From The President
Submitted by Blanche Smithers

Any of you who have written a column for a paper of any kind, know how difficult it can be sometimes. That is where I am now. I was advised to just say, “Have a happy and safe summer.” However, I could not leave the front page blank so, here goes.

School is out. and Memorial day, which is considered the beginning of summer, is here and gone. Now it is time to plan a vacation. First, you could go to the National Mended Hearts conference in Nashville on July 3, 4, 5 & 6. We will have 8 going from our Chapter 127. I am excited about the conference. Thanks to these 8 that are going. Wherever you may be, have a safe and happy summer, whether you are traveling a long distance or staying close to home. One important factor, please check out the closest hospital just in case you should need it.

THANK YOU GIRL SCOUT TROOP 1611
I would like to thank Girl Scout Troop 1611 from Monterey at Burks Elementary School for the beautiful art work they gave to Mended Hearts to give out to our heart patients. This will help cheer up these patients. We also have displayed some of this beautiful art work in the CVICU waiting room. Thanks girls, this shows you really care about others.

SAVE THE DAY FOR CONGENITAL HEART DEFECTS
Upper Cumberland Mended Little Hearts will be having their second annual Superhero Heart Run on Saturday June 24 at the Intramural Fields at TTU. There will be a 2 K walk and a 5 K run with registration at 8:30. The run begins at 9:30. Please come and support our Upper Cumberland Mended Little Hearts. Nicole has asked if we could set up a booth since we partner with MLH. If you could help, please call Blanche at 931-526-4497.

THANK YOU
A big thank you to everyone who came to our bake sale last month and to the many people who baked goodies for us. It was a great success. More on this at our June meeting.

NEXT MEETING
Our speaker for our June meeting will be Lisa Williams, external clinical liaison for Cookeville Regional Rehabilitation Center (blue roof building). We will meet June 15, 2017 at 6:00 pm in Education Rooms 2, 3 & 4 at CRMC. It is potluck so please bring a dish to share.

THOUGHT FOR THE DAY
Your smile will give you a positive countenance that will make people feel comfortable around you.
Mosquito Yard Spray
Buy a big bottle of blue cheap mouthwash; mix with 3 cups of Epsom salt and 3 stale 12 oz. cans of cheap beer. Mix those three ingredients together until salt is dissolved. Spray anywhere you sit outside and around pools. It will not harm plants or flowers. Mosquitoes will stay gone from that area for approx. 80 days. This formula was passed on by Paul Harvey years ago. It leaves a nice mint smell.

May Highlights
Submitted by Marsha Godsey

• The chapter received $350.00 in donations recently.
• New visitors’ vests will be ordered soon.
• Several delegates will be attending the national conference in Nashville July 3-6.

Jamestown Minutes
Submitted by Sharon Parris

Mended Hearts Satellite from Jamestown met on May 23 with Sharon Parris presiding. We had nine members present plus two new members Fletcher and Vicky Upchurch. We meet the 4th Tuesday of the month at Jamestown Regional Hospital. Everyone is welcome. There will be no meeting in June.

Mended Hearts 65th National Conference

The 65th Annual Mended Hearts Education and Training Conference will be held July 3-7 at the Gaylord Opryland Resort in Nashville, Tennessee. Designed for all Mended Hearts patients, families, and caregivers, the agenda is filled with outstanding programs from exceptional cardiologists and other leaders in their fields.

Avocado Egg Salad Roll Ups

HEALTHY No Mayo Avocado Egg Salad Roll Ups is simple recipe with only a few ingredients.
This is perfect crowd pleaser appetizers for summer picnics and parties.

