From The President
Submitted by Blanche Smithers

Since our last newsletter, school has started and many are now picking up grandchildren from school. Please be mindful of all the traffic in Cookeville now. Soon the leaves will be changing colors and the end of summer will be near. To me that is a very sad time.

Thank You
Thank You to Dr. Casey White of CRMC Pharmacy and Dr. Charles Womack for being our speakers in August. I am happy to report that on Aug. 27, we had five Mended Hearts members that attended the 911 Board of Directors meeting, related to Dr. Womack’s program. More on that later.

AED’s
We are very proud to have given two AED’s away in August. One was donated to the Upperman Middle School and one to Northeast Church of Christ. This brings our total to 126 given in the Upper Cumberland area. Our goal is to donate at least one AED a month. This month we exceeded our goal.

CPR and AED Class
On Wednesday, September 23, there will be an instruction class on becoming a CPR / AED certified instructor. If you are interested please call 526-4497.

Mended Little Hearts
Mended Little Heart says THANK YOU so much for the items for their bravery bags.

Picnic
Our annual Mended Hearts Picnic will be Thursday, September 17, at Cane Creek Park Hilltop Shelter. Please bring your favorite dessert and a chair. Everything else will be furnished. The weather will be cooler so let’s have a good attendance.

Thank You
Thanks to Charles Jackson and Lou Thomason for their work with the AED program.

REMINDER:
Mended Hearts meets the Third Thursday of each month!

PLEASE NOTE: The deadline for submissions to Mended Hearts Newsletter for October is September 17, 2015. Please place heart healthy recipes and articles in the box provided. We encourage everyone to submit articles and include the source and your name.

Visit our website www.mendedhearts127.org
**Highlights of August Meeting**
Submitted by Linda Swack

* President Smithers called the meeting to order. She asked us to take two minutes to greet someone we didn’t know and then turned the meeting over to Vice-President Jackson. She recognized birthdays and Rev. Ray Savage said the blessing.

* President Smithers introduced Dr. Chuck Womack, who discussed the Pulsepoint App, which is a program through the EMS. Anyone who is certified would be notified that someone in his or her area is in distress. There will be a meeting next week at the EMS office for further discussion. Also there is a CPR class Sept. 23, 8:30 – 5:00.

* There was an AED, (number 125) given to Upperman Middle School.

* Our Sept. meeting will be a picnic at Cane Creek Park at 6:00 pm. Dinner is furnished, just bring desserts.

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**Crock-Pot Apple Butter**
Submitted by Betty Savage

* Fall is upon us and many of you have excess apples on hand. If you are wondering what to do with them, Betty has shared the following recipe. Enjoy!

**Ingredients**
- Apples
- Apple cider vinegar
- Sugar
- Allspice
- Cinnamon
- Ground cloves

**Directions**
- Slice several apples (crock pot full)
- ½ cup apple cider vinegar
- 4 cups sugar

Mix above ingredients and cook in crock-pot overnight (8 hrs.) on high.

Add: ½ tsp. allspice, 2 tsp. cinnamon, ½ tsp. ground cloves

Cook uncovered in crock-pot another 3 hrs. on low heat.

Fill fruit jars and let seal.

Makes approximately 8-9 fruit jars.

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**Microwave Cooking Can Preserve Nutrients**
PagesMag 0815

In case you wonder whether microwave cooking destroys nutrients in the food, doctors at Duke University have the answer for you.

Actually, food cooked in a microwave oven may keep more of its vitamins and minerals because microwaves cook faster and without added water or fat. They cause water molecules to vibrate, producing heat that cooks the food.

What you should be cautious about are the containers you use in the microwave. Some plastics can melt and may contain chemicals that leach into the food.

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**Tip of the Month**

Use a rubber band as a bottle opener. You don’t need Vin Diesel biceps to open stubborn tops, just an ordinary rubber band. Wrap it around tight on the lid to give you a strong grip.

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**Baked Cinnamon Apples**

**Ingredients:**
- 2 lbs apples, cored, peeled, and sliced
- 2 teaspoons cinnamon
- 1 tablespoon lemon juice
- 1/3 cup brown sugar

**Instructions:**
- Preheat oven to 375 degrees.

Toss apples, cinnamon, lemon juice and brown sugar together until coated.

Place in baking dish.

Cook for 30 minutes or until soft.
High blood pressure, commonly referred to as the “silent killer,” often has no symptoms and greatly increases risk for heart attack and stroke. The good news is that high blood pressure can be diagnosed very easily and controlled with lifestyle changes and medication, when necessary. The bad news, however, is that less than half of patients diagnosed with high blood pressure have their condition under control. Many patients with high blood pressure are prescribed medication to help lower blood pressure levels, but may fail to take them properly. And according to a recent study published in the “European Heart Journal”, not taking blood pressure medications properly, drastically increases stroke risk in patients with hypertension.

