

Hartford Heartline

Volume XXXXXI- Issue 17 – October, 2016

The Mended Hearts, Inc.

Chartered 1977 - Greater Hartford - Chapter 9

“It’s Great to be Alive - and to help Others”



About Mended Hearts

Mended Hearts is a national non-profit organization made up of and serving people with heart disease and their loved ones. Mended Hearts welcomes anyone who is interested in learning more about heart disease.

Supported by a national office, 280 local chapters actively serve across the United States and Canada. The network is made up of heart patients, family members, caregivers and health care professionals who provide information and support to recovering patients and their families during hospital visits, by telephone, through group meetings and via the Internet.

Mended Hearts Chapter 9 will be excited to see all of you at our upcoming meetings. Both patients and caregivers, and interested parties are welcome to attend, FREE, with no commitment to join our organization. We have interesting speakers and refreshments. Please join us for an upcoming meeting in the Community Room on Main Floor

Goodwin College 245 Riverside Drive, East Hartford, CT

Next Meeting:

Wednesday, October 19, 2016 7:00 p.m.

**Speaker: Michael Lillpopp, PAC,
Physician’s Assistant in Cardiac Surgery at St. Francis
Hospital**

Refreshments: TBD

(NOTE: LOCATION AND DRIVING DIRECTIONS, See Page 7)



President’s Message

**To the Members, Caregivers, and Friends of Mended Hearts, Chapter 9
Greater Hartford, Connecticut**

Greetings to Members and Friends of Chapter #9,

Well, it’s officially fall, (September 27th), according to the calendar. As the leaves turn pretty colors and fall from the trees we have another chore. That’s raking the leaves and fertilize the flower beds. Hopefully our members and friends behave themselves and don’t overdue these chores. I’m bad with behaving myself, on Sunday, October 2nd one of my nephews came over to the house and helped me cut up some trees that had fallen down. Yes, I was operating one of the chainsaws, something I said I wouldn’t be able to do after having open heart surgery. The good news is I didn’t have any chest pains or discomfort. Yes, I was tired and quite sweaty when we quit for the day after about 2 ½ hours. I also felt happy that I’m feeling good enough to do some strenuous activities.

In closing, I’ll wish everyone a Happy Halloween. Hopefully no one plays any tricks on you.

Heartfully,

Walter H. Kovaciny, President

Mended Hearts Chapter 9 Info

Chapter 9 OFFICERS 2015-2017

President

Walter H. Kovaciny

237 Old Springfield Road
Stafford Springs, CT 06076
860-684-7247

Email: walterkovaciny@cox.net

Vice-President

John A. Dunn

15 Strawberry Hill
Windsor, CT 06095
860-688-5489

Email: jjhmdunn@msn.com

Secretary

Robert Hoffman

25 Lovelace Drive
West Hartford, CT 06117
860-232-8417

Email: vrrome@att.net

Treasurer

Steve Livingston

501 Dzen Way
South Windsor, CT 06074
860-644-4250

Email: stevlivingston@cox.net

Assistant Regional Director

Priscilla Soucy

98 Highview Street
East Hartford, CT 06108
860-289-7422

Email: priscillaanns@att.net

Schedule of Future Monthly Meetings

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October 19, 2016

November 16, 2016

**No December Meeting - Winter
Break**

January 18, 2017

**All Monthly Meetings Start at
7:00pm**

**Mended Hearts volunteers offer peer-to-peer support
to patients, family members and caregivers via:**

- **Hospital Visiting – In person visit from a Mended Hearts volunteer**
- **Phone Visiting – Calling to provide a word of encouragement**

**Our mission is to “inspire hope in heart disease
patients and their families.”**

CHAIRPERSONS - 2014-2016

Visiting Chairman – Hartford Hospital

John Dunn 860-688-5489

Visiting Chairman - St. Francis Hospital:

Bob Hoffman 860-232-8417

Visiting Trainer - All Hospitals:

Priscilla Soucy 860-289-7422

Program Co-Chairman:

Steve Livingston 860-644-4250

Program Co-Chairman:

Priscilla Soucy 860-289-7422

Official Greeter:

Dolly Goldfarb 860-523-5761

Corresponding Secretary:

Carolyn Kolwicz 860-872-0296

Refreshments:

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Priscilla Soucy 860-289-7422

Newsletter Distribution & Mailing:

John & Joan Dunn 860-688-5489

Webmaster/Newsletter Layout

John Klimczak 860-313-0246

E-Mail: jklimczak@sbcglobal.net

Enjoy the Newsletter in color on our website!