Ingredients:
• 1 avocado-mashed
• 4-5 hard-boiled eggs chopped in small pieces
• 1 Tablespoon fresh lemon juice
• 2-4 Tablespoons plain Greek yogurt (start with 2 and add more if the salad seems to dry)
• 1 green onion-thinly sliced
• 1 Tablespoon red onion-diced (or more to taste)
• 1 ½-2 Tablespoons fresh parsley-chopped
• 1/8 teaspoon black pepper
• ¼ teaspoon salt (or more to taste)
• 3-4 whole wheat flour tortillas (8 or 10 inch diameter)

Directions:
• In a large bowl combine all ingredients (except tortillas) and stir with a wooden spoon until evenly blended.
• Spread the mixture over tortilla and roll up tightly. Repeat with remaining salad.
• Slice with serrated knife into ⅝- ¾ inch slices. You can slice them immediately or refrigerate until firm (about 30 mins). It’s easier to slice when chilled.

Store in the fridge in an airtight container until ready to serve.
Spotlight On Ms. Sarah Joyce
Submitted by: Glee Miller

Ms. Joyce recently joined Mended Hearts Chapter 127

G Where were you born and where did you grow up?
S “I was born in Cerulean, KY and grew up in Hopkinsville, KY.”

G Do you have brothers and sisters?
S “I have 2 sisters, one in Ft. Worth, TX and one in Fairfield Glade, TN.”

G Did you work outside the home and if so, where and how long?
S “Only after my children were in school. I served as Christian Education Director in Presbyterian Church and 19 years with World Book Encyclopedia.”

G Do you have children and if so, how many and where do they live?
S “I have four children, three in Cookeville - son John, retired; daughters Debbie (at Parkview School), Dianne (at American Way Real Estate) and Denise of Hermitage (at Deloitte in Nashville).”

G What is your favorite holiday?
S “Christmas.”

G What is the longest trip you ever took and to where?
S “Germany for three years, two different times.”

G How many grandchildren do you have?
S “Two granddaughters, two grandsons and one deceased.”

G What are your best childhood memories?
S “Growing up on my grandparents farm in Carthage.”

G Do you have a favorite type of food?
S “Any type of seafood.”

G What would you tell other heart patients about your experience and recovery from heart surgery?
S “I have a wonderful group of doctors and staff and their advice should be followed closely. Rehab is so important and can make a big difference in recovery.”

G Do you have any hobbies?
S “Sewing, gardening and reading.”

G What is your favorite TV show?
S “Wheel of Fortune”

G Is there anything you still want to do before you are too old?
S “I have had a beautiful life and done more than so many others. I just want to be the best mother and grandmother possible.”

G Where would you like to be a fly on the wall?
S “In the office of the President of the United States.”

Spotlight is designed to feature various Mended Heart’s members and hospital staff. Watch Out! You could be next!

Tips For Staying With Exercise
PagesMag0717

About 21 percent of adults in the U.S. always make it to the gym or exercise studio. Why them and not everyone?

Steady exercisers have some habits in common. According to studies by Dr. Navin Kaushal of the Montreal Heart Institute, steady exercisers have a regular exercise schedule that never varies. They don’t debate whether they have the time that day, because exercise is just part of the day.

However, the most active people aren’t rigid about their routines. While they always exercise, they are flexible on time. If they are 20 minutes late to the gym and can’t make an exercise class, they will get in the remaining minutes doing something else. It still counts. In fact, regular exercisers count all sorts of activity as exercise. A family hike can count as exercise just as much as an hour of weight training, if the situation presents itself. Finally, it helps to have visual cues for exercise, Kaushal found in a 2017 study. A runner might have his running clothes laid out and ready to go. A walker might have the walking stick ready at the door.

Take a step toward a better healthier you!
Registration begins at 8:30 a.m.
Walk begins at 9:00 a.m.
Meet in front of CRMC’s main lobby

Walking for as little as 30 minutes a day can reduce your risk of coronary heart disease, improve your blood pressure and blood sugar levels, elevate your mood, and reduce your risk of osteoporosis, cancer and diabetes.

NO WALK SCHEDULED FOR SATURDAY, JUNE 17 - FATHER’S DAY WEEKEND

UPCOMING SCHEDULE:
Saturday, June 10
Mariano Battaglia, MD, FACC
Cardiologist, Tennessee Heart

Saturday, June 24
Alex Case, MD, FACC
Cardiologist, Tennessee Heart

In the event of rain, the walk will be canceled and resume the next Saturday.