This study followed more than 73,500 Finnish patients with high blood pressure for 10 years, tracking which patients took their medication as prescribed and which took them improperly or not at all. After 10 years, researchers found that poorer medication adherence increased stroke risk in both the short- and long-term. Over the 10-year period, patients failing to adhere to blood pressure lowering medications were 3-7 times more likely to suffer a stroke than patients adhering to medications, depending on the combination of prescribed medications. And during the year in which patients suffered a stroke, their stroke risk was nearly six times greater if they did not properly adhere to medications. Simply put, the poorer the adherence to medication, the greater the risk of stroke for patients with high blood pressure.

This study highlights the importance of medication adherence for patients with high blood pressure. Blood pressure medications are one of the best weapons against hypertension and when taken properly, can help control blood pressure levels and reduce risk of heart attack and stroke. However, medications can only do their job when taken correctly, which means taking the proper dose of medication at the right time and in the right way for as long as you’re supposed to. Failing to adhere to medication can not only render the drug ineffective, it can be dangerous and pose a threat to your health. To learn more about medication adherence, visit CardioSmart’s Drugs & Treatments section with drug information and tools that make it easy to take your prescribed medications.

“It’s great to be alive - and to help others!”
Southern Diet Strongly Linked to Heart Disease

Excessive sugar and saturated fats are to blame for the negative impact on heart health. The typical Southern diet, packed with fried foods and sugar-sweetened beverages, increases risk for heart disease by 56%, according to a study recently published in the American Heart Association journal “Circulation.”

Known as the REGARDS study (Reasons for Geographic and Racial Differences in Stroke), this study analyzed heart risks associated with popular dietary patterns in the United States. First launched in 2003, the study was designed to investigate why some parts of the country have higher rates of heart disease and stroke than others. Many studies have identified an area in the Southeastern U.S. called the “stroke belt,” where rates of stroke and heart disease are unusually high. It’s likely that simple lifestyle factors like diet may be the cause for some of this association.

More than 17,400 U.S. adults participated in the REGARDS study between 2003 and 2007, completing detailed surveys about their health and lifestyle. Researchers then followed participants for nearly six years, tracking outcomes like heart disease, heart attack and death.

Based on feedback from dietary questionnaires, researchers identified five key dietary patterns among participants.

* Convenience diet, loaded with takeout foods like pizza and Chinese food, as well as pasta dishes and Mexican dishes.
* Plant-based diet, high in fruits, vegetables, cereal, yogurt, beans, fish and poultry.
* Sweets diet, high in candy, chocolate, desserts and other sweet foods.
* Alcohol and salad diet, loaded with salads, vegetables and alcohol including beer, wine and liquor.
* Southern diet, high in fried foods, egg dishes, processed and red meats, high-fat foods and sugar-sweetened beverages.

Overall, researchers found that adults eating a Southern diet had 56% higher risk of heart disease than those who did not. Even after taking into account factors like weight and medical history, those eating a Southern diet still had 37% greater risk of heart disease than those who didn’t.

Most importantly, findings confirm the importance of maintaining a heart-healthy diet. Diet is one of the simplest and most effective ways to reduce risk for heart disease. The better choices you make, the lower your risk for heart disease will be.

This is especially apparent in the Southern diet, which is loaded with sugar and saturated fats, both of which can cause weight gain and have a negative impact on heart health. No matter what part of the country you live in, it’s important to maintain a well-balanced diet to help reduce risk for heart disease and promote better health.

The Avocado Surprise

Avocados are the velvety fruit most of us love to eat but may avoid because we think they’re high in calories and might raise our blood cholesterol.

A study by The American Heart Association shows the monounsaturated fat in avocados actually helped eaters naturally lower their cholesterol.

Other studies over the last 50 years have proved the cardiovascular benefits of eating avocados, according to the University of California, Berkeley.
MEMBER ENROLLMENT

Member Information (please print or type) Date ____________

Name (Mr/Mrs/Ms) ___________________________ Chapter ________ Member-At-Large ________

Address (line 1) ____________________________ Phone (_______ ) ____________________________

Address (line 2) ____________________________ Alt Phone (_______ ) ____________________________

City/State/Zip ____________________________ Retired: □ Yes □ No

Email address ____________________________ Occupation __________________________

Family member (must reside at same address; please name): Preferred Contact: □ Phone □ Email □ Mail

(Mr/Mrs/Ms) ____________________________ Family Member Email __________________________

May Mended Hearts staff or volunteers contact you regarding local chapter opportunities? □ Yes □ No

Medical Info/Demographics (Optional for Mended Hearts reporting purposes in aggregate only)

Name of Heart Patient __________________________ Name of Caregiver __________________________

Date of Surgery/Procedure __________________________ Phone __________________________

Type of Surgery/Procedure __________________________ Alt Phone __________________________

☐ Angioplasty ☐ Heart attack ☐ Diabetes

☐ Atrial Septal Defect ☐ Pacemaker ☐ Valve-Surgery

☐ Aneurysm ☐ Transplant ☐ Valve Transcathe

☐ CABG (Bypass) ☐ AFib arrhythmia ☐ ICD (Defibrillator)

☐ Stent ☐ Other arrhythmia ☐ Other __________________________

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

☐ Yes ☐ No

Add my email to monthly national email updates? Add my email to monthly national email updates?

