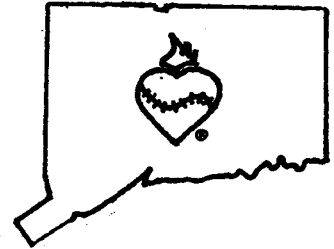


# HARTFORD HEARTLINE

## THE MENDED HEARTS, INC.

*Chartered 1977/Greater Hartford-Chapter 9*

John Dunn, President  
15 Strawberry Hill  
Windsor, CT 06095  
860-688-5489  
jjhdunn@msn.com



Priscilla Soucy, Editor & VP  
98 Highview St., E. Htfd, CT 06108  
860-289-7422  
priscillaanns@att.net  
Volume XXXV - Issue 1

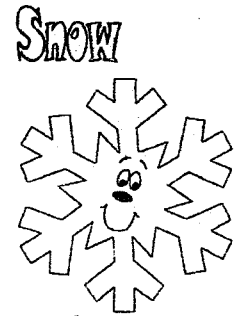
### JANUARY MEETING

**WHEN?** Wednesday, January 18, 2012, at 7:15 PM

**WHERE?** South Congregational Church  
277 Main St., Corner of Buckingham St.  
Hartford, CT (Attended parking west side of church)

**WHO?** Michael Azrin, M.D., Director of Interventional Cardiology  
Program and Cath. Lab. at UConn Health Center

**TOPIC:** Radial Artery Angioplasty. Accessing the heart through  
an artery in the wrist.



Refreshments contributed by: Bob Lincoln & Joan Gervais

**President's Message:**

*Hello Members and Friends,*

*I have recently had my 3rd anniversary of my aortic valve replacement surgery and then successful recovery.*

*While I was in the hospital I started to read a book that has been very meaningful to my continuous recovery. I wanted to share this with you, as it gave me hope and encouragement for the future.*

*Title: "Life's Golden Ticket." Author: Brendon Burchard. This is an inspirational novel about being given a second chance at life; "as if you were handed a ticket that could magically start your life anew, achieve personal growth and emotional fulfillment."*

*I now re-read this book each year to reinforce its message and to remind me how lucky I am to have been given this second chance.*

*Best wishes for a healthy, happy, and prosperous 2012!*

Heartfully,

John

## OFFICERS & CHAIRPERSONS 2011-2013

President	John Dunn	860-688-5489
Vice President	Priscilla Soucy	860-289-7422
Secretary	Bob Lincoln	860-953-3807
Treasurer	Janet Poitras	860-667-0431

### CHAIRPERSONS:

Visiting Chairman - Hartford Hospital	John Dunn	860-688-5489
Visiting Chairman - St. Francis Hosp.	Bob Hoffman	860-232-8417
Visiting Trainer - All Hospitals	Priscilla Soucy	860-289-7422
Program - Co-Chairman	Ben Goldfarb	860-523-5761
Program - Co-Chairman	Priscilla Soucy	860-289-7422
Corresponding Secretary	Carolyn Kolwicz	860-872-0296
Refreshments	Fran Reichlin	860-232-5078
Newsletter Editor	Priscilla Soucy	860-289-7422
Newsletter Distribution & Mailing	John & Joan Dunn	860-688-5489
50/50 Raffle	Frank Soucy	860-289-7422
Labels for 3 month mailings	Bob Lincoln	860-953-3807
Webmaster & Photographer	Bob Lincoln	860-953-3807
Meeting Greeter	Dolly Goldfarb	860-523-5761

## NOTICE TO ALL VISITORS

When you acquire names of patients or others that want to receive our newsletter please call Bob Lincoln 860-953-3807 or e-mail him at: [pine3@comcast.com](mailto:pine3@comcast.com)

Bob is now doing our 3 month mailing list and updating it.

## 60TH ANNUAL CONVENTION

**May 16-20 2012 - Dallas, Texas  
Hyatt Regency Dallas**

Have you made your plans yet? It's only four months away. National is requesting that all chapters send as many people as possible to the convention. Their goal is to have representatives from every chapter attend and share in our 60th anniversary celebration.