“It’s great to be alive - and to help others!”
Checking for calcium build-up in the heart’s arteries is the best way to identify patients at increased risk for heart disease, based on a recent study that compared the top three tests used to predict cardiovascular risk.

Published in the European Heart Journal, this study compared three markers of heart health to see which worked best at predicting cardiovascular risk in healthy adults. These markers included coronary artery calcification (build-up of calcium in the heart’s arteries), carotid-intima-media thickness (thickness of the carotid arteries that supply blood to the brain) and ankle-brachial index (a measure of blood flow in the ankles). All three of these markers can be used to assess heart risk, even in patients with no symptoms of heart disease. However, which tests are most accurate in predicting future heart risks is less clear.

To learn more, researchers analyzed data from the Heinz Nixdorf Recall study, which was conducted in Germany from 2000–2003. The study assessed all three markers of health in more than 3,100 adults that were free of heart disease. Coronary artery calcium and carotid-intima-media thickness were measured using imaging tests, while the ankle-brachial index was assessed using an ultrasound that uses sound waves to assess blood flow.

Researchers followed participants for ten years, tracking outcomes like heart attack, stroke and heart-related death.

Over the ten-year period, roughly 7% of participants experienced heart attack, stroke or heart-related death. After analysis, researchers found that all three tests helped predict patients’ risk of heart events and death. However, coronary artery calcification was most effective at identifying patients at increased risk for heart disease. Authors also note that carotid-intima-media thickness was especially useful in confirming whether a patient was considered low cardiovascular risk.

The take-home message, according to authors, is that all three health tests are useful for estimating cardiovascular risk in patients without symptoms of heart disease. Most importantly, they can help identify patients that should take extra steps to address any cardiovascular risk factors they may have, such as being overweight or having high blood pressure.

However, authors also note that each test has pros and cons, which are important to consider. For example, tests for coronary artery calcification and ankle-brachial index are very reliable, while assessment of the carotid arteries are more prone to measurement errors. On the other hand, CT imaging used to assess coronary artery calcification exposes patients to a low dose of radiation, while the other tests do not.

Authors hope that with future research, we can improve our understanding of these tests and help patients further reduce their risk for heart disease.

Helping older patients with heart disease maintain their independence may be just as, if not more, important than other more complex measures of health, argue experts in a recent statement from the American Heart Association.

Published in the American Heart Association journal Circulation, this statement served as a reminder to providers about the importance of quality of life in older adults with heart disease. The goal was to highlight the connection between overall physical function and outcomes in older adults with heart disease, and to provide more practical recommendations for therapy in these patients.

As authors explain, Americans now live 30 years longer than they did in the early 1900s. By 2050, experts expect that one in four Americans will be 65 years or older. The challenge is that health problems become more common as we age, and these issues can take a toll on quality of life, especially in patients with heart disease. It’s important that providers consider these more basic outcomes when treating elderly patients with heart disease.

In the recent statement, experts highlight the connection between physical function and key outcomes like heart events and death. There’s no question that heart disease can lead to a decline in fitness and physical function, especially in older adults. Research shows that poorer physical function is associated with worse outcomes in patients with heart disease.

As a result, experts argue that physical function, rather than more complex metrics of health, are most important in elderly adults with heart disease. For example, rather than testing peak oxygen levels during exercise, providers should focus on simpler metrics like strength, balance and even cognition. Helping older patients improve these factors should also be a key goal of treatment, as they impact both outcomes and quality of life.

Of course, that’s not to say that more complex tests may not be useful for many patients with heart disease. But based on the latest statement, the importance of helping older patients maintain their independence and physical function cannot be overlooked.
Whole Grains Confer Benefits

Two new studies by Tufts University have found whole grains have a wide role in producing healthy bacteria in the gut. Whole grains include whole wheat, brown rice, rye, oats, barley and quinoa. The first study found benefits from whole grains in gut bacterium that enhance the immune system and prevent infection. At the same time, the grains reduced bacterium that contributes to inflammation. The second study suggested that whole grains increase metabolism and encourage weight loss. A whole grain diet increases calorie loss by decreasing calories retained during digestion, according to “Health News.”

