SPRING
We have had a cold winter here in Cookeville but our attendance has been very good. Now that spring has arrived, it will not be getting dark as early as it has in the past few months. We should not have any more bad weather to contend with, therefore no excuses. See you at the meetings.

HAPPY 17
Happy Anniversary Chapter 127! Seventeen years ago this month Chapter 127 had its first meeting at Cookeville Regional Medical Center with 25 members in attendance.

GUEST SPEAKER
Mended Hearts Chapter 127 wants to take this time to thank all the speakers who have given their time and energy so freely. Each and every one of you have enlightened Chapter 127 with your expertise on the chosen subject. We really appreciate the question and answer session and even though some questions are a little strange, you have always had the answer.

Thank you Dr. Smith for the informative talk about the ER and how the CPR and AED programs came into existence in Putnam County.

NEXT MEETING
Our next meeting will be March 20 at 6:00 pm in education rooms 1, 2, 3, and 4. The guest speaker will be Dr. Fredonia Williams, Regional Director of the Southern Region for Mended Hearts. The subject will be Mended Hearts, Mended Little Hearts and the in-between group.

Happy 17th!
Mended Hearts
Chapter 127
New Guidelines Emphasize Statins for High Cholesterol
PagesMag 0414

The American College of Cardiology and the American Heart Association have set aside numeric targets for treating high cholesterol. They are focusing instead on treating people with elevated risk of cardiovascular disease (CVD) with statin drugs. The guidelines are intended to help you and your doctor make decisions, not dictate them.

The new focus is on four groups:

- People with pre-existing CVD, such as having had a heart attack, stroke or “mini” strokes.
- People ages 40 to 75 who have diabetes, which increases CVD risk.
- People with very high LDL (190 or above).
- People ages 40 to 75 without CVD or diabetes who have a 10-year risk of at least 7.5, according to a new online assessment tool.

If you have Microsoft Excel, you can download the tool at tinyurl.com/cvriskcalculator.

February 2014 Regular Meeting Highlights
Submitted by Laura Jackson

- Fantastic fellowship during our “potluck” dinner.
- Outstanding presentation by Dr. Sullivan Smith.
- Positive reports from officers and committee chairs.
- Preview – Dr. Fredonia Williams from the Southern District will visit us.

Some Activities
Just Keep You Sharp
PagesMag 0214

Card playing, game playing, learning new skills, anything that requires decisions, strategy, and growth. Whether you retire at age 55, 65 or much older, you can still stay sharp and have fun at the same time.

If you don’t use a computer, you’re missing out on one of the most useful devices ever made for socializing and staying sharp. Many communities have programs for seniors to teach basic computer skills. Computers are available to use free at libraries and some senior centers, for example.

If you’re retired but don’t really want to be, Life Reimagined can help. Visit lifereimagined.aarp.org. You’ll rediscover skills that can put you on a new career path. Think about what you like to do, what you’re good at, and maybe always wanted to do. Or be open to new jobs. One former high school teacher took a job as a Wal-Mart greeter and loved seeing his former students and their children.

No matter what your age, daily activities should be a top priority. There are many to choose from. Painting, for example, is the pastime of former presidents and prime ministers. It offers a creative outlet and a built-in group of people who are also enthusiasts.

Gardening comes with many benefits. Those who can do it have a higher self-confidence and strength because it involves some physical work. You could maximize your physical health through regular gardening. It’s fun because it’s yours to create even if it’s a small garden spot or two, or on your apartment balcony.
Spotlight On
Don & Sue Beecham
Submitted by: Blanche Smithers

Have you broken any New Years resolution?
“No, we do not make resolutions so we cannot break them.”

What gift would you give to someone who has everything? “A Bible.”

What makes you feel special? Don says, “I have had two heart attacks, been in several major wrecks and I am doing great now. I feel special that God is looking out for me and I have a lovely wife.”

Favorite Food: Sue said “seafood” and Don said “spaghetti.”

Favorite TV Show: “HGTV.”

If you were chosen to be in the Olympics, what class would you choose? “At my age, I would be sitting and looking from the stands.”

Sue, what is Don’s worst habit? “Talking politics.”

Last movie you saw at the movies? “The Grudge Match.”

Do you like Daylight Saving Time? They both said, “I wish we only had one time.”

Favorite restaurant in Cookeville? “Olive Garden.”

Secret to making guest in your home feel welcome? “Tell them to make themselves at home.”

Hobbies: Don’s hobby is playing checkers on his John Deere tractor - WHAT? Also watching his grandson play football. Sue’s hobby is reading and walking.

Three words to describe you: Sue said, “loving, kind and optimistic.” Don said, “travel, energetic, family man.”

Something most people don’t know about you: Don said, “I played baseball for the U.S. Army in Europe. I was a pitcher.”

What have you two been doing during the cold weather? “We have been vacationing in Florida.”

Why do you come to Mended Hearts? “We have great speakers and we learn a lot.”

Bacterial Infection May Cause Low Back Pain

For millions of people with low back pain, there is often no clear cause.

Recently, a study in Denmark, published in the April 2013 issue of the European Spine Journal, suggests that a small percentage of such cases may be related to bacterial infections. The study involved adults who had a herniated disk in the lower back and chronic low back pain for more than six months.

Participants had a type of bone change that can only be detected with an MRI. This type of bone change can be associated with low-grade bacterial infection in an adjacent herniated disk or damaged disk. Those taking antibiotics (amoxicillin, clavulanate and others) had less constant pain, fewer days of sick leave, and fewer disruptions in sleep.

Mayo Clinic experts say the findings can only be verified through repeated studies, and less than 10 percent of low back pain patients would be candidates for the antibiotic treatment.

