



Save the Date! MHI International Conference June 2023

We are excited to announce that MHI will be hosting an International Conference open to members, family & friends and medical professionals from June 23rd through the 28th, 2023 in Albany, GA.

Plans are top secret (for now) but guaranteed to be informative, exciting and fun! This conference is being designed for MH and MLH alike. Hear the latest about CHD and CVD across the life span. You'll have the chance to see friends you may not have connected with in years, and have the opportunity to meet new ones. It will be an opportunity to learn and share for everyone.

Upcoming Meeting Speaker

April, 20, 2021 at 6:00 p.m.

*Our Speaker is Christopher C. Oh, MD, FACC
"You Actually Do Become What You Eat"*

Join the Zoom Meeting

at

[https://zoom.us/j/6782089668?](https://zoom.us/j/6782089668?pwd=Mk13dVU4dXdWdG5rdkRPSegxOVJ3dz09)

[pwd=Mk13dVU4dXdWdG5rdkRPSegxOVJ3dz09](https://zoom.us/j/6782089668?pwd=Mk13dVU4dXdWdG5rdkRPSegxOVJ3dz09)

Meeting ID: 678 208 9668

Passcode: 707823

May 18, 2021 at 6:00p.m.

*Our Speaker is Norman Panting, MD, FACC, FACP,
QME*

*Spanish interpreting by Kevin Cisneros, EP
"Living with Heart Disease for 50 Years"*

Join the Zoom Meeting

at

[https://zoom.us/j/98212789337?](https://zoom.us/j/98212789337?pwd=TkRvOQtNRUtOQW4zaVJhTkhnN093dz09)

[pwd=TkRvOQtNRUtOQW4zaVJhTkhnN093dz09](https://zoom.us/j/98212789337?pwd=TkRvOQtNRUtOQW4zaVJhTkhnN093dz09)

Meeting ID: 982 1278 9337

Passcode: 960028

High-tech mental health care: Is there an app for that?

Nearly one in five American adults lives with a mental illness—about 51.5 million people in 2019, according to the National Institutes of Mental Health. And among those adults, approximately half do not receive treatment for their illnesses, according to Mental Illness Policy Org.

For many Americans, lack of access to providers—whether it's the cost, insurance coverage or no available providers in the community—dictates whether or not they can seek treatment, according to a 2018 survey from the National Council on Behavioral Health.

Tech and the startup world are rushing in to fill the gap with virtual behavioral health care, with services including therapy, coaching and even startups that prescribe and ship medications. According to Fierce Healthcare, the COVID-19 pandemic motivated investors to pour huge sums of money into behavioral health startups as locked-down Americans looked for virtual mental health care.

The top dog among mental health startups in 2020 is Talkspace, according to The Motley Fool. Talkspace is a mental health subscription service that matches users with licensed therapists via video, audio or text, and works with some insurance carriers.

Wellness app Calm, founded in 2012, promises to help users meditate, unwind and maybe even improve sleep, according to Quartz. Downloads spiked as the COVID-19 pandemic gained steam, and one major health insurer made it free to all members.

Brightside, a telemedicine service that specializes in mental health care, provides therapy and medication services to users in some states via a network of providers, according to The Motley Fool. According to the Brightside website, medical insurance is not currently accepted.

While telehealth and virtual treatment options offered by mental health startups may be a welcome boost for Americans suffering from mental illness, some experts say they're not appropriate for everyone. According to Cronkite News/Arizona Public Broadcasting, mental health experts say that some therapeutic techniques are not easy to replicate through video chat, and not all patients respond well to the format.

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Some heart devices may fail near iPhone 12

The new iPhone 12 has many good features, but one could be dangerous for people with pacemakers or defibrillators.

Apple recently updated its support documents to say that its magnetic charging system can cause electromagnetic interference, according to Komando.com.

Its magnetic charging system is called MagSafe and it uses a ring of magnets on the phone's back to snap onto a wireless charger. The magnets keep the charger in the right position.

However, the magnets can interfere with medical devices if they come into close contact.

Heart Rhythm Journal reported that doctors in Michigan held an iPhone 12 near an implanted cardioverter defibrillator. The defibrillator entered a suspended state, a sign of interference that could mean the medical device was no longer pumping blood through the body.