We encourage everyone to consider experiencing the latest in technology, cardiac care, and presentation. Dallas is known for its hospitality, fine arts, good food, sports, architecture and the Big D has something for everyone.

So make it a first for you, and you will never be sorry. Be prepared to have fun and celebrate!

**ALIGNED WITH AMERICAN COLLEGE OF CARDIOLOGY**

## NATIONAL NEWS

### FOLLOW MENDED HEARTS ON TWITTER!

Twitter is a micro-blogging site that allows members, volunteers and heart patients with common interests within our network to search for and share information. With so many new and exciting things happening in the Mended Hearts organization, Twitter allows for real-time updates and serves as a hub for cardiac and chapter-related news and information. Follow us @MendedHearts.

### 5 Reasons why YOU should connect with Mended Hearts on Twitter

1. You get to meet people all over the world who are interested in our cause and mission.
2. You get to read what people are really thinking about on health and heart-related issues.
3. You can follow other similar organizations and get great real-time advice and information.
4. You can promote Mended Hearts to your friends on Twitter.
5. You can learn what other chapters and members and members are doing in "real time" live, as it happens!

### NEWS FROM OUR NATIONAL PRESIDENT

This is to inform you that Mended Hearts Executive Director, Tim Elsner, is resigning effective December 31, 2011. We thank Tim for his loyal service to Mended Hearts and his many contributions to the organization and to the heart patient community. I know Tim has developed good relationships with many of you, and we hope to continue these relationships that benefit Mended Hearts, our partners, our sponsor organizations, as well as our heart patients and their families. Please join us in wishing Tim success in his future endeavors.

Gus Littlefield, National President  
Mended Hearts, Inc.

### COMMUNICATION IS KEY TO BETTER HEALTH CARE

"Questions are the answer," a new initiative from the U.S. Department of Health and Human Services' Agency for Healthcare Research and Quality (AHRQ) and the Ad Council, encourages clinicians and patients to engage in effective two-way communication to ensure safer care and better health outcomes.

An original series of new videos on the AHRQ Web site features real patients and clinicians discussing the importance of asking questions and sharing information.

Go to: <http://www.ahrq.gov/questions>

## NEW READERS

Newly visited patients 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 productive lives. We hope as you recover you will be able to attend our meetings and want to become a member and join us in helping others.

## FUNSTUFF



### JOB INTERVIEW

Reaching the end of a job interview, the Human Resources person asked a young Engineer fresh out of MIT, "And what starting salary were you looking for?"

The Engineer said, "In the neighborhood of \$125,000 a year, depending on the benefits package."

The interviewer said, "Well, what would you say to a package of 5 weeks vacation, 14 paid holidays, medical and dental, company matching retirement fund to 50 percent of salary and a company car, say a red Corvette?"

The Engineer sat up straight and said, "Wow! Are you kidding?"

And the interviewer replied, "Yeah, but you started it."

Source: Pages

## A LITTLE BIT OF TRIVIA

### SMALL LOTTERY BETS HAVE ENTERTAINMENT VALUE AND MORE

Historians say the American Revolution was financed in part by lotteries, and so was Harvard, so lotteries have a peculiar place in American history.

Last year, we wagered \$58.8 billion on them, according to the North American Association of State & Provincial Lotteries (NASPL). The 43 states and District of Columbia that allow lotteries kept about \$18 billion in profits.

When you buy a Powerball ticket, you know your chances of winning are 1 in 195 million, but where else do you have a chance to win a life-changing lump of money for a couple of dollars?

Writing in Time, Bill Saporito says he saves for a rainy day and sticks to a low-risk investment portfolio, but that approach won't give him the dream benefits that cashing his lotto check would.

Economists at the University of Maryland say that while state lotteries take a small percentage of household income, for the majority of players, lottery tickets represent an entertainment or consumption value. The fact that it isn't a positive return doesn't necessarily mean it's an irrational choice.

The standard advice is that putting the money into a mutual fund or savings account would be a better choice. That's wise, but if you redirected your lottery spending to stocks over the 10 years ending December 2010, your annualized return would have amounted to a 1.54 percent loss, according to Standard & Poor's.