<http://mendedheartsCT.org>

Here's a link to the
National Mended Hearts Website:

<http://mendedhearts.org>

ALCOHOL AND YOU

Virtually every organ system is affected by alcohol. Drinking in moderation may cause problems to one's body, and drinking heavily over the years can cause irreversible damage. However, most diseases that are caused by excessive drinking can be prevented.

HEART

Long-term heavy drinking weakens the heart muscle, causing a condition called alcoholic cardiomyopathy. A weakened heart droops and stretches and cannot contract effectively. As a result it cannot pump enough blood to sufficiently nourish the organs. In some cases, this blood flow shortage causes severe damage to organs and tissues.

Both binge drinking and long-term drinking can affect how quickly a heart beats. This depends on an internal pacemaker system to keep it pumping consistently and at the right speed. Alcohol disturbs this pacemaker system and causes the heart to beat too rapidly or irregularly. These heart rate abnormalities are called arrhythmias.

Both binge drinking and long-term heavy drinking can lead to strokes, even in people without coronary heart disease. Recent studies show that people who binge drink are about 56 percent more likely than people who never binge drink to suffer an ischemic stroke over 10 years. Binge drinkers also are about 39 percent more likely to suffer any type of stroke than people who never binge drink. In addition alcohol exacerbates the problems that often lead to strokes, including hypertension, arrhythmias and cardiomyopathy.

Heavy alcohol consumption triggers the release of certain stress hormones that in turn constrict blood vessels. This elevates blood pressure. In addition, alcohol may affect the function of the muscle, within the blood vessels, causing them to constrict and elevate blood pressure.

Source: NIH (National Institute of Health)

DEADLY CREATURES SAVING LIVES

The creatures that make us say 'ick' are on the cutting edge of today's medical research, just as they were thousands of years ago.

Lizards, snakes, spiders, and scorpions--- We run from them with good reason.

Their venomous bites contain chemicals that can often kill.

But could venom also heal?

The ancient Egyptians, Chinese, and Greeks thought so (hence the medical symbol with a snake climbing a staff). Today's scientists are experimenting with various venoms for clues to fighting cardiovascular disease, diabetes, and cancer, according to Christie Wilcox, author of *Venomous: How Earth's Deadliest Creatures Mastered Biochemistry*.

Wilcox writes that since the beginning of this century, scientists have been looking at venoms as complex chemical libraries that can target key molecules.

The way venom kills might be used to heal. For example, a snake venom that causes a dramatic and deadly drop in blood pressure might be fine-tuned and tweaked to control blood pressure. That's exactly what happened with the drug Captopril, derived from a "Brazilian viper.

Another drug, Byetta, fights type-2 diabetes and is derived from the venom of a Gila monster. A molecule from the venom encourages insulin production in the presence of high blood sugar and lasts for hours in the blood.

Snake and spider venom may one day be used to cure relentless pain from firing neurons. It turns out that snake and spider venom may one day be used to cure relentless pain from firing neurons. It turns out that snake and spider venom naturally shut down neurons.

Health News/General Interest

DEADLY CREATURES (cont'd)

Venomous shrews have a compound in the venom that blocks an essential element that cancer cells need for growth and division. A trial is underway on this new drug now.

Source: Pages

GENERAL INTEREST

CELLPHONES AND CANCER? KEEP TALKING

Links between brain tumors and cellphones have not been established, but new research suggests there might be a connection.

Rats developed cancer after being subjected to full-body radiation of the type that cellphones emit. This is the finding by the National Toxicology Project, or NTP, which was the lead agency in this two-year study.

After being exposed to radiation for nine hours a day for two years, about 3 percent of male rats developed cancerous tumors of the brain.

No rats in the control group (who received no radiation) had tumors. About one percent of female rats developed a brain cancer.