Both doctors and Apple advise keeping the iPhone and MagSafe accessories at least six inches, and preferably 12 inches away from your device

Do statins deserve their bad reputation?

People report that statins cause muscle aches and other side effects, but a 2020 study suggests that may be true for only a small percentage of patients.

Statins are cholesterol-lowering drugs, usually prescribed for those at risk for cardiovascular disease.

Reported in The New England Journal of Medicine, British researchers enrolled 60 people in a study of statin side effects. Every participant previously took statins, but stopped because of side effects. They were given 12 prescription drug bottles. Four of the bottles had a month's supply of atorvastatin. Four bottles had a placebo pill that looked like the statin pill. Four bottles were completely empty. During the next year, participants used each bottle for one month, following a random pattern. Every day participants recorded their symptoms by smart phone, ranking their symptoms from 0 (none) to 100 (worst possible symptoms.)

What researchers found was that average symptom scores during the empty bottle month was 8.0. That was twice as high as when participants took the statin pill. However, there was no significant difference in average scores when people took the fake pills. The average symptom score for the statin was 16.3 and the average score for the fake pills was 15.4. Some participants reported worse symptoms from fake pills.

Still, researchers do think statins may cause symptoms in five to 10 percent of users. Here's how you can analyze symptoms while taking statins:

* If the ache or weakness is recent and started within a month of starting the statin.

* If the pains are symmetrical. For example, leg pain would affect both legs. Body pain would be on both sides.

* If the pain is unexplained and not caused by new activity or an injury.

Smart watches could help detect heart attack, study finds

A small study from Italy is the first proof of concept that a smart watch could detect heart attack like a traditional ECG, or electrocardiogram.

But don't buy one for that purpose, doctors warn. If you have chest pain, call 911 immediately. Smart watches can't automatically detect a heart attack now, and even if they could, it requires a physician to interpret results.

Nonetheless, the study suggests that emerging smart watch technologies could be helpful in the future.

In the study, the smart watch generated ECGs 93 to 95 percent accurately and correctly identified different types of heart attack. In healthy people, the watch was 90 percent accurate in identifying the absence of a heart attack, according to a study in the JAMA cardiology.

Researchers compared standard ECGs and smart watch findings on 81 people who sought care for a possible heart attack at an Italian clinic in 2019.

In the study, physicians (not the patients) held the back of the watch at the wrist and eight other specific locations in the chest and abdomen to capture the needed readings.

Researchers used the latest Apple Watch with recordings uploaded to the latest iPhone.

Recording the heart's electrical currents dates back to the early 20th century, when a Dutch physician, Willem Einthoven, invented the first practical ECG, according to the Harvard Heart Letter. He won the Nobel Prize in 1924.

Although much different than an ECG, the Apple Watch's built-in afib detector tool has already been approved for use. It detects the rapid, irregular heart rhythm that suggests the risk of stroke.

Still, questions remain about whether the watch findings will result in a flood of unnecessarily frightened patients, or if the watch readings will even lead to earlier stroke detection, according to the Heart Letter.





Slow Cooker Thai Chicken Soup

- 1 1/2 to 2 pounds boneless, skinless chicken breast halves, all visible fat discarded
- 14.4 ounces frozen onion and bell pepper stir-fry mix
- 1 pound sliced button mushrooms
- 1/2 (13.5-ounce) can lite coconut milk
- 4 cups fat-free, low-sodium chicken broth
- 2 tablespoons fresh lime juice
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 10 ounces frozen peas
- 1/2 cup fresh basil or cilantro leaves, chopped
- 4 ounces vermicelli rice noodles
- Hot chile sauce (Sriracha preferred) (optional) to taste

Directions:

1. Put the chicken in a large slow cooker. Add the stir-fry mix and mushrooms. Pour in the coconut milk and broth. Don't stir. Cook, covered, on high heat for 4 hours or on low heat for 8 hours.
2. Transfer the chicken to large cutting board. If using the low setting, change it to high. Add the lime juice, red pepper flakes, salt, pepper, peas, basil, and noodles to the slow cooker. Stir until the noodles are submerged in the liquid. Cook, covered, for 20 minutes, or until the noodles are soft.
3. Meanwhile, cut the chicken into bite-size pieces. Quickly stir into the soup and re-cover the slow cooker. Ladle into bowls. Serve with the hot sauce.

