We made it through the winter with only one missed meeting due to weather. Congratulations to all and thank you to all the members who ventured out to our March meeting.

**THANK YOU**
Dr. Lenhart was our featured speaker and treated us to a very informative presentation on Congestive Heart Failure. Many thanks to Dr. Lenhart.

**ELECTION**
The floor was opened for any nominations to board positions. None were offered and a motion to accept the nominating committee’s recommendations was made and seconded. That motion was carried with all attending members in favor. Thank you all for an orderly election. Congratulations to Blanche Smithers as our new President-elect and to all the board members as well.

**BAKE SALE**
Just a reminder. We have a month to think and prepare for our semi-annual bake sale, so ladies and gentlemen mark your calendar for Friday, May 15. The bake sale will be held in the Algood and Baxter rooms next to the cafeteria from 7 am until 2 pm.

**NEXT MEETING**
Our next meeting will be April 16th, 2015 at 6:00 pm at CRMC in Education Rooms 1, 2, 3 and 4. Our speaker will be Monika Bowman and her speech title will be “She who must be obeyed.” Bring a dish to share! “It’s great to be alive – and to help others!”

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**BAKE SALE**
May 15, 2015
7:00 am until 2:00 pm
Algood and Baxter rooms
Cookeville Regional Medical Center

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

PLEASE NOTE: The deadline for submissions to Mended Hearts Newsletter for May is April 16, 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
Our meeting was called to order on March 24, 2015. After numerous weather related cancelled meetings, Jamestown Satellite is back in business. This is our first meeting in 2015 and was well attended. We discussed recruiting and ways we could get the message out to the community about Mended Hearts. Speakers were lined up for April and May from Jamestown Regional Medical Center. The speakers for April will be Sonja South and Tracy Mays from the Wound Care Center and the topic will be arterial and venous circulation. The next meeting will be April 27, 2015 at 6:00 pm.

### Highlights of Mended Hearts Chapter 127 March Meeting

**Submitted by Laura Jackson**

- A successful education session on Understanding and Managing Chronic Heart Failure.
- Fifty chapter members and community guests were in attendance.
- A delicious pot luck dinner. Thanks to our membership for providing our guests with a variety of flavorful dishes from which to choose.
- Dr. Michael Lenhart’s comprehensive presentation on Chronic Heart Failure covered the topics: definition, diagnosis, causes, and treatment. The information in the presentation and during the question and answer session gave the group a deeper understanding of Chronic Heart Failure.
- The slate of officers for the next two year term was presented to the membership. Nominations from the floor were opened but none were made. Motions were made to cease the nominations and elect the slate of officers. The membership voted affirmatively. Blanche Smithers, president elect, Laura Jackson, vice president elect, Linda King, secretary elect, and Dot Tomberlin, treasurer elect.
- Dennis and Karen Guzlas have accepted the position of the Silent Auction Chairs. Charles Jackson has been appointed the new chapter photographer.

### Donate Life Tennessee

**Submitted by Sherry Shockley**

April is National Organ and Tissue Donor Awareness Month. Donate Life Tennessee administers and promotes the Tennessee Organ & Tissue Donor Registry, an electronic, *first-person consent Registry in which individuals can designate their desire to be an organ and tissue donor through an internet (donatelifetn.org/signup) website, at their Tennessee Dept. of Safety (DOS), or by paper enrollment.

*First-Person Consent: Legislation that allows an individual to designate their full legal consent to donate their organs or tissues upon death. The individual’s consent cannot be overridden by another person.

When you renew your automobile registration, the county clerks across Tennessee accept donations for Tennessee Donor Services. You may donate $1, $5, or whatever you wish and have that added to the cost of your tags. This money is used to help promote organ donation.

For more information about organ and tissue donation, go to Tennessee Donor Services website: tds.dcdids.org.

### Avocado & White Bean Salad with Vinaigrette

**Salad Base:**
- 1 can white beans
- 1 avocado, chopped
- 1 Roma tomato, chopped
- 1/4 sweet onion chopped (*less if you’re not a fan of onions)*

**Vinaigrette:**
- 1 1/2 tablespoons olive oil
- 1/4 cup lemon juice
- dried basil to taste
- garlic powder to taste
- salt & pepper to taste
- 1 teaspoon mustard

Whisk vinaigrette ingredients together, then pour over salad base and mix well. Refrigerate for a few hours before serving.
Spotlight On
Karen Guzlas
Submitted by: Blanche Smithers

One thing that makes you smile? “A beautiful day and a ride on the cycle with my husband.”

