



Fitness Trend: Cognitive workouts

No, we're not talking crossword puzzles. One of the newest exercise trends involves fitness challenges combined with brain challenges.

An instructor guides you through a workout while also leading you through verbal brain games. A few examples from Harvard Medical School: Count backwards by twos, call out the name of the president in a certain year, or remember three numbers that you'll have to recite later.

The brain must meet the extra challenge as it works to engage in physical and cognitive activities at the same time. In turn, that engages the frontal lobes, which are key to decision making, controlling impulses, planning and other executive functions.

Though they sound intriguing, these classes can also be difficult to find. Some health clubs are just beginning to incorporate brain games into fitness classes.

In true 2020 style, you can also try it out at home. One company touting the benefits of cognitive workouts is SMARTfit Active, which advertises sports performance and brain health fitness for home. You can convert an area of your home into your workout space using their equipment and "gamified programming."

Keep an eye out for smartphone apps, currently in beta testing, that pledge to help you with your fitness and your neuroplasticity.

Beware flu and Covid complications



Influenza has taken a back seat in headlines this year, but experts recommend that you get a flu shot nonetheless, including for a reason you might not be aware of ~ your heart.

The Mayo Clinic says complications from the flu are more likely in people with heart disease. The Centers for Disease Control reviewed cases of 80,000 people diagnosed with the flu from 2010 to 2018. Of those, nearly 12 percent had a serious cardiovascular problem. The study was published in August.

According to Harvard Medical School, the body's immune response against the infection can trigger inflammation and other changes that harm the cardiovascular system. And because just 30 percent of people with the flu develop a fever, the infection can go unnoticed. The flu shot can help prevent infections and also reduce the risk of developing severe complications when infections do occur.

Covid plus flu

One unpleasant scenario: It is possible to get COVID-19 and the flu at the same time ~ a catastrophic and possibly lethal combination. Symptoms of both are much the same, but many COVID-19 patients report a loss of taste of smell. A flu shot helps to avoid this double whammy.

Vitamin D deficiency

A variety of medical experts have noted that research shows high rates of vitamin D deficiency in people with severe COVID-19 infections. People with low vitamin D levels may be more susceptible to upper respiratory tract infections. According to Harvard Health Publishing, vitamin D may protect against COVID-19 in two ways: Helping to boost our bodies' natural defense against viruses and bacteria and potentially preventing an exaggerated inflammatory response. If you suspect or know you have a vitamin D deficiency, check with your doctor about whether a supplement is a good idea.

Upcoming Meeting Speaker

February 16, 2021 at 6:00 p.m.

*Our Speaker is Dr. Michael E. Dicus, Nephrologist
"The Heart - Kidney Connection"*

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

March 16, 2021 at 6:00p.m.

*Our Speaker is Christianna Kearns, MBA, RDCS, Sr. Administrative Director: Cardiovascular, Pulmonary, Sleep Medicine, Nutrition Services & Rehab Services
"Moving Naturally for Optimal Health"*

Join the Zoom Meeting

at

[https://zoom.us/j/91952978739?](https://zoom.us/j/91952978739?pwd=SINPUHdqWmYxaXVMaXFOeG1iUEJ5Zz09)

[pwd=SINPUHdqWmYxaXVMaXFOeG1iUEJ5Zz09](https://zoom.us/j/91952978739?pwd=SINPUHdqWmYxaXVMaXFOeG1iUEJ5Zz09)

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Virtual screening for pulmonary hypertension may help save lives

As telemedicine continues to explode as a result of the COVID-19 pandemic, Temple University physicians have developed a new tool to virtually screen for pulmonary hypertension, according to the Temple University Lewis Katz School of Medicine.

The screening method uses an existing echocardiogram. Physicians analyze specific key measures in echocardiogram data, minimizing the number of in-person visits needed to diagnose pulmonary hypertension, according to Temple University.

The advance comes as physicians and patients alike work to minimize in-person visits to prevent the spread of the novel coronavirus. For pulmonary hypertension patients, access to a virtual screening tool is especially important, as they face elevated risk for hospitalization and death from COVID-19, according to the American College of Cardiology.

The new screening method is called the virtual echocardiography screening tool, or VEST. According to Anjali Vaidya, M.D., co-director of Temple University Pulmonary Hypertension Program, VEST allows physicians to quickly evaluate patients for pulmonary hypertension with non-invasive echocardiogram images. Since the screening method is entirely virtual, vulnerable patients can continue to socially distance and avoid the risks associated with in-person clinic visits.

According to Vaidya, VEST makes it easier to recognize pulmonary hypertension early, which gives patients more time to access further evaluation and treatment.

Critically, VEST is effective at distinguishing between the two most common subtypes of pulmonary hypertension: pulmonary arterial hypertension (PAH) and pulmonary hypertension due to left heart disease. Patients with PAH in particular face poor outcomes, which are exacerbated by frequently delayed diagnoses and treatment, according to Temple University.

Pulmonary hypertension is a type of high blood pressure that affects arteries in the lungs and the right side of the heart. For some pulmonary hypertension sufferers, including pulmonary arterial hypertension patients, the condition worsens over time and can become life-threatening, according to the Mayo Clinic.