Saporito says he will continue to buy his \$4 worth of lottery tickets every week. He knows rationally that he will never win the big one. But he enjoys thinking about how he would spend the jackpot and says there are even more foolish ways to waste money.

Source: Pages

# HEALTH UPDATE

## PAINKILLER DEATHS RISE DRAMATICALLY

The number of annual deaths from painkillers now surpasses those from heroin and cocaine combined. The drug toll is more than deaths caused by motorcycle crashes in some states, according to the White House Office of National Drug Control Policy.

They say prescription-drug abuse is the fastest-growing problem. In 2010, 12 million Americans aged 12 or older reported non-medical use of painkillers like Vicodin and Oxycontin that are often sold by "pill mills," storefront operations that dispense them without medical examinations. Some drug abusers get multiple prescriptions by going from one doctor to another.

Drug monitoring programs are part of the answer. Most states have approved drug-monitoring programs, but the programs aren't operating yet.

Source: Pages

## ARE YOU SHRINKING?

If you've noticed that you're a little shorter now than when you were younger, maybe you wonder if that's OK.

Doctors at the Mt. Sinai School of Medicine say as we get older, height usually decreases because of gravity, along with natural loss of muscle mass and the dehydration of disks in the spine, which can cause the disks to compress.

People typically lose 0.4 inches of height every 10 years beginning at age 40. The rate of height loss after age 70 is even greater. Osteoporosis can be another cause.

There's no way to get lost height back, but you may be able to slow it with exercise, particularly stretching exercises, and a calcium-rich diet.

Source: Pages

## GET OUT OF THE EASY CHAIR

Experts have long known that physical activity decreases the risk of heart disease, diabetes and obesity. New research by the American Institute for Cancer Research indicates that long periods of sitting may be responsible for 90,000 new cancer cases each year in the United States.

Their study indicates that about 49,000 cases of breast cancer and 43,000 cases of colon cancer could have been avoided if people got up and walked around occasionally.

Ideally, brisk 30-minute walks would lower risks over time. But even among individuals who were regularly active, the risk of dying prematurely was higher among those who spent a great deal of time sitting.

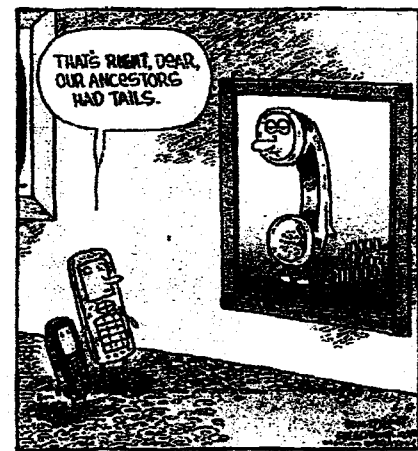
People should avoid prolonged sitting without moving. They need to get out of the easy chair and take breaks.

Source: Pages

## A CELLPHONE IN THE CAR

Using a cellphone inside a metal vehicle increases its radiation due to reflection. And your cellphone signal has to be stronger in order to exit the vehicle, according to electromagnetic field expert Magda Havas.

Source: Pages



## DONATIONS



We received a very generous donation from Dr. Hiroyoshi Takata, cardiac surgeon at Hartford Hospital.

Joyce Bogdan made a Christmas donation in honor of her friends Lynda Cody and James Bernadt.

Mandy Hart, our new piggy bank, received a donation from Tony Taschner. He is in Florida and wanted to make sure she was being fed.

Mandy is doing well. She has collected a total of \$41.53 so far.

Donations may be made to Mended Hearts, Inc. in memory of a deceased friend, family, or member. Are you celebrating a special occasion such as a birthday, or anniversary, Chapter 9 welcomes your tax deductible contribution. All donations will be acknowledged by mail and in our monthly newsletter. Please make checks payable to: Mended Hearts, Inc. Chapter 9 and mail to:

Janet Poitras, Treasurer, 1 King Arthur's Way, #5, Newington, CT 06111

## STOP!

When you have finished reading this newsletter, please don't throw it away! Why not pass it along to a friend or relative, or drop it off in your doctor's waiting room? This way many more people will get the Mended Hearts message, and know who and what we are all about. Thank you.