Two things you could not live without? “Sunshine and people I love the most.”

Hobbies or special interest: “Riding the cycle and just getting up to see what I can get into that day.”

Billboard on interstate: “Treasure what you have!”

Favorite TV Show: “Downton Abbey.”

When was the last time you cried tears of joy? “I guess just being around our daughter and their new puppy who is into everything.”

Most beautiful place you ever visited? “St. Croix, US Virgin Isle, also St. John.”

What is the longest time you and Denny have ever been on your cycle at one time? “I guess it was 14 hours - we got lost going to a rally, went up in the mountains and wound up in another state.”

What is your secret to make guest feel welcome in your home? “I tell all our friends, if they are within 150 miles of my house, make sure you call me and I will have a hot meal for you.”

What would Denny say your worst habit is? “Possibly getting myself in a disorganized chaos.”

What do you like best about Putnam County? “The beauty of the area and the most delightful people anywhere. Everyone is so friendly.”

Something most people don’t know about you: “I was very shy when I met Denny. I got over that real fast!”

How do you spend your free time? “What free time? We have our dog Misha at home with us. She is 9 years old and weighs 94 pounds. That is our free time.”

Anything you want to say about Mended Hearts? “Mended Hearts is our extended family. We got into Mended Hearts because of Marvin. If we can give back to just one person and get a smile on their face during our visit with them we have done well. These family members are going thru a very stressful time.”

NOTE: Thanks to Karen for all her help with the food and pot luck dinners during our meetings. You are great!

Carrots May Reduce The Risk of Chronic Disease

Popeye the Sailor Man sang, “I’m strong to the finish ‘cause I eat my spinach.” Bugs Bunny hasn’t boasted that much about his favorite food, but it turns out that carrots could be a life saver. At least scientists say carrots reduce the risk of chronic diseases.

They are best known as a source of vitamin A (which is good for your vision), but also contain fiber, potassium, vitamin C and others.

Like all healthy foods, carrots are more than the sum of their vitamins. A 10-year Dutch study, published in the British Journal of Nutrition, linked deep-orange fruits and vegetables, especially carrots, to a lower risk of heart disease. Study subjects ate about half a carrot every day to achieve a 32 percent lower heart risk.

The phytonutrients in carrots have attracted attention for their cardiovascular benefits. They are thought to have anti-inflammatory properties, and that they keep blood vessels from clumping together, say scientists at Tufts University.

Some studies show the carrot peel is very rich in nutrients. Others show that cutting or chopping carrots after cooking rather than before preserves more nutrients.

Cooking can destroy some of the vitamin C in carrots, but it helps make other vitamins more readily absorbed by the body. Steaming or microwaving rather than boiling loses fewer nutrients to water, and roasting brings out their natural sweetness.

“IT’S GREAT TO BE ALIVE - AND TO HELP OTHERS!”
Invasic Tests May Benefit Elderly Heart Patients
CardioSmart

Despite increased risk of complications, invasive testing in elderly patients improves outcomes after a heart attack, according to a study recently presented at the American College of Cardiology’s 64th Annual Scientific Session in San Diego.

Also published in the “New England Journal of Medicine”, this study tested the use of coronary angiography in heart attack patients over 80 years old. Coronary angiography is a common medical test that uses dye and x-rays to find out if the heart’s arteries are blocked or narrowed. Although coronary angiography is generally safe, risk of complications is higher in older patients, which may deter doctors from performing such tests on them.

To determine whether the benefits outweigh the risks, researchers randomly assigned 458 elderly patients with chest pain or heart attack to one of two groups. Half of patients underwent coronary angiography testing to assess the heart and determine the best course of treatment. The other half were prescribed conservative therapy to reduce cardiovascular risk, without undergoing any invasive testing.

After one and a half years of follow up, researchers found that patients receiving the invasive procedure had significantly lower risk of death, heart attack, stroke and urgent heart procedures than those bypassing such testing. The take home message, as authors explain, is that more conservative therapy isn't necessarily the best option in older patients experiencing chest pain or heart attack.