But, surprisingly, the control group of rats died sooner than irradiated rats.

According to Scientific American, researcher Christopher Potier, who launched these studies while he was at the NTP, the study definitely showed causation between tumors and cellphones.

Salvatore Insinga, a neurosurgeon at Northwell Health's Neuroscience Institute in Manhasset, NY, told CNN that the findings pointed to a need for more research. Insinga said there was not enough data to advise people to cut their cellphone use.

A second report is expected next year.

Source: Pages

WOULD YOU LIKE TO BE A MENDED HEART HOSPITAL VOLUNTEER?

Would you like to share your experiences with others and be an encouragement to other heart patients and their families? We would like to have you join us in this endeavor.

What is required?

1. That you or your spouse has had a heart procedure such as open heart surgery or angioplasty, or stent.
2. A Mended Hearts membership.
3. Attendance at a training session,
4. Registration with Hartford Hospital or St. Francis Hospital volunteer office.

Mended Hearts Inc. has provided us with an easy-to-follow step-by-step training program. New volunteers start out with experienced Mended Hearts volunteers to gain familiarity with procedures and to build self-confidence.

For further information or answers to your questions please contact:

Priscilla Soucy – Assistant Regional Director – 860-289-7422

John Dunn – Visiting Chairman at Hartford Hospital – 860-688-5489

Bob Hoffman – Visiting Chairman at St. Francis Hospital – 860-232-8417



Members of Mended Hearts Chapter 9 listen intently to the encouraging words of John Myers, September's Guest Speaker

General Interest Information

HATE NEEDLES? DENTISTS MAY SOON USE NASAL SPRAY

Forget those scary needles; an anesthetic nasal spray is on its way to the dentist's office.

Kovanaz is a pain-killing nasal spray which has now received FDA approval for use in dentistry. Patients must weigh at least 88 pounds to use the spray, according to the FDA. More tests might expand use to smaller children.

According to the Journal of the American Dental Association, Kovanaz is a combination of the anesthetic tetracaine and the nasal decongestant oxymetazoline. In its Phase 3 trial, the spray was demonstrated to be as effective at preventing pain as a shot for 88 percent of patients during a simple filling operation. This is comparable to the success of numbing injections. Side effects were minimal.

The product was developed by medical research company St. Renuvus, named after the 5th century patron saint of anesthesia.

It was discovered after a serendipitous accident. Co-founder Mark Kollar took a basketball to the chin and required 21 stitches. The doctor who stitched him up also diagnosed him with a deviated nasal septum. On Kollar's follow-up visit, the doctor gave him a nasal spray containing tetracaine to remove a nasal stent.

But Kollar noticed that his teeth were numb. And, it so happened that other patients had reported this.

A practicing dentist, Kollar tested his teeth with a pulp stimulator and found that his teeth were, in fact, numb.

The company hopes the new anesthetic will make trips to the dentist much less stressful.

Source: Pages

YOUR DOG KNOWS WHAT YOU ARE SAYING

A study from a Hungarian university seems to show that dogs understand what you are saying and how you are saying it.

The research focused on family dogs that were taught to stay down for 7 minutes without moving. The dogs were then brain scanned and during the scan their owners spoke words of praise in both neutral and higher-pitched (happy) sounds.

With neutral words only the left side of the brains lit up under the scanner. With happy, tonal sounds only the right side of the brain lit up. This is the same way humans process language, according to Wired.com.

When praise was spoken in words with a happy tone, both regions of the brain lit up, suggesting the dog knew the word and meaning.

The researchers' conclusion: Language is not uniquely human.

Source: Pages



John Myers is presented a Certificate of Appreciation by Chapter 9 President Walter Kovaciny after delivering a moving and insightful talk regarding his Heart event and subsequent recovery

NEW MEMBER

**John Myers
North Granby, CT**

WELCOME!

General Interest Information/ Fun Stuff

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SURGIVERSARIES

OCTOBER – 2016 YEARS

John Klimczak 5



The Guest Speaker for Mended Heart Chapter 9's September meeting, was John Myers who delivered an inspirational and informative account about his Quadruple Heart Surgery and his sincere gratefulness for the subsequent care that he received during his 8 day stay Hartford Hospital.