## VISITORS NEEDED

Have you ever considered being a Mended Hearts visitor at Hartford Hospital? Would you like to share your experiences and be an encouragement to other heart patients and their families? We would love to have you join us in such an endeavor. It is not difficult and requires a brief commitment each month. For further information please contact: Priscilla Soucy, Visiting Trainer 860-289-7422.

## 50/50 RAFFLE

The winner of our 50/50 raffle for our November meeting was John Donovan. He is also one of our newer members. Congratulations John!

**It's Great to be Alive - and to help Others**

## HEALTH NEWS: GOING BEYOND THE HEADLINES



**Don't fall for every headline proclaiming a new cure or medical breakthrough. Use these tips for evaluating health news.**

Pick up any newspaper or turn on your TV or computer and you're greeted by news about the latest medical breakthrough. Today's health news may even contradict yesterday's headlines. So, how do you know what to believe and what advice to follow? First, learn to go beyond the headlines to distinguish credible health news from sensationalism. Then you'll be better able to determine what health news means for you.

It isn't as difficult as it sounds. You can learn to look at health news the way doctors do, starting with knowing what questions to ask. In the following interview with Scott Litin, M.D., a practicing general internist at Mayo Clinic, Rochester, Minn., and editor-in-chief of the third and fourth editions of the "Mayo Clinic Family Health Book," he shares tips for deciphering the latest health news.

**What questions should people ask themselves when reading health news?**

**Is it new?** Does the story provide new information, or is it just a rehash of old news? You can't always tell by the headline. Consider this recent headline: "Too much salt takes blood pressure toll." This isn't new information—we've known about the connection between salt and blood pressure for years.

**Is it true?** What evidence is the story based on? Randomized clinical trials are the gold standard for evidence. One person's opinion—even an expert's isn't proof.

**Will it affect you?** Again, you have to look beyond the headline. The story may be about a health problem you have, but its focus might be on diagnosis not treatment. In addition not every treatment you read about will be right for you.

**What is a randomized clinical trial, and why is it superior to other research?**

Clinical trials only take place after initial research, including animal studies, has shown promise. They typically involve large numbers of volunteers. Volunteers are randomized, assigned using the statistical equivalent of a coin toss—to receive either the drug being studied or a placebo, which looks just like the study drug but doesn't contain medicine. The group that receives the placebo is called the control or comparison group. For a new drug to be proved effective, people treated with it must do significantly better than those treated with the placebo.

The best clinical trials are not only randomized but also double-blind, meaning that neither the doctors nor the volunteers know who is getting the study drug or the placebo. Practices like randomizing and double-blinding help keep volunteers and researchers from possibly skewing the results because of preconceived ideas they have about the study. That makes the conclusions more reliable.

Source: Mayo Clinic Consumer Health

**OUR WEBSITE: [www.mendedheartsct.org](http://www.mendedheartsct.org)**

## ANNOUNCEMENTS



### SURVIVERSARIES

#### DECEMBER - 2011      YEARS

Benjamin Goldfarb	21
Bob Hohffman	14
Charles Woolsey	14
Carol Farr	7
David Harris	4
Elsie Strait	4
John Dunn	3
David Miller	2

#### JANUARY - 2012      YEARS

John Flannery	11
Gordon Debigare	9
Walter Dubiel	7
Ted Hoffberg	3

#### ANGIOPLASTY

Steve Brewer	2
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**FOR YOUR CONTINUED GOOD HEALTH!**

### NEW MEMBERS

John Bylenski  
North Granby, CT

**WELCOME!**

### HOSPITAL VISITS

#### NOVEMBER & DECEMBER - 2010

Pre-Op and Post-Op visits for  
Hartford Hospital, St. Francis  
Hospital

**TOTAL VISITS      121**

**SUPER JOB!**

### 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 regarding any questions you may have about your condition.

### PREVIEWS OF UPCOMING SPEAKERS & EVENTS

February 15, 2012	TBA
March 21, 2012	TBA
April 18, 2012	TBA
May 16-20 2012	Annual Convention, Dallas, TX