☐ Yes ☐ No ☐ Yes ☐ No

Patient signature __________________________ Family member signature __________________________

Optional info: Date of birth __________________________ Please check below:

Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other

Gender: ☐ Male; ☐ Female

Optional info: Date of birth __________________________ Please check below:

Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other

Gender: ☐ Male; ☐ Female

National Membership Dues: Includes subscription to Heartbeat magazine 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% tax deductible.

In U.S. National Member-at-Large annual dues Chapter annual dues

Individual $20.00 ☐ Individual $ ____ ☐

Family $30.00 ☐ Family $ ____ ☐

Life – Individual Dues $150.00 ☐ Life – Individual Dues (if applicable) $ ____ ☐

Life – Family Dues $210.00 ☐ Life – Family Dues (if applicable) $ ____ ☐

Dues Summary: National dues $ ____ I am joining as a non-heart patient: ☐ Physician ☐ RN

Chapter dues $ ____ ☐ Health Admin ☐ Other Interested Party ☐ Other __________________________

TOTAL $ ____ I would like to make a tax-deductible contribution of $ __________

☐ Donation to national $ ____________

☐ Donation to chapter $ ____________ To chapter # ____________ Chapter Name: __________________________

City __________________________ State __________________________

Please send payment with enrollment form to MH chapter Treasurer or for national member-at-large, send to:

Dot Tomberlin
1420 Yorktown Circle
Cookeville, TN 38501

Inquiries: info@mendedhearts.org
October Word Search Puzzle


MARK YOUR CALENDAR

Sept. 13 Training at Mt. Pleasant Church
Sept. 17 Mended Hearts Picnic
Sept. 22 Health Fair Clarkrange H.S.
Sept. 22 Jamestown Meeting
Sept. 23 CPR Class
Oct. 06 Health Fair York Institute
Oct. 10 Health Fair CRMC
Oct. 15 MH Meeting
Oct. 16 Silent Auction

If you would like to receive the Mended Hearts newsletter by email please send your email address to:
Angie Boles at aboles@crmchealth.org.

Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.
Researchers Link Sugar Intake to Diseases

It’s no surprise that a diet high in added sugar will make you gain weight and could lead to type 2 diabetes. But we do need a certain amount of sugar in our diets, our cells would die without it. The required level, however, is easily reached with fruit and with foods and drinks that don’t even taste sweet, like dairy products. Researchers now have to focus on sugar because we are eating so much more of it than in the past. This overconsumption can play a part in cardiovascular disease, stroke, hypertension, high cholesterol, gum disease, fatty liver disease and others.

To control sugar in your diet, it helps to know how much is in various foods; 100 grams of cold breakfast cereal isn’t very high in sugar content, but the sweetened versions are much higher.

Take regular Cheerios with 11 teaspoons of sugar. Honey Nut Cheerios are tasty, but have way more sugar.

Regular corn flakes have 2.5 teaspoons, but sweetened versions are much higher. Shredded Wheat has just 1 teaspoon of sugar. Fruit Loops cereal has 10.6 (a teaspoon contains about 4 grams of sugar).

Check the labels on products before you buy. There’s a big difference in cookies, for example. Larger peanut butter cookies have 10 teaspoons each.

Sweetened soda has a bad rap, but deserves it. A can of Coca Cola, or most other sodas, has 7 teaspoons of sugar. Though estimates vary, UC Berkeley researchers estimate that Americans consume an average of at least 75 pounds of added sugar annually.

New Dietary Guidelines for Americans recommend a limit of about 12 teaspoons (50 grams) per day for someone consuming 2,000 calories a day.

Sugar may become second only to nicotine in being blamed for health problems.
To New Heart Patients

Our monthly newsletter, Heart News, will be sent to you for three months.

We hope that your recovery is progressing well and would like to invite you and your family to visit our monthly meetings. We have speakers and programs designed to be of interest to heart patients. As heart patients we know what you are experiencing and are available to answer non-medical questions.

Join Today!

RECEIVE A FREE T-SHIRT
Individual (First Year Dues) - $20.00
Family (First Year Dues) - $30.00
Individual (Life) - $150.00
Family (Life) - $210.00

Mended Hearts is a non-profit service organization of persons with heart disease, including persons recovering from heart attacks, angioplasty or open heart surgery, and their families.

Members give hope and encouragement to others by providing living proof that persons with heart disease can live full, productive lives.

Encouragement & Hope
to heart patients...
families and caregivers

Mended Hearts Chapter 127
“It’s great to be alive - and to help others”