From The President
Submitted by Blanche Smithers

As the old saying goes, if you don’t like Tennessee weather stay around for three days and it will change. That is what we experienced in February 2017.

We are in March and who knows what kind of weather we will experience now. Perhaps the old saying will still be true. If my memory serves me correct, we had one of our biggest snows in March.

Can you believe it is MARCH? Actually the flowers and trees started blooming in February.

TIME CHANGE
A couple of reminders for March. Daylight Savings Time begins March 12 the first day of spring is Monday, March 20. My how time flies.

THANK YOU
Thank you Cookeville Regional Medical Center for new chairs and plants for our waiting room. Again anytime you are at the hospital, feel free to visit our CVICU waiting room. Look for new art that will be coming in a few months.

TAVR
Congratulations to CRMC on their first TAVR procedure in February. More information will be coming for the accredited visitors.

AED’S
To date we have given 147 AEDs in the Upper Cumberland area. Folks this is a lot of money we are putting out in the Upper Cumberland area. Also, with each AED given, lots of people have been trained in CPR. We are very proud of this record. Our wish is you never have a heart event, but if that happens, you are in the best county in Tennessee not only for AEDs but we have the best hospital from Nashville to Knoxville. We are in the top 50 cardiac hospitals in the US.

20TH ANNIVERSARY
Congratulations to our own Mended Hearts Chapter 127 for celebrating our 20th anniversary this month.

NEXT MEETING
Our next meeting will be March 16th at 6:00 pm at CRMC education rooms 2,3&4. Potluck will be the menu. Please remember to bring a dish. We will have a cake for dessert to celebrate our 20th anniversary. Our speaker will be Debbie Baker, Director of Cardiac Rehab.

THOUGHT FOR THE DAY
Everyone around us is unique and special in their own way.
Softening Brown Sugar

Midway through the banana bread recipe, you realize that your brown sugar is one rock-hard mass. Solution: Place the block of sugar in a bowl, sprinkle with a teaspoon of water, cover with a damp paper towel, and microwave in 30-second intervals, checking between each, until soft. (This may take several minutes.) To keep a new package fresh, place the entire bag of sugar in an airtight container or a resealable freezer bag; store at room temperature.

Carmen’s Fund

The goal of “Carmen's Fund” is to build a community of everyday heroes by offering free classes teaching CPR, AED use and choking emergency intervention. Free classes are taught every other Tuesday evening at the CRMC Foundation office: 127 North Oak St. You can sign up at: www.CarmenBurnette.com. Pre-registration is required.

February Highlights

The meeting was called to order by President Blanche Smithers, followed by our delicious potluck dinner.

*Our speaker was Dr. Mark Wathen. He spoke on “Syncope”, the temporary loss of consciousness caused by a fall in blood pressure.

*Officer nominations were made by the nominating committee.

*The National Mended Hearts Conference will be held in Nashville at the Opryland Hotel July 3-7.

*We are looking for someone to volunteer to be the chairman for the Silent Auction.

*One of our Mended Hearts members, Delores McElhaney, wrote a children’s book called “A Miracle Named Mirage”. Proceeds from the sale go to a Guatemala orphanage. It can be purchased at dollysdoings.vistaprintdigital.com.

Congratualtions

Congratulations to Dr. Lewis Wilson for being the recipient of the 2017 Martin Coffey Cardiovascular Service Award. Dr. Wilson has been in healthcare for more than 25 years and has been at CRMC since 2001.

Jamestown Satellite

Submitted by Sharon Parris

The Jamestown Mended Hearts Satellite met February 21st at the Jamestown Hospital. The speaker was Sonja South from the Wound Care Center. She spoke about how wound care affects heart disease.

Jamestown Mended Hearts meets every fourth Tuesday at Jamestown Hospital. The next meeting will be March 28 at 6:00 pm. For more information call Sharon Parris at 931-397-5919. Everyone is welcome.

Pinto Bean Pie

Submitted by Charles Jackson

This delicious take on a traditional pecan pie is served at the Bush’s Visitor Center in Chestnut Hill, Tennessee.