Researchers work to improve current diabetes treatment options

Diabetes is one of the world's most common chronic diseases, affecting about 463 million adults worldwide that is expected to increase to 700 million by 2045, according to the International Diabetes Federation.

About 90 percent of these cases are type 2 diabetes, according to Nature Reviews Endocrinology. Patients with type 2 diabetes are resistant to the effects of insulin, a hormone that regulates blood sugar, or do not produce enough insulin to maintain normal blood sugar levels, according to the Mayo Clinic.

Patients who are unable to regulate their blood sugar with diet and exercise alone are usually prescribed metformin, which lowers blood sugar. However, about 30 percent of patients with type 2 diabetes do not respond to metformin and are vulnerable to other complications while their blood sugar remains elevated, according to Science Daily. Between 20 and 30 percent of patients experience side effects that are difficult or impossible to tolerate, according to Genome Web.

Swedish researchers have identified biomarkers that can show in advance, via a simple blood test, how a patient will respond to metformin, according to Science Daily. The researchers hope that this research can be further developed to help inform prescribing decisions for health care providers so patients can receive appropriate medications immediately, according to Science Translational Medicine, a publication of the American Association for the Advancement of Science.

Further research is needed before a blood test goes into wider use for diabetic and pre-diabetic patients, however. The next step for the researchers: A larger clinical study with 1,000 patients from around the world, according to Science Daily.



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How do I get started?

1. Follow prompts at <https://smile.amazon.com>
2. Select Mended Hearts, Inc.
3. Start shopping!

Celebrate Heart Month with Mended Hearts

Share Your Heart Photo Competition

This year, The Mended Hearts, Inc., is celebrating its 70th year of providing hope and support to heart patients and families across the nation and beyond. We'll be recognizing this amazing anniversary in many ways, beginning with the launch of our Share Your Heart Photo Competition.

In this contest, heart patients, caregivers, family members and health care professionals are invited to show how they share their hearts through pictures and video. This campaign is all about showing how you and those around you give support and love on your heart journey, whatever that may look like. Here are the details:

- Anyone who is affected by heart disease is eligible to participate – patients, caregivers, family members and health care professionals.
- The photo competition opens on February 1st and runs through February 28th at 11:59 PM ET.
- Anyone can vote for their favorite photo. Videos are also welcome, but only photo votes count for the competition.
- The top three photos with the most votes will take home a wonderful array of prizes and will appear in Heartbeat Magazine.

To enter a picture or vote on a favorite, please visit www.Mendedhearts.org and click on the Share Your Heart logo.



Art Competition

Most people don't know how many children are impacted by heart disease, whether they were born with a heart condition themselves or have a sibling, parent, grandparent or other loved one with heart disease.

Share Your HeART, our newest fundraiser, will bring awareness to the impact of heart disease on children and also will help us provide Bravery Bags for children in the hospital after heart surgery and for their families.

We are asking children of all ages to express through art how they share their hearts with others. The contest runs February

1-28, and entries will appear online for voting –each vote is \$1. The entry that gets the most votes in every category will be the winner. The winning artwork will be on the cover of special edition Bravery Bags that will be distributed to hospitals across the country and in Heartbeat magazine. Prizes will be awarded as well.

If you have a child or grandchild who has been affected in some way by heart disease, and they would like to participate, please go to www.Mendedhearts.org and click on the Share Your HeART Art Competition logo (seen above).

MHI 70th Anniversary Membership Drive

We are excited to announce that in honor of our 70th Anniversary, we are launching a seven-month membership drive with some big financial prizes.

Beginning on Monday, Feb 1st (the month MHI first came into existence) and continuing through August 31st, chapters and groups who sign up 21 new members will be put into a drawing to win cash prizes of up to \$1500. Any chapter or group that signs up 21 or more new members at any membership level in that seven month period (doesn't include renewing members), will be entered into a drawing for three cash prizes: \$500, \$1000, and \$1500!

In addition, the more members you sign up, the more chances you have to win.

21 to 29 new memberships = 1 coupon (opportunity) in the prize drawing

30 to 39 new memberships = 2 coupons (opportunities) in the prize drawing

40 to 49 new memberships = 3 coupons (opportunities) in the prize drawing

50 to 59 new memberships = 4 coupons (opportunities) in the prize drawing

Continuing on for every ten additional memberships.

For more information, please email nfo@mendedhearts.org.



Sheet Pan Roasted Vegetables

Ingredients

- 3 tablespoons olive oil
- 2 tablespoons whole-grain mustard
- 1 tablespoon chopped fresh thyme
- 1 tablespoon apple cider vinegar, divided
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 pound peeled cubed butternut squash (about 3 cups)
- 1 pound parsnips, peeled and cut into 1-in. pieces (about 2 1/4 cups)
- 1 pound Brussels sprouts, trimmed and halved
- 8 ounces small Yukon Gold potatoes, halved
- Cooking spray

Preheat oven to 450°F.

