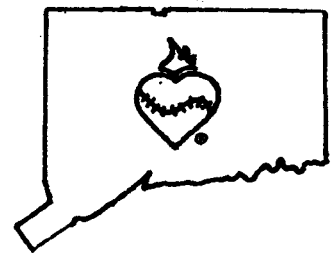


HARTFORD HEARTLINE

THE MENDED HEARTS, INC.

Chartered 1977/Greater Hartford-Chapter 9

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



Priscilla Soucy, Editor & VP
98 Highview St., E. Htfd, CT 06108
860-289-7422
priscillaanns@att.net
Volume XXXV - Issue 3

MARCH MEETING

WHEN? Wednesday, March 21, 2012, at 7:15 PM

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

SPEAKER? Vincent Maston, Operations Supervisor, Paramedic
"Ambulance Service of Manchester"

TOPIC? "Cardiac Care in the prehospital setting"

Refreshments contributed by: TBA

President's Message:

Hello Mended Hearts Members and Friends,

February was National Heart Disease Awareness and Support Month. Mended Hearts Greater Hartford had the opportunity to share our message of Hope, Support, and Encouragement with our communities through personal meetings and regional television exposure. Our Chapter was invited to participate in the "Heart Health Wellness Expo," in South Windsor, CT on Saturday, February 18th, sponsored by CPR Training Professionals LLC. The Team at CPR training Professionals teaches basic life support for health care providers, adult child and infant CPR with AED, as well as CPR and basic first aid.

There were 14 heart health related organizations and businesses that set up information tables to help educate the attendees about healthy heart practices. Participating from our Chapter were Priscilla Soucy, Rick Lemay and myself. Over 140 interested people attended during the 5 hours of the expo. We spoke with many, shared our Mended Hearts Message, as well as gave out literature and our Chapter Newsletter.

Later in the month, our newest member, John Klimczak, was interviewed on Fox TV's Morning Focus Show as being a heart attack survivor who's life was saved by Dr. Michael Azrin at UCONN Medical Center. John also spoke of his desire to give back through joining Mended Hearts, our programs and his intent to become an Accredited Hospital Patients Visitor.

Heartfully,

John



Happy St. Patrick's Day

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.net

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

60TH ANNUAL CONVENTION

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

Our National Convention is two months away. The packets have been sent out, and members will be sending in their reservations soon. Have you made your plans yet?

All our chapter members have an opportunity now to get on board and experience what Mended Hearts stands for and the scope of reach Mended Hearts has nationally. 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. You will be one of possibly 400 attendees.

Every year our national convention is held in a different location across the country. Each convention has a special flavor of the state and city where it is being held. They are all different, so don't miss out and you won't be sorry you did.

ALIGNED WITH AMERICAN COLLEGE OF CARDIOLOGY

NATIONAL NEWS

MENDED *Little* Hearts and Mended Hearts Inc. Go to the White House

The American Heart Association invited Mended Hearts, Marcia Baker, and Mended *Little* Hearts, Jodi Lemacks, to the White House for American Heart Community Leaders Briefing on cardiovascular health with Administration representatives.

About 150 participants involved in heart health were in attendance, including two other Mended *Little* Hearts members, Amy Basken of the Madison, WI group and Jeremy Aylward of the Sioux Falls, SD group. Participants were given a tour of the East Wing, a briefing from Administration officials on current progress with heart health issues and sessions on specific heart health topics. This was an exciting event and they were glad to be able to participate.

MAYO CLINIC STUDY

MAYO CLINIC STUDY TO EXAMINE USE OF SNAKE-VENOM PEPTIDE FOR HEART ATTACK TREATMENT

The National Heart, Lung, and Blood Institute (NHLBI), a division of the National Institutes of Health (NIH), has awarded a \$2.5 million grant to Mayo Clinic's Cardiorenal Research Laboratory to conduct a highly innovative research project, "Cardiovascular Peptides and Myocardial Infarction." The research will seek to further understand the potential of a novel, engineered guanylyl cyclase (GC) activator, cenderitide, to reduce the level of cardiac and renal injury following a myocardial infarction or heart attack. Researchers will try to determine whether the therapy could help prevent deterioration of cardiac and renal function following a heart attack, and potentially reduce further heart failure in the future in treated patients.

Cenderitide, a designer peptide derived from the venom of the green mamba snake, may aid in the preservation of cardiac and renal function following serious cardiovascular events, such as heart attack and acute decompensated heart failure.

At the annual meeting of the American Heart Association in November 2011, Fernando Martin, M.D., a research fellow in the Cardiorenal Research Lab. at Mayo Clinic, presented key research data demonstrating that ability of cenderitide **to prevent the death of heart cells.**

Mayo licensed cenderitide to Nile Therapeutics, Inc., a biopharmaceutical company based in California. Nile is currently developing the peptide as a 90-day, out-patient treatment to prevent hospital readmissions following acute decompensated heart failure events in a study which has received a fast track Investigational New Drug approval from the U.S. Food and Drug Administration.