*Recipe taken from <https://recipes.heart.org/en/recipes/slow-cooker-thai-chicken-soup>



Mended Hearts

Healthy Turmeric Chicken Stew

Serves 6

- 2 tablespoons olive oil
- 2 skinless, boneless chicken breasts, cubed
- 2 sweet potatoes, cubed
- 1/2 red onion, chopped
- 1 small eggplant, cubed
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger root
- 2 teaspoons ground turmeric
- 1/2 cup low-sodium chicken broth

Heat olive oil in a large skillet over medium-high heat. Add chicken; cook until browned and no longer pink in the center, about 5 minutes.

Add sweet potatoes and onion; cook and stir until onion is translucent, 2 to 3 minutes. Add eggplant, garlic, ginger, and turmeric; cook until fragrant, about 1 minute more.

Pour in broth and simmer stew until thickened, stirring occasionally, about 20 minutes.

Per serving:

183 calories; protein 9.9g; carbohydrates 24.1g; fat 5.5g; sodium 70.8mg.



MH & MLH YouTube Channels Education Available Anytime

If you are a patient or caregiver looking for information on a particular topic, or a chapter officers looking for a video to play at a member meeting, you should stop by our Mended Hearts YouTube channel. We have a number of informative webinars that have been recorded and can be viewed for free. Go to www.Youtube.com and enter Mended Hearts, or use the link below. You do not have to sign in or be a member of YouTube to view the videos.

<https://www.youtube.com/channel/UC4IrrPqkTRqjxgibvbn5C-A/videos>



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 Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

NEW MENDED HEARTS NEW MENDED *LITTLE* HEARTS RENEWAL DATE _____

Name (Mr./Mrs./Ms.) _____

Chapter/Group _____ Member-at-large _____

Address _____

Phone _____

City / ST / Zip _____

I want to be a MH support volunteer: Yes No

Email address _____

I am interested in CHD Parent Matching: Yes No

(Please check all that apply) I am a Heart Patient Caregiver CHD Parent Physician RN Healthcare Employee

OPTIONAL INFO: Race: Caucasian Black Asian Am. Indian Hispanic Other _____ Gender: Male Female

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship.

Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP

Associate Member --- FREE

- * Can attend any chapter meeting for MH or MLH
- * Can join online communities
- * Can access Member Portal
- * Receives the National e-newsletter

Individual Member --- \$20 annual donation per person

- * All of the benefits of an Associate Member, PLUS
- * Membership Card
- * Car Decal – Select ___ MH or ___ MLH
- * One-time 5% off coupon for purchase from the MH store
- * One year annual subscription to Heartbeat magazine (\$30 value)

Bronze Member --- \$45 annual donation per person

- * All the benefits of a Full Individual Member, PLUS
- * Membership Pin
- * Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
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Silver Member --- \$100 annual donation per person

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- * A Stainless Steel Mended Hearts Travel Mug

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- * A Red Fleece Blanket
- * 10% off registration of any National Conference or CHD Symposium

**Heart of Gold Lifetime Sponsor --- \$1500 donation
A one-time donation per individual**

- * All the benefits of a Gold member FOR LIFE, PLUS
- * 15% off registration fees at National MH/MLH Conferences / Symposia
- * Recognition in the next *Heartbeat* magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors

FAMILY MEMBERSHIP

For members of one household with one mailing address only

Family Membership --- \$40 annual donation

- * All of the benefits of an Associate Membership, PLUS
- * One year annual subscription to Heartbeat magazine (\$30 value)
- * Membership Cards for all members of the family
- * 2 Car Decals – Select ___ MH or ___ MLH
- * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

Bronze Family Membership --- \$75 annual donation

- * All the benefits of a Family Membership, PLUS
- * One Membership Pin per member
- * Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
- * 5% off registration of any National (not regional) MH/MLH Conference or Symposia

Family Members:

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Note: National memberships are tax deductible less \$10.
Lifetime sponsorships are 100% tax deductible.

PAYMENT INFORMATION:

Membership Level _____ \$ _____

Additional tax-deductible Donation to
 Mended Hearts Mended *Little* Hearts \$ _____

TOTAL \$ _____

Please make your check payable to **Mended Hearts, Inc.
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For Credit Card payments, call 1-888-432-7899 (1-888-HEART99)