“IT’S GREAT TO BE ALIVE - AND TO HELP OTHERS!”
Dr. Mariano Battaglia, Cardiologist speaking at The Women’s Heart Event.

Mended Hearts members attend The Women’s Heart Event.

Masters of Ceremonies Gator and Styckman of 106.9 Kicks Country have a good time with the Mended Hearts ladies.

Left to right, Blanche Smithers, Dee Wells, Pharoah Smithers and Kathy Pharris of Mended Hearts Chapter 127 presented The First Christian Church in Overton County with an AED.

Members of the Jamestown satellite enjoyed the presentation presented by Kelly Clarkson at their last monthly meeting.

Left to right Helen Owen, Pharoah Smithers, Kim Maynard, Dennis Guzlas, Karen Guzlas and Blanche Smithers of Mended Hearts Chapter 127 presented an AED to Smith County.

Mended Hearts would like to welcome two new members Helen & Don Hess.
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 ☐ Check here if also Heart Patient
☐ Atrial Septal Defect ☐ Pacemaker ☐ Valve-Surgery ☐ Procedure- specify: __________________________
☐ Aneurysm ☐ Transplant ☐ Valve Transcath ☐
☐ 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? ☐ Yes ☐ No

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

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Chapter annual dues

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I am joining as a non-heart patient: ☐ Physician ☐ RN ☐ 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
Heartburn Drugs Can Cause Vitamin B12 Deficiency

Proton pump inhibitors (PPIs), such as Prilosec and Nexium, can interfere with the absorption of calcium and iron. Now, the Journal of the American Medical Association suggests that vitamin B12 be added to the list.

They find that people with B12 deficiencies are significantly more likely to have taken PPIs for at least two years than people without the deficiency.

Heartburn drugs called H-2 blockers, such as Zantac and Pepcid, were also linked to elevated risk, but less so.

Doctors at the University of California, Berkeley, say those who take these drugs regularly should have their B12 levels measured. B12 supplements are available in pill form, but for serious deficiency shots are recommended.

Left untreated B12 deficiency can lead to nerve damage, anemia, dementia and other complications.

New Guidelines for the Treatment of Heart Valve Disease

When it comes to heart valve disease, treatment plans vary depending on the individual needs of each patient. Many patients with minor valve problems can live a full and healthy life without any treatment. Other patients with more serious conditions may require medication, medical procedures and/or surgery to correct their condition. To ensure that all patients receive the best possible care, the American Heart Association continues to update guidelines for the treatment of heart valve disease based on the latest research findings.

According to their most recent update, which revises guidelines from 2006 and 2008, here are the key points every patient should know about the management of heart valve disease in 2014:

- There are four stages of heart valve disease, which range from patients at risk for the condition to patients with severe heart valve disease who experience debilitating symptoms. These stages are progressive, which means that conditions often worsen over time. Depending on where a patient falls on this spectrum of disease, treatment options will vary.

- It takes a village to provide heart valve patients with the best possible care. Patients with heart valve disease should have a team of health care providers who work together to help manage their condition. At the very least, each team should consist of a cardiologist and a cardiac surgeon and ideally, they should also include other experts who specialize in the management of patients with severe heart valve disease.

- Patients who need treatment for valve disease should consult with experts from a “Heart Valve Center of Excellence,” which has plenty of experience treating patients with this condition. It’s important that doctors refer patients with valve disease to these centers of excellence to ensure that each patient receives the best possible care.

- Exercise testing is extremely useful in evaluating certain patients with heart valve disease. It should be used more widely to help assess the health of heart valve patients, especially those with severe valve disease who don’t have symptoms.

- When a patient needs aortic valve replacement, surgery is usually the best option. However, when surgery is too risky for certain patients, a less invasive procedure called a transcatheter aortic valve replacement (TAVR) may be a safe and effective treatment option.
Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.

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

MARK YOUR CALENDAR

Mar. 20  Chapter 127 Meeting
March 24  Jamestown Satellite Meeting
April 10  Chapter 127 Meeting
April 10  Tullahoma Satellite Meeting

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Linda King  Photographer

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4.  Marie Thompson  Every other Monday  931-526-5389
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8.  Laura Jackson  Every other Tuesday  931-858-2196
9.  Dennis Guzlas  Every other Wednesday  931-858-0100
10. Karen Guzlas  Every other Wednesday  931-858-0100
11. Debbie Greene  Every other Wednesday  931-372-0513
12. Jim Greene  Every other Wednesday  931-372-0513
13. Mona Neal  Every other Thursday  931-526-9398
14. Louise Davies  Every other Thursday  931-432-0277
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16. Dot Tomberlin  Every other Thursday  931-526-7535
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18. Pharoah Smithers  Every other Friday  931-526-4497
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21. Lorna Wingfield  Every other Saturday  931-268-3348
22. Louie Thomason  Every other Saturday  931-432-6262
23. Roberta Thomason  Every other Saturday  931-432-6262

ACREDITED SUBSTITUTES
24. Ray Savage  Substitute  931-761-4336

Spring Flowers Word Search Puzzle

Azalea  Geranium  Orchid
Anemone  Hawthorn  Pansy
Begonia  Hyacinth  Petunia
Bluebell  Impatiens  Poppy
Cornflower  Iris  Rose
Crocus  Jasmine  Snowdrop
Daffadil  Jonquil  Spirea
Dogwood  Lilac  Tulip
Fresia  Lily  Zinnia
Gardenia  Magnolia

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R A E L A Z A A G L D O G W O O D N Y T
S N E I T A P M I J T M M E L H Y O M A

If you would like to receive the Mended Hearts newsletter by email please send your email address to: Angie Boles at aboles@crmchealth.org.
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
“lt’s great to be alive - and to help others”