Pump-up With Vitamin D

High levels of vitamin D might boost muscle strength, a British study suggests. Researchers at the University of Birmingham found that people with higher levels of active vitamin D in the blood had more lean muscle mass, according to medicinenet.com. Vitamin D is produced by the body through exposure to the sun. It is inactive until processed by both the liver and the kidney. Previous studies have found that lack of muscle is associated with high levels of inactive vitamin D. Scientists know how vitamin D helps bone strength, but research into its role in muscle is still being studied.

Herbs Can Be A Dangerous Mix With Prescription Medicines

Millions of people take herbal supplements and consider them completely safe, but there are nearly 1,500 documented interactions between herbs and prescription medicines. According to poison.org, about 20 percent of North Americans take herbal supplements. Humans have been using herbs for thousands of years for common ailments. In fact, many medicines today, such as morphine and penicillin, have botanical origins, according to drugs.com. Some herbs do have an impact on the body but the question is whether the impact is good. For one thing, just because herbs grow naturally, doesn't mean they are processed safely. Consumers rarely know if pesticides have been used on herbal ingredients, for example. Most importantly, there are few warnings about potential interactions with prescription drugs.

According to the Mayo Clinic, eight of the 10 most commonly used herbal supplements dangerously interact with the blood-thinning medication, Warfarin.

* Garlic increases the risk of bleeding when taken with Warfarin, aspirin and Plavix.
* Ginkgo increases the risk of bleeding with Warfarin, aspirin and Clopidogrel.
* Ginseng decreases the effectiveness of Warfarin.
* Hawthorn decreases blood pressure and heart rate when taken with Beta-blockers and Propranolol. Also beware of taking Hawthorn with calcium channel blockers such as Cardizem and other and nitrates, such as Nitro-Bid.

Other herbs that can dangerously interact with heart medicine include evening primrose, CoenzymeQ10 (also known as Ubiquinone or CoQ10), and St. John’s Wort.

* Never mix Valerian with muscle relaxants, other sleep or anxiety medicines, pain medicines, antidepressants, or other medicines that cause drowsiness.
* Saw Palmetto reduces effectiveness of estrogens and oral contraceptives, and hormonal therapies.
* Melatonin should not be taken with benzodiazepines, sedatives and hypnotics, some antihistamines, opioid analgesics or muscle relaxers. It can also interfere with diabetes medications.

Many herbal medications can interfere with medicines metabolized in the liver and even cause liver damage. Always check with your doctor or pharmacist before taking an herbal supplement.
**Calendar of Events**

Walk with a Doc  
In front of main lobby.  
June 8  Board Meeting 12:00  
June 15  MH Meeting 6:00 pm  
June 18  Fathers Day  
June 21  First Day of Summer  
June 23  Health Fair at Perdue Farms  
June 24  Superhero Heart Run for MLH  

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

Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.
Skip Bartlett, UCEMC representative presents a check to Dolly and Billy McElhaney to support Chapter 127’s AED Service Program.

Troop 1611 Monterey, Burks Middle School presents art to be given to heart patients at CRMC. From left to right are Blanche Smithers, Chapter 127 President; Lily, Allison, Jaylen, Jill and Cindy.

New Officers - Left to right are Carolyn Smith, Treasurer; Marsha Godsey, Secretary; Laura Jackson, Vice President; Blanche Smithers, President.

Debbie Baker, Director of Cardiac and Rehabilitation installing new Chapter 127 officers.

Mended Hearts Chapter 127 Meeting

Richard and Glee Miller
Accredited visitor chairs, Silent Auction chairs.

Charles Jackson
Photographer, AED Chair.

Dot Tomberlin
Bake Sale Chair

Ray Savage
Chaplain
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.