take some action.

Here are what psychologists quoted in Psychology Today recommend:

"When you find yourself going down the path of self-criticism, gently note what is happening," advises mediation specialist Allan Lokos.

Be curious and warn yourself that these are thoughts, not facts. During such moments, psychologist Thomas Boyce recommends immediately jot down as many positive things you know about yourself.

You can also accept the presence of negative thoughts but reject thoughts that involve comparing yourself to others. Social media can be a 24-hour menace to a person's self-esteem. Kimberly Hershenson, LMSW, warns that it can generate gloomy self-talk that only "leads to still more anxiety and stress." Serving others helps you focus on something other than your own issues, she says. Marriage and Family therapist David Simonsen agrees. "The more someone does something that can be proud of, the easier it is to recognize his or her worth," he says. "It is tangible. Helping at a homeless or animal shelter, giving of time at a big brother or sister organization are things that provide value to oneself someone else as well."

Recognize your strengths--and the reassurance they bring you in times of insecurity. Perhaps ask a close friend.

Debbie Mandel, the author of "Addicted to Stress," suggests replacing one task per day from your to-do list to relax or do something fun. Also be sure to eat well and get enough sleep. Both can heighten the happier aspects of your self-perception.

Another good exercise is to examine your own feelings for others. Bitterness, anger and resentment tend to keep people in a cycle of negativity, says author Glenn Schiraldi.



Mended Hearts

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New Alzheimer's research promising in field with many failures

Billions of dollars spent on Alzheimer's Disease research have produced no big bang results, but new research on a possible Alzheimer's vaccine is making a lot of noise.

There's little doubt about this: Researchers at the University of Texas have found a way to stimulate the body's immune system to fight plaques and tau protein tangles in the brain. Amyloid plaques and tau protein tangles are typical in the brains of Alzheimer's patients. They are thought to block and destroy brain nerve connections.

Researchers, led by Roger N. Rosenberg, showed that in studies on mice, his DNA-based treatment reduced amyloid plaques by 40 percent and tangles by 50 percent.

But does this prevent Alzheimer's or improve cognition in existing patients? That is the question scientists and patients are eager to find out.

Rosenberg told BeingPatient.com that they are testing subject mice now for evidence of improved cognition.

This research does address the leading theory of Alzheimer's Disease: Keep amyloid low and avoid Alzheimer's. But, some research has shown that some people with high amyloid do not get Alzheimer's, suggesting that amyloid is not the only factor at play in Alzheimer's. If the theory of the UT research is correct, it does lead to a possible route to prevent Alzheimer's. Such a vaccine could delay onset of Alzheimer's, slow the rate of progression, or prevent the disease.

However, amyloid plaques, along with associated inflammation, destroy nerve connections in the brain. Those nerves won't come back. So the focus is on developing treatments ~ or a vaccine ~ that work long before the disease reaches critical stages, according to Time.

The vaccination triggers skin cells to produce a chain of amyloid. Then the body's immune system produces antibodies to fight amyloid and tau proteins. The body then has antibodies to fight build-up of the plaques and tangles before they devastate neural connections. It is administered as a shallow shot in the skin.

Testing on humans has not yet begun.

About 36 million people worldwide have Alzheimer's Disease. It is the 6th leading cause of death in the U.S.

WHO IS . . . MENDED HEARTS. INC?

The Mended Hearts, Incorporated, is a National Voluntary Health, Education, Non-profit organization.

Its purpose is to offer help, support and encouragement to heart disease patients and their families, by:

- ♥ Visiting patients with their physicians' approval.
- ♥ Distributing information of specific educational value to our membership and heart disease patients and their families.
- ♥ Cooperating with other organizations in education and research activities pertaining to heart disease.
- ♥ Establishing and assisting heart rehabilitation programs for our members.
- ♥ Planning and conducting suitable programs of social and educational interest for our members and for heart disease patients and their families.

Slow Cooker Mexican Chicken Soup



After a month of heavy holiday eating, many people crave simple, but healthy meals. This easy-to-make Mexican chicken soup recipe is packed full of colorful veggies and lean protein.

Servings: 6

Ingredients:

- 1 1/2 lbs boneless, skinless chicken breasts (all visible fat discarded)
- 1 lb baby carrots
- 1 medium onion (chopped)
- 1 medium potato, chopped into 1/2-inch cubes
- 1 medium bell pepper (chopped)
- 1 can no salt added, diced tomatoes (undrained)
- 1 can no salt added tomato sauce
- Juice from 1 medium lime
- 1 tbsp chopped fresh cilantro
- 2 tsp cumin
- 2 tsp chili powder
- 4 medium garlic cloves (minced)
- 1 tsp salt
- 1 tsp pepper
- 4 cups fat-free, low-sodium chicken broth

Directions:

Pour all the ingredients into the slow cooker. Cook, covered, on low for 6 to 8 hours, or until the vegetables are tender and the chicken is no longer pink in the center. Just before serving, transfer the chicken to a cutting board. Using a fork, shred the chicken. Stir the shredded chicken back into the soup, stir, then serve!

Super-shot for flu ready for seniors

A flu shot specially made for seniors combines high doses of immune stimulating antigens, targeted at three flu strains.