Prep Time: 10 minutes  
Cook Time: 45 minutes  
Total Time: 55 minutes  
Servings: 8

Directions:
1. Preheat oven to 350 degrees.
2. Mash beans with a potato masher (I used a food processor)
3. Combine all ingredients and pour into unbaked pie shell.
4. Bake for 45 minutes to 1 hour. Center of pie will be slightly unset. Chill.

Ingredients:
1 unbaked deep-dish pie crust  
1 1/3 cup sugar (1 1/2 cup for a little sweeter taste)  
1 stick butter melted  
1 tsp. vanilla  
1 can pinto beans drained and rinsed  
1/2 cup finely chopped pecans  
2 eggs well beaten
Spotlight On Louise Davies

Submitted by: Glee Miller

G What are three words to describe you?
L “Outgoing, caring and I like to joke around.”

G Tell us about your family
L “I have a husband and will have been married 40 years in May. We have two daughters and two grandchildren. They are the love of my life.”

G What hobbies or special things interest you?
L “I love doing things with my family.”

G Something most people don’t know about you?
L “I have hiked the Grand Canyon and have lived in England three times.”

G Best compliment someone could pay you?
L “That my family loves me.”

G Pet Peeves?
L “People pulling out in front of me while I’m driving.”

G What matters most to you in a leader?
L “Someone who knows how to lead and to delegate.”

G What risks are you glad you took?
L “Having open heart surgery. I wouldn’t be here today if I hadn’t had the surgery.”

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

Chapter 127 Twentieth Anniversary Birthday Bash

Join us at our next meeting March 16, as we celebrate our 20th Anniversary Birthday Party. We will have a special birthday cake for the occasion. Here’s to 20 more!

Election of Officers

Every two years we have a new election of officers. The nominating committee announced their nominees: Blanche Smithers for President, Laura Jackson for Vice President, Marsha Godsey for Secretary and Carolyn Smith for Treasurer. In our March meeting we will take nominations from the floor. Before nominating someone, be sure they have agreed to run for that office, no surprises. We will vote at our April meeting, then at our May meeting, we will have the installation of officers.

Sympathy

Our condolences go out to Mona Neal and her family on the passing of her husband, Judge Vernon Neal. He passed away on Friday, March 3 from complications of a stroke. Vernon was an active and loyal member of Mended Hearts.

New Clinic

Tennessee Heart has opened a new clinic in Carthage, Tennessee for cardiovascular services. They provide comprehensive state-of-the-art care in preventing, detecting and managing the many forms of cardiovascular disease. To schedule an appointment please call the office at 931-881-2039 or toll free 1-888-352-8031.

“It’s great to be alive - and to help others!”
Everyone’s Irish on St. Patrick’s Day, and that means everyone -- worldwide.

Somehow a local celebration of a revered holy man became a global celebration.

St. Patrick himself is a sympathetic figure. Most of what is known about the 5th century missionary and bishop comes from “The Confessio” -- written by the man himself. In it Patrick, who is thought to have been born in Roman Britain, tells of being kidnapped at 14 by Irish raiders who enslaved him. Patrick wrote that, after six years as a slave, the voice of God guided him to a ship waiting to take him home. In Britain, he studied to become a priest before returning to Ireland. There he worked miracles and converted thousands to Christianity, famously using a shamrock to explain the Holy Trinity.

Patrick is said to have died in 461 on the 17th of March, a day that became a Christian feast day in the early 17th century.

It started as a public holiday in a few places - the Republic of Ireland, Northern Ireland, a British colony called Montserrat and two Canadian provinces, Labrador and Newfoundland.

What started small is now a global celebration. In the 21st century, there are celebrations as far afield as New Zealand, Argentina, and Tokyo as well as closer to home in places like New Orleans in the US state of Louisiana and in the Canadian city of Montreal.

Experts say that while this has been partly influenced by the migration of the Irish around the world, the diaspora effect does not provide a full explanation. The festival also exists in places where there aren’t many ethnic Irish people and is celebrated in more countries than any other national festival.

Although criticized in many places for being commercial and promoting stereotypes of Irish culture, St. Patrick’s Day festivals around the world have very little in common apart from the thematic color green.