For more information, visit <http://www.mayoclinic.org/news>

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

FUNSTUFF



BELATED WISDOM

An angel appeared at a meeting of church people. He told their leader that in return for his exemplary work, God would reward him with his choice of infinite wealth, infinite wisdom, or beauty. Without hesitating, the leader selected infinite wisdom.

"Done!" the angel said and disappeared in a cloud of smoke.

Everyone gazed at the leader, who sat surrounded by a faint halo of light. One of them whispered, "Say something."

The leader thought a moment, then sighed, "I should have taken the money."

Source: Pages

FAMOUS QUOTES ON FELINES

No matter how much cats fight, there always seems to be plenty of kittens.

Abraham Lincoln

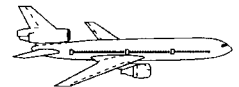
People that hate cats will come back as mice in their next life.

Faith Resnick, American Author

One cat just leads to another.

Earnest Hemingway, Novelist

A LITTLE BIT OF TRIVIA



WHAT MAKES FLYING SAFER

After a large number of plane crashes from 1994 through January of 1997, federal regulators and the airline industry got together to make changes. They weren't new laws but a series of steps that have had big impacts. Examples: Well before landing the most dangerous part of flight, the pilot and co-pilot must discuss how they will approach the runway and agree on what they would do if they had to abort the landing.

Crew members are taught how to spot dangerous ice on the wings.

A program adopted by the FAA, at the airlines' suggestion, lets pilots report mistakes without fear of reprisal. Terrain avoidance systems now warn pilots if they are too close to a radio tower, building or mountains.

In the last five years, the odds of a U.S. plane (carrying 100 or more) going down and killing someone have been one in 49 million.

Source: Pages

OUR WEBSITE: www.mendedheartsct.org

HEALTH UPDATE

"SUPER BROCCOLI" DEVELOPED, COMING BY YEAR END

After 14 years of research and testing, British scientists have hybridized the standard broccoli plant with a wild variety found in Sicily. The new "super broccoli" has increased amounts of glucoraphanin, a natural compound that breaks down fat in the body, keeping it from clogging arteries.

The new broccoli has two to three times as much glucoraphanin and also tastes slightly better and sweeter.

Right now, it's marketed in some areas of the United States as Beneforte, but the new broccoli will probably be available nationwide this fall.

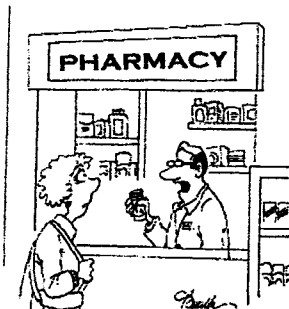
Source: Pages

SKIN CANCER DRUG MAY REVERSE ALZHEIMER'S SYMPTOMS

Researchers could soon be taking an entirely new approach to clearing the amyloid formations in the brain that are related to Alzheimer's disease.

A cancer drug called bexarotene quickly and dramatically cleared amyloid in laboratory animals. At the same time, it improved brain function and social ability, and restored the sense of smell. The study appeared in the journal *Science*.

Source: Pages



"You may experience irritability and pain in the hands and wrist...and that's just from trying to get the cap off."

DON'T DITCH YOUR MULTIVITAMINS YET

A highly-publicized story about University of Minnesota research indicates that if older women took a multivitamin every day, their risk of dying increased by about 2 percent over the next 19 years. It increased by 3 percent if they took iron supplements.

The only supplement that was found to increase life was calcium. In addition to multivitamins, they say vitamin B6, folic acid, zinc, and copper were associated with a higher death risk.

The 38,722 study subjects from the Iowa Women's Health Study were between the ages of 55 and 69 at the start of the study and were between 74 and 88 at the end. The conclusions were drawn by studying questionnaires that were filled out in 1986, 1997 and 2004. By 2004, about 85 percent of the subjects were taking multivitamins.

Study authors say their main message is that there is very little benefit from taking multivitamins. While other studies haven't shown the same mortality risk, whether or not you take vitamins, they haven't shown any positive effect either.

Nutritionists at Montefiore Medical Center in New York say people should not stop taking multivitamins at this point. Very few people eat the required amount of fruits and vegetables a day. It's best to get your daily requirement from food, but few people do.

About half of adults in the U.S. take multivitamins. Doctors, researchers and nutrition experts say much more study is needed before they can make recommendations.

Source: Pages

DONATIONS



We received a generous donation from John Dunn, who asked that half the funds go to Mandy Hart and the other half into our general chapter funds.

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

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.

50/50 RAFFLE

Our 50/50 raffle winner for our February meeting was Walter Kovaciny. Congratulations Walter!

PAGES

In our monthly newsletters you will often see the words, Source: *Pages*. Have you been curious who they are?