The shot, available for those over 65, was formulated with seniors in mind. According to the Mayo Clinic, older people produce 50 to 75 percent fewer antibodies than younger adults.

In one study, seniors who took the high-dose flu vaccine had 25 percent fewer cases of influenza than those who took the standard dose.

However, three clinical studies have also found that high-dose vaccine recipients were more likely to develop fever and soreness at the injection site a week after vaccination.

More than 90 percent of deaths from flu happen to people over the age of 65.

Feeling chilly: How the body weathers winter



Suddenly in February, the day turns sunny. It's 50 degrees and it feels marvelous. Turn down the heat! Go for a walk!

So why does 50 degrees feel so chilly in October?

Physiologists say the body adjusts to increasing cold over time. In October, our bodies just haven't adjusted to the temperature drop, according to the Wall Street Journal.

The human body has two main ways to cope with chills when the temperature drops. The first is to constrict blood vessels. This pushes warm blood to the body's core. That's when your arms and legs could start to feel colder. The second way is to shiver. That's when you turn up the heat 10 degrees.

Humans, it turns out, have continuously invented ways to cope with cold by changing their environment ~ turning up heat sources, staying near those heat sources, and adding layers of clothing.

Interestingly, humans who constantly experience cold temperatures, like native people in the Arctic, just don't feel as cold as others. Fish industry workers, whose hands are in cold water for hours, have been found to have warmer hands than other people.

The physiological explanation is that blood vessels don't constrict so much after long-term exposure. So those people really are warmer.

But if you aren't an Eskimo and you do need thick, fuzzy socks all the time, there could be a medical explanation.

The first medical explanation is probably obvious: Aging makes people colder. Circulation decreases, the blood vessel walls lose elasticity and the fat layer thins. Well, sometimes.

Also the body's metabolic responses to cold can be slower.

According to the Journals of Gerontology reported in 2011 that older people on average had a body temperature .3 degrees lower than younger people. That's normal.

There are some medical causes of coldness.

- Hypertension.
- Diabetes.
- Thyroid conditions.
- High cholesterol.

Pharmaceutical causes:

- Beta blockers that decrease heart rate (and circulation to hands and feet).
- Calcium channel blockers, used to treat hypertension

WHAT DO PEOPLE RESOLVE TO CHANGE IN JANUARY?

37% EAT HEALTHIER

37% GET MORE EXERCISE

24% TAKE BETTER CARE OF THEMSELVES

18% READ MORE

15% MAKE NEW FRIENDS

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New tool could save eyesight of millions of diabetics

If discovered early, diabetic eye disease can be treated before it leads to blindness.

Now Google is developing an Artificial Intelligence diagnostic tool that can be used in a primary care physician's office. The AI tool is capable of rapidly reviewing eye scans and sorting out which patients need treatment for diabetic retinopathy.

Worldwide, about 415 million people are at risk for diabetic retinopathy. In a country such as India, with 70 million diabetics, many patients in rural areas don't have access to specialists. The new AI tool could identify their risk at their physician's office, before they are in danger of losing eyesight.

The Google team hopes diagnosing diabetic eye disease will one day be as easy as taking a temperature.

How morning routines can improve productivity

Most morning routines boil down to a few basic principles such as waking up before most people, outlining three specific big things to accomplish, and managing procrastination that can be oriented to fit within anyone's schedule.

Waking up before other people isn't just to prove that you have better willpower but, rather, it allows you to have a chance to plan the day and be proactive rather than reactive. If there are already emails, phone calls, and important meetings occurring right when the alarm clock goes off then anxiety can set in and you will simply be reacting to the day until you are too tired to continue and the most important goals will be pushed to the back burner. Instead, take the first two hours of each day to have breakfast, exercise, meditate, read, and otherwise prepare your mind and body for the day ahead. Next, identify the three specific things that, if accomplished during the day, will move the needle on your long, medium, and short-term goals.

It's important to know your body's natural period of peak performance; typically it's about 2.5 to 4 hours after waking up. You should plan to do important tasks then. Avoid procrastination by creating a starting ritual, such as a cup of coffee or sitting down at a specific desk to send a signal to the brain that it is time to start working. During those times in which the most important task just can't be tackled for whatever reason, however, use 'positive procrastination' by intentionally avoiding it as long as you follow the rule that you have to work on the second-most important task rather than goofing off.

Know Diabetes by Heart

The American Diabetes Association (ADA) and the American Heart Association (AHA) have launched a campaign called Know Diabetes by Heart in an effort to raise awareness of the link between diabetes and cardiovascular disease, as well as empower people to better manage their risk of cardiovascular disease, heart attack and stroke.

In addition to hosting free Q & A sessions with expert health care professionals, they have created additional resources to help patients learn more. If you are interested in taking a free quiz to help you better understand your risk, please go to <https://knowdiabetesbyheart.org/>

If you would like to attend one of the Q & A sessions, you can register at [KnowDiabetesbyHeart.org](https://knowdiabetesbyheart.org) or call 1-855-565-0595. The following events will be held at 2:00 PM ET.

- **January 15, 2019 Physical Activity-Getting Started and Staying on Track**
- **February 12, 2019 Nutrition Basics for Diabetes & Heart Health**
- **March 19, 2019 Medication Management for Diabetes & Heart Disease**