Because people over 80 are underrepresented in clinical trials, they are less likely to receive treatment according to guidelines,” said Nicolai Tegn, MD, the study’s lead author. “Our study, which directly targets the over-80 population, is the first to demonstrate that a more invasive strategy results in better outcomes in these patients.”

In patients experiencing chest pain or heart attack, coronary angiography provides important, detailed information that is crucial to determining the best possible treatment. Although more research is needed to better understand the role of invasive testing in older patients, findings suggest that the benefits of such testing far outweigh the risks.

Study: Salt Relates To Headaches
PagesMag 0515

Researchers are finding that reducing high quantities of salt in patients’ diets may help people avoid headaches. Some studies also show that chocolate, cheese and alcohol appear to trigger migraine and cluster headaches.

The current clinical trial, which included 390 people, compared the effects of two dietary approaches on high blood pressure (hypertension). One is the DASH diet, which is low in sodium. The second was the standard diet. Sodium in both groups ranged from 1,150 mg of salt a day to a high of 3,450 mg a day.

Although there is already evidence that hypertension is tied to frequent headaches, the researchers concluded that reducing high-sodium intake in the study was also associated with headache frequency.

Though they couldn't establish a direct link, they saw that reducing salt in the diet was independently associated with headache frequency. It especially helped people avoid tension-type headaches.
New Research Highlights Heart-health Benefits of Cholesterol-lowering Medications

When diet and exercise aren’t enough to treat high cholesterol, there are many promising medications that can help, according to research recently presented at the American College of Cardiology’s 64th Annual Scientific Session in San Diego.

The first study, which was also published in the “New England Journal of Medicine”, assessed a new drug called evolocumab, which lowers bad cholesterol. Known as the OSLER-1 trial, this study included nearly 4,500 patients treated for high cholesterol at 190 medical centers in the U.S. and abroad. Two-thirds of subjects were randomly assigned to the new injectable drug, evolocumab, plus standard therapy, while the remaining third of participants took the standard cholesterol therapy alone. After following patients for an average of 11 months, researchers found the evolocumab reduced bad cholesterol levels by 61% and cut risk of heart events in half compared to those receiving standard care.

Evolocumab has yet to be approved by the U.S. Food and Drug Administration (FDA), but researchers are encouraged by study findings. Not only may the new injectable drug safely and effectively reduce cholesterol levels, evolocumab could drastically reduce risk of life-threatening heart events, such as heart attack and stroke. If approved, evolocumab may be a potential option for patients with high cholesterol that can’t tolerate cholesterol-lowering statins, which have been shown to cause side effects in many patients. With larger studies being completed by 2017, researchers hope to better assess the safety and efficacy of evolocumab before it is reviewed by the FDA for widespread use.

In the meantime, there are many already approved drugs that can go a long way in reducing cholesterol levels. A second study, also published in the “New England Journal of Medicine”, tested the use of cholesterol-lowering statins plus a non-statin drug called ezetimibe. Ezetimibe and statins are both drugs used to lower cholesterol, but since they work in different ways, researchers wondered if using both together could help further reduce cholesterol and cardiovascular risk.

A total of 18,144 patients with high cholesterol participated in the study, roughly half of whom were randomly assigned to take ezetimibe plus a common statin, while the other half took the statin only. After following participants for six years, researchers found that patients taking the combined treatment had 9% fewer heart events than those taking statins alone. There were no significant differences in side effects or complications in either group.

Based on study findings, researchers believe statins plus ezetimibe may be more effective than statins alone. Findings also suggest that “lower is better” when it comes to bad cholesterol, as achieving low levels of bad cholesterol in this study helped significantly lower risk for heart attack, stroke, and even death.
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

April 11  Hearlth Fair CRMC  
       Bob & Arlie Freeman  
April 15  Health Fair Fairfield Glade  
       Charles & Laura Jackson  
April 16  Mended Hearts Meeting  
April 21  Jamestown Meeting  
May 15  Bake Sale
UCEMC Cares presents a check to Mended Hearts Chapter 127 to purchase an AED in their service area. Pictured left to right: Skip Bartlett, Blanche Smithers, and Glee Miller.

Left to right: Sherry Shockley, Reilly Keown, and Don Shockley attend the Pepsi Health Fair.

March Meeting
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...

Mended Hearts Chapter 127

“IT'S GREAT TO BE ALIVE - AND TO HELP OTHERS’”