According to Patrick Griffin, a history professor at Notre Dame, there is nothing really Irish about the celebrations now with each location lending its own history to the event to create something unique. In Tokyo, for instance, where the festival began in 1992 and is largely organized by people who aren’t Irish, festivities focus on cultural exchange and unity and are managed by a non-profit called Irish Network Japan.

In Montreal, St. Patrick Day parades began when Irish soldiers in the British army observed the day while there on conquest. Its perpetuation has mainly been due to shared faith in Catholicism, say experts, rather than any desire to maintain a sense of Irish identity.

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**Blood Pressure in Both Arms**

It might be best to take your blood pressure in both arms. According to a study published in “Clinical Experimental Hypertension” 2016, a large difference in the systolic blood pressure between arms might be a sign of cardiovascular disease.

Mild differences are not uncommon and should not cause worry. But if the difference in systolic pressure is greater than 10 mm HG, this could mean an artery in that arm has narrowed, possibly from atherosclerosis. And that could mean that blood flow is impeded to vital organs like the heart or brain.

The study analyzed data from seven other studies.
Raising Awareness for Early Signs of Heart Attack
CardioSmart

Most young heart patients experience warning signs during the week before a heart attack but not all seek medical attention, based on a recent study that assessed sex differences in early heart attack symptoms.

Published in the British medical journal Heart, this study compared early symptoms of acute coronary syndrome in men and women.

Acute coronary syndrome is an umbrella term used to describe conditions like heart attack and unstable chest pain, which occur when there’s a lack of blood flow to the heart. Many times, there are early cardiac symptoms in the days or week before a patient experiences this type of event. Seeking immediate medical attention can improve survival and outcomes. However, awareness is lacking, and studies suggest that women may be less likely to recognize and report these symptoms than men.

To learn more, researchers analyzed data from the GENESIS PRAXY study, which tracks the health of patients treated for acute coronary syndrome at sites in Canada, Switzerland and the United States. A total of 1,145 patients were included in the study, all of whom were 55 or younger and experienced acute coronary syndrome between 2009 and 2013. Roughly one-third of participants were women.

Overall, most patients reported experiencing at least one warning sign of acute coronary syndrome in the week prior to their event. The most common symptoms were similar among men and women and included unusual fatigue, sleep disturbances, anxiety and arm weakness or discomfort. Chest pain was rare, with only one-quarter of participants experiencing this telltale symptom in the week prior to their heart event.

However, only 72% of men experienced early symptoms, compared to 85% of women. Women were also significantly more likely to seek medical care for these symptoms than men.

Authors also note that few patients started treatment after experiencing warning signs, with less than 40% of patients starting therapy such as blood pressure and cholesterol-lowering medication. The use of preventive treatment was similar among both men and women included in the study.

Findings are surprising, as they do not support the notion that young women are less likely to recognize early symptoms of heart attack than men. While women were more likely to experience early symptoms in this study, they were also more likely to seek help for these symptoms than men. Contrary to past studies that suggest women are less likely to receive preventive care, analysis also showed no differences in cardiovascular treatment among men and women.

Despite no major sex differences, authors note the need to improve preventive cardiovascular therapies in all patients. Studies show that early symptoms of acute coronary syndrome predict future heart events and taking steps to address risk factors may reduce cardiovascular risk. However, only 40% of patients with early warning signs were advised to start preventive therapy in this study. Thus, authors encourage increased use of treatment to help high-risk patients prevent potentially life-threatening events.
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@crmhealth.org.

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Calendar of Events

March 9  Board Meeting
March 12  Daylight Savings Time
March 16  MH Meeting
March 17  St. Patrick’s Day
March 20  First Day of Spring
March 22  Fairfield Glade Health Fair
March 25  AED Giveaway
March 28  Jamestown Meeting

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Marilyn Howard and Blanche Smithers work health fair.

An AED was presented to Christ Community Church. Left to right are Billy McElhaney, Mended Hearts representative; Ed Malone, Pastor; Blanche Smithers, MH President and Dolly Malone.

**FEBRUARY MEETING**

Blanche Smithers and Carolyn Smith work health fair at the Mastersingers Concert.

CRMC Health Fair
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.

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