# The Mended Hearts, Inc.

National Office  
Phone: (888) 432-7899

## MEMBERSHIP APPLICATION

### Member Information (please print or type)

Name (Mr./Mrs./Ms.) \_\_\_\_\_

Address (line 1) \_\_\_\_\_

Address (line 2) \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Email address \_\_\_\_\_

Family member (i.e. spouse – must reside at same address): (Mr./Mrs./Ms.) \_\_\_\_\_

DOB \_\_\_\_\_

May we contact you regarding local chapter opportunities?  Yes  No

Chapter 9 Member-At-Large \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Alt Phone ( \_\_\_\_\_ ) \_\_\_\_\_

DOB \_\_\_\_\_ Retired:  Yes  No

Vocation \_\_\_\_\_

Preferred Contact:  Phone  Email  Mail

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

Name of Heart Patient (1) \_\_\_\_\_

Date of Surgery/Treatment \_\_\_\_\_

Type of Surgery/Treatment \_\_\_\_\_

- |                                   |   |                                    |
|-----------------------------------|---|------------------------------------|
| <input type="checkbox"/> PTCA     | <input type="checkbox"/> Atrial Septal Defect | VALVE:                             |
| <input type="checkbox"/> MI       | <input type="checkbox"/> Pacemaker            | <input type="checkbox"/> Aortic    |
| <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant           | <input type="checkbox"/> Mitral    |
| <input type="checkbox"/> Bypass   | <input type="checkbox"/> Other                | <input type="checkbox"/> Pulmonary |
| (how many _____)                  |   | <input type="checkbox"/> Tricuspid |

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

Yes  No

Signature \_\_\_\_\_

Name of Heart Patient (2) \_\_\_\_\_

Date of Surgery/Treatment \_\_\_\_\_

Type of Surgery/Treatment \_\_\_\_\_

- |                                   |   |                                    |
|-----------------------------------|---|------------------------------------|
| <input type="checkbox"/> PTCA     | <input type="checkbox"/> Atrial Septal Defect | VALVE:                             |
| <input type="checkbox"/> MI       | <input type="checkbox"/> Pacemaker            | <input type="checkbox"/> Aortic    |
| <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant           | <input type="checkbox"/> Mitral    |
| <input type="checkbox"/> Bypass   | <input type="checkbox"/> Other                | <input type="checkbox"/> Pulmonary |
| (how many _____)                  |   | <input type="checkbox"/> Tricuspid |

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

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.

#### Within United States

Individual – First Year Dues	\$17.00	<input type="checkbox"/>
Family – First Year Dues	\$24.00	<input type="checkbox"/>
Life – Individual Dues	\$150.00	<input type="checkbox"/>
Life – Family Dues	\$210.00	<input type="checkbox"/>

#### Chapter Dues

Individual – First Year Dues	\$5.00	<input type="checkbox"/>
Family – No chapter 1 <sup>st</sup> year dues	\$0	<input type="checkbox"/>
Life – Individual Dues	\$40.00	<input type="checkbox"/>
Life – Family Dues	\$50.00	<input type="checkbox"/>

**Dues Summary:** National Dues \$ \_\_\_\_\_  
 Chapter Dues \$ 5.00  
**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 \$ \_\_\_\_\_

(Chapter Treasurer – send both chapter & national dues to National Office.)

Applicant – Send one check with application to local chapter Treasurer →  
 Or for Members-At-Large:  
 The Mended Hearts, Inc.  
 National Office  
 7272 Greenville Ave.  
 Dallas, TX 75231

Checks payable to: Mended Hearts, Inc. – Chapter 9  
 Mail to:  
 Janet Poitras, Treasurer  
 1 King Arthurs Way, #5  
 Newington, CT 06111

Priscilla Soucy  
98 Highview St.  
East Hartford, CT 06108-2957

GREATER HARTFORD • CHAPTER 9

FOUNDED 1951—INCORPORATED 1955  
**THE MENDED HEARTS, INC.**



**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 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 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 to 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 disease patients and their families

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