Pages is an editorial service. It's a magazine that has art and health articles that have been researched and approval to reprint has been established, which allows us to use the material in our Mended Hearts newsletters. National pays a fee for this service each year, so that editors can put their articles in their monthly newsletters. Many of the features in *Pages*, are up-to-the-minute research results which have recently been released to the media.

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.

MANDY HART



Our favorite piggy bank, Mandy Hart, is getting fatter by the month. It was decided by our Board of Directors that the proceeds from our piggy bank will go to Camp Madden, in Great Barrington, MA, up to an amount of \$500.00. Camp Madden is a summer camp for children who have had open heart surgery. It is a two week summer camp.

The parents of each child that attends the camp, pays \$250.00 for their child to attend. If we receive \$500.00 from Mandy, we will be sending two children to the camp, so the parents won't have to be burdened with the cost. Since many of the children have had a number of heart surgical procedures, many of the parents struggle with these extra costs.

We have collected \$67.92 so far, which does not include our February meeting. All the pocket change people hold onto really adds up.

We will be planning a trip to the camp in July, as we did last year, and any of our members who would like to attend with spouses and others are welcome to come along. You will hear more on the date of the trip in future newsletters. So stay tuned.

CLUSTER MEETING

There will be a Cluster Meeting on Saturday, March 31, 2012. Chapter 140 will be hosting the meeting at Hackensack University Medical Center in Hackensack, NJ. from 9:00 AM to 4:00 PM. "Interested members and officers are encouraged to attend this day of learning." The cost will be \$20.00 per person. This will cover breakfast, lunch, and snacks. Our National President, Gus Littlefield, will be attending the Cluster Meeting.

There will be a number of chapters attending for this one day event. It will be a learning experience and you will be able to share ideas and see how other chapters function. For more information call: John Dunn, 860-688-5489.

HEART TRUISMS

"MY HEART WAS IN MY MOUTH"

If you've ever narrowly avoided an accident, you've probably felt as if your heart were pounding frantically in your throat, almost as if it were about to leap out of your mouth. That's because the aorta, which is the primary conduit through which blood travels to the arms, neck, and brain, is located at the top of the heart. Thus, you feel its pulsations in your upper chest and throat when it's beating particularly fast and hard.

"FOLLOW YOUR HEART"

Researchers at the Institute of HeartMath claim to have discovered more than 40,000 neurons, or brain cells, in heart tissue, fueling speculation that the heart may be capable of intuitive guidance. In fact, a few heart transplant patients report inheriting memories from their donors. We've long had the sense that the heart is more than a pump; whether it's actually capable of "thinking," though, is a question that merits more research. In the meantime, I intend to keep telling my patients they have "good hearts," with all the double meaning that truism suggests.

Source: Arthur Agatston, MD, an associate professor of medicine at the U. of Miami Miller School of Medicine. Thanks to Chapter #119, Newport News, VA

ANNOUNCEMENTS



SURGIVERSARIES

<u>MARCH - 2012</u>	<u>YEARS</u>
Sid Manning	13
Walter Kovaciny	10
Pauline Guarco	3
Bob Lincoln	2
Mike Nicastre	1

FOR YOUR CONTINUED GOOD HEALTH!

HOSPITAL VISITS

FEBRUARY - 2012

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

Surgical Patients - 100
Cath Lab. - 36
Total - 136 Visits

SUPER JOB!

NEW MEMBERS

John Klimczak
West Hartford, CT

WELCOME!

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

April 18, 2012
May 16-20 2012
May 23, 2012
June 20, 2012

Simon Flynn, Chapter Executive - ACC
Annual Convention, Dallas, TX
TBA
Jeffrey Kluger, MD, Electrophysiologist





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.) _____

May we contact you regarding local chapter opportunities? Yes No

Date _____

Chapter 9 Member-At-Large _____

Phone (_____) _____

Alt Phone (_____) _____

DOB _____ Retired: Yes No

Vocation _____

Preferred Contact: Phone Email Mail

DOB _____

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 _____

- PTCA
- MI
- Aneurysm
- Bypass
- (how many _____)
- Atrial Septal Defect
- Pacemaker
- Transplant
- Other
- VALVE:
- Aortic
- Mitral
- Pulmonary
- 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 _____

- PTCA
- MI
- Aneurysm
- Bypass
- (how many _____)
- Atrial Septal Defect
- Pacemaker
- Transplant
- Other
- VALVE:
- Aortic
- Mitral
- Pulmonary
- 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
- Family – First Year Dues \$24.00
- Life – Individual Dues \$150.00
- Life – Family Dues \$210.00

Chapter Dues

- Individual – First Year Dues \$5.00
- Family – No chapter 1st year dues \$0
- Life – Individual Dues \$40.00
- Life – Family Dues \$50.00

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

Robert Lincoln & Joan Gervais
66 Cumberland Street
Hartford, CT 06106

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

THE MENDED HEARTS, INC.
FOUNDED 1951 — INCORPORATED 1955
GREATER HARTFORD • CHAPTER 9



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