1. Combine oil, mustard, thyme, 2 teaspoons vinegar, salt, and pepper in a bowl, stirring with a whisk. Combine butternut squash, parsnips, Brussels sprouts, and potatoes in a large bowl. Add mustard mixture to squash mixture; toss to coat.
2. Spread vegetable mixture in a single layer on a foil-lined baking sheet coated with cooking spray. Bake at

450°F for 35 minutes or until browned and tender, stirring gently with a spatula after 25 minutes. Remove pan from oven. Drizzle with remaining 1 teaspoon vinegar; toss.

Variation: Lemon-Herb Sheet Pan Roasted Vegetables

1. Combine 3 tablespoons olive oil, 1 teaspoon kosher salt, and 1/2 teaspoon black pepper in a bowl, stirring with a whisk. Combine butternut squash, parsnips, Brussels sprouts, and potatoes from above recipe in a large bowl. Add oil mixture, 10 peeled garlic cloves, and 1/2 thinly sliced lemon to vegetables; toss to coat.
2. Bake as directed in step 2 of above recipe.
3. Remove pan from oven; sprinkle vegetables with 1 cup fresh flat-leaf parsley leaves, 1/3 cup chopped fresh chives, 1/4 cup chopped fresh dill, 1/2 teaspoon lemon zest strips, and 1 tablespoon fresh lemon juice; toss.

SERVES 10 (serving size: about 2/3 cup)

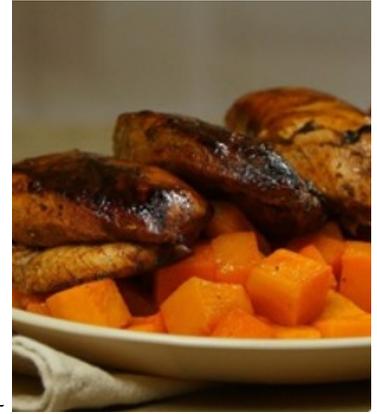
CALORIES 133; FAT 4.6g (sat 0.7g, mono 3.1g, poly 0.7g)

PROTEIN 3g; CARB 23g; FIBER 6g; SODIUM 214mg

Recipe taken from <https://www.cookinglight.com/recipes/sheet-pan-roasted-vegetables>

Sriracha-Glazed Chicken with Paprika Butternut Squash

Calories 468 Per Serving
Protein 39g Per Serving
Fiber 6g Per Serving
Servings 4



For the butternut squash:

1, 4- pound large butternut squash (peeled, seeded, diced)

OR

2, 2- pound medium butternut squash (peeled, seeded, diced)

2 Tbsp. canola oil

1 tsp. sweet paprika or smoked paprika

1/4 tsp. salt

1/4 teaspoon ground black pepper

For the Sriracha-glazed chicken:

2 Tbsp. Sriracha hot sauce

2 Tbsp. canola oil

2 tsp. maple syrup

1 Tbsp. balsamic vinegar

1/4 tsp. ground black pepper

4, 6- oz. thinly sliced chicken breasts

For the butternut squash:

Preheat the oven to 400°F.

- Cut the butternut squash in half vertically. Use a vegetable peeler or a knife to remove the peel. Remove the seeds with a spoon and discard. Cut squash into a 1-inch dice.
- Add butternut squash cubes onto a large foil-lined rimmed baking sheet. Drizzle with oil, paprika, salt, and pepper. Use a spatula or clean hands to toss ingredients together. Make sure the squash is on a single layer on the baking sheet.
- Cook in preheated oven until soft, about 30 to 35 minutes, shaking the pan halfway through the cooking process. Serve with the chicken.

For the Sriracha-glazed chicken:

- Into a large resealable plastic bag, add marinade ingredients: Sriracha, canola oil, maple syrup, balsamic vinegar, and black pepper. Add chicken breasts into the bag, making sure the chicken is well-coated with marinade. Let sit for 10 to 15 minutes (and start the butternut squash while it sits) or place chicken in the refrigerator to marinate for up to 24 hours.
- To cook, into a large nonstick skillet over medium-high heat, add chicken breasts and all the marinade liquid. Use tongs to frequently turn the chicken breasts to be coated in marinade, and sauté until chicken is fully cooked, around 8 to 10 minutes depending on thickness. Remove from heat and serve. Recipe taken from <https://recipes.heart.org/en/recipes/sriracha-glazed-chicken-with-paprika-butternut-squash>



Mended Hearts



Mended Hearts, Inc. Resource Center
 1500 Dawson Road
 Albany, GA 31707
 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**
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 * Membership Card
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 * One year annual subscription to Heartbeat magazine (\$30 value)
- ____ **Bronze Member --- \$45 annual donation per person**
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 * Membership Pin
 * Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
 * 5% off registration of any National (not regional) MH/MLH Conference or Symposia
- ____ **Silver Member --- \$100 annual donation per person**
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 * A Stainless Steel Mended Hearts Travel Mug
- ____ **Gold Member --- \$250 annual donation per person**
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- ____ **Heart of Gold Lifetime Sponsor --- \$1500 donation**
A one-time donation per individual
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 * 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
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- 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.**
 1500 Dawson Road
 Albany, GA 31707

For Credit Card payments, call 1-888-432-7899 (1-888-HEART99)