To learn more about his amazing story go to:

<http://www.betternowthanks.com/>



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FUNSTUFF

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Interesting quotes:

“Outside of killings, Washington has one of the lowest crime rates in the country.”
Mayor Marion Barry, Washington, DC

“It isn't pollution that's harming the environment, It's the impurities in the air and water...that's what is doing it.”
Al Gore, Vice President

“I love California. I practically grew up in Phoenix.”
Dan Quale

“Smoking kills. If you're killed, you've lost a very important part of your life.”
Brook Shields, during an interview to be spoke-person for a federal anti-smoking campaign.

Source: Thanks to Cape Cod Chapter #315

FROM THE GREAT PUMPKIN

Lucy Van Pelt: (as Linus writes a letter to the Great Pumpkin) Not again! Writing a letter to a stupid pumpkin? You make me the laughingstock of the neighborhood! All they talk about is my little brother who always writes to the Great Pumpkin.

(she holds up her fist at Linus)

Lucy Van Pelt: You better cut it out right now or I'll pound you!

Linus: There are three things that I've learned never to discuss with people: religion, politics, and the "Great Pumpkin."

Source: Pages

General Interest Information

NOTICE TO VISITORS

When you acquire names of patients, caregivers, or others that want to receive our newsletter, please e-mail John Dunn [Email: jjhmdunn@msn.com](mailto:jjhmdunn@msn.com)

John is doing the 3-month mailing list for us and does a great job keeping them updated.

NEW READERS

Newly visited patients, their caregivers, and others who have requested our newsletter will receive copies for three months. It is our way of keeping in touch with you. Hope and encouragement are offered by members who are living proof that people with heart disease can continue to lead full and productive lives. We hope as you recover you will be able to attend our meetings and want to become a member, or as family members, and join us in helping others.

STOP!!

Please don't throw this newsletter away. When you have finished reading it, why not pass it along to others. You could drop it off in your doctor's office or give it to a friend or relative. This way more people will get the Mended Hearts message, and know who and what we are.

CAUTION!

Hartford Heartline, is written for the education and information of the members of Mended Hearts and all those concerned with heart health. It is **not** intended as a substitute for the advice of your physician. Always check with your physician or cardiologist regarding any questions you may have about your condition.

MANDY HART

Mandy Hart , our SPECIAL piggy bank for donations for the Madden Open Hearts Camp, has a balance of \$ 1485.18

We thank everyone for their continued generosity!

The famous "Mandy Heart" Piggy Bank



MEETING LOCATION

Our meeting location which will be at:
Goodwin College - Community Room
245 Riverside Drive
East Hartford, CT

Monthly on every Third Wednesday – 7:00 PM

Note: Using above address in your GPS gets you to correct building.

Parking is available at the front entrance to the building and also on the left side of the street there is a well lit parking lot.

Directions: (From 1-84 East, in Hartford)

Take Route 2 East

Take Exit 5 to Willow St / Riverside Drive

Don't go onto Willow St – Stay to the right onto Riverside Drive

Go almost to the end of the road and Goodwin College (the main building will be on the right.)

Or: Go to Main St., East Hartford...heading South. Willow Street is opposite the main entrance to Pratt & Whitney. Monroe Mufflers is on corner.

Turn right.

Turn left at the end of Willow Street onto Riverside Drive.

Go almost to the end of the road and Goodwin College (the main building) will be on the right.

DONATIONS

The 50/50 raffle from the May 18 meeting brought in \$18 and the Mandy Hart collection itself brought in \$18.

There will be more opportunity to donate and win at upcoming monthly meetings!

HOSPITAL VISITS

Hospital visits to St. Francis, and Hartford Hospital continued for Pre-Op, Post-Op, Cath Lab, and A-Fib patients

SUPER JOB VISITORS!



The Mended Hearts, Inc.

National Office
Phone: (888) 432 - 7899

MEMBERSHIP APPLICATION

Member Information (please print or type)

Date: _____

Name (Mr./Mrs./Ms) _____ Chapter 9 Member-At-Large _____

Address (line 1) _____ Phone (_____) _____

Address (line 2) _____ Alt Phone (_____) _____

City _____ State _____ Zip _____ DOB _____ Retired: Yes No

Email Address _____ Occupation _____

Family member (must reside at same address): Preferred Contact: Phone Email Mail

(Mr./Mrs./Ms) _____ DOB _____ Email Address _____

May we contact you regarding local chapter opportunities? Yes No

Medical Information/Demographics (Optional - No application is denied based on medical information, age or race.)

Name of Heart Patient (1) _____

Name of Heart Patient (2) _____

Date of Surgery/Treatment _____

Date of Surgery/Treatment _____

Type of Surgery/Treatment _____

Type of Surgery/Treatment _____

- Angioplasty
- MI (Heart Attack)
- Aneurysm
- CABG (Bypass)
- (how many _____)
- Cath
- Atrial Septal Defect
- Pacemaker
- Transplant
- Stent
- AFib Arrhythmia
- Other Arrhythmia
- Valve Surgery
- Valve Transcath
- ICD (Defibrillator)
- R-VAD/L-VAD
- Other _____

- Angioplasty
- MI (heart attack)
- Aneurysm
- CABG (Bypass)
- (how many _____)
- Cath
- Atrial Septal Defect
- Pacemaker
- Transplant
- Stent
- AFib Arrhythmia
- Other Arrhythmia
- Valve Surgery
- Valve Transcath
- ICD (Defib)
- R-VAD/L-VAD
- Other _____

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

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Yes No
Signature _____

Yes No
Signature _____

National Membership Dues: Includes subscription to *HEARTBEAT* 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.

National Dues Within United States

- Individual - Dues \$20.00
- Family - Dues \$30.00
- Life - Individual Dues \$150.00
- Life - Family Dues \$210.00

Chapter Dues

- Individual - Yearly Dues \$5.00
- Family - [No chapter 1st Year Dues] \$0.00 \$5.00 Renewal
- Life - Individual Dues \$40.00
- Life - Family Dues \$50.00

Dues Summary: National Dues \$ _____
Chapter Dues \$ _____
TOTAL \$ _____

I am joining as a non-heart patient: Physician RN
 Health Admin Other Health Party Other Interested Party
I am not prepared to join. Enclosed is a contribution of \$ _____ to

(Chapter Treasurer - send both Chapter & National dues to National Office.) National or Chapter 9

Applicant - Send one check with application to local Chapter Treasurer ----- Make checks payable to:

Or if joining as Members-At-Large, send to:
The Mended Hearts, Inc.
National Office
8150 N. Central Expwy, M2248
Dallas, TX 75206

Mended Hearts, Inc. - Chapter 9
Mail to: **Steve Livingston, Treasurer**
501 Dzen Way
South Windsor, CT 06074

Please retain a copy for chapter records.



TO:

PRISCILLA SOUCCY
98 HIGHVIEW STREET
EAST HARTFORD, CT 06108

GREATER HARTFORD – CHAPTER 9

FOUNDED 1951 - INCORPORATED 1955
THE MENDED HEARTS, INC.



First
Class
Postage

THANKS TO HARTFORD HOSPITAL FOR THE MAILING OF THIS NEWSLETTER

OBJECTIVES OF MENDED HEARTS, INC.

THE PURPOSE OF THIS ORGANIZATION IS TO OFFER HOPE, SUPPORT, AND ENCOURAGEMENT TO HEART DISEASE PATIENTS AND THEIR FAMILIES AND TO ACHIEVE THIS OBJECTIVE IN THE FOLLOWING MANNER:

- A. To visit, with physician approval, and to offer hope, encouragement and support to heart disease patients and their families.
- B. To distribute information of specific educational value to members of Mended Hearts, Inc. and to heart disease patients and their families.
- C. To establish and maintain a program of assistance to physicians, nurses, medical professionals, and health care organizations in their work with heart disease patients and their families.
- D. To cooperate with other organizations in education and research activities pertaining to heart disease.
- E. To establish and assist established heart disease rehabilitation programs for members and their families.
- F. To plan and conduct suitable programs of social and educational interest for members and for heart patients and their families.

THANKS TO ST. FRANCIS HOSPITAL FOR THE PRINTING OF THIS NEWSLETTER