



# Hartford Heartline

Volume XXXV - Issue 8 - October, 2012

## 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 to help those with 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.

### UPCOMING MEETINGS & EVENTS

With Fall just upon us, Mended Hearts Chapter 9 is 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 the following upcoming meetings at:

**South Congregational Church**  
**277 Main Street, Hartford, CT**

(Corner of Buckingham Street - with Attended Parking on West side of church.)

*All are welcome to attend!!*

### OFFICERS - 2011-2013

President:

**John A. Dunn**  
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Treasurer:

**Janet Poitras**  
1 King Arthur's Way  
Newington, CT 06111  
860-667-0431  
Email: [sarahcinder@sbcglobal.net](mailto:sarahcinder@sbcglobal.net)

**Oct. 17, 2012 Meeting - 7:00 p.m.**

**Dynamic Speaker - Heidi Dohse, Athlete - MH Member-at-Large, New Jersey**  
*"A Broken Heart is not the End... Just the Beginning of a New Adventure".*  
(See Page 3)

**Oct. 27, 2012 11:00 a.m.**

**Hospital Visitor's Re-accreditation Meeting - Same location as last year.**

**Oct. 28, 2012 - AMERICAN HEART ASSOCIATION'S**

## "HEART WALK"

See you there at the new location:

**RENTSCHLER FIELD**

Silver Lane in East Hartford (near Pratt & Whitney Aircraft)

**Registration: 9:00 a.m. - Start: 10:00 a.m.**

Heart Walkers are asked to collect pledges prior to the event. We can all wear our Mended Hearts shirts and caps and tell others about our Mended Hearts program. People will often ask us, "What is Mended Hearts? What do we do?" It is a great opportunity for us to communicate. Many of the walkers have had heart problems or family members, friends, co-workers, who also know of others who have experienced a heart event.

We will be in the medical tent with a table and our display. If you are unable to walk the distance, you are welcome to help out at the table handing out brochures or talking with others. Save the date!!

**Nov. 14, 2012 Meeting - 7:00 p.m.**

Speaker - **Glenn Gaudette, PhD - Associate Professor, Department of Biomedical Engineering at Worcester Polytechnic Institute, Worcester, MA**  
Topic: *"Update on stem cell research."* (See Page 6)

*Aligned with the  
American College of Cardiology*

**December - Holiday Break**

## President's Message



*Greetings...*  
to the Members, Caregivers,  
and Friends of  
Mended Hearts, Chapter 9  
Greater Hartford, Connecticut

**O**ctober is the reaccreditation month for our chapter's update training of all our Hospital Visiting members. The Mended Hearts Patient Visiting Program is the cornerstone of The Mended Hearts Inc. Nationally and Locally. Our dedicated visitors currently visit with patients at Hartford Hospital and St. Francis Hospital (also in Hartford).

We visit with patients ( if they are in the hospital) the day before their surgery, and then see them again about 5 days later, after their surgery. During both visits, we offer hope, support and encouragement to them and their families. This year we have expanded our patient visiting to include the Cath-Lab-Recovery area at both hospitals.

Since all our accredited visitors (but not necessarily their caregivers), have had a heart event, we are very empathetic to speak with and listen to the patient and their families' about their concerns. Some of our visitors , visit in teams where one has had a heart event, and the other is his/her caregiver. Our visiting with patients has had beneficial results to the patient, their family, and the Mended Hearts Visitor.

We are in need of more Visitors for both hospitals. The training program is short and can be done at various times. If you would like additional information on how you can become a Mended Hearts Accredited Visitor, please call our Chapter's Visiting Trainer, Priscilla Soucy (860-289-7422), or EMail: [priscillaanns@att.net](mailto:priscillaanns@att.net).

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

Heartfully,

**John Dunn, President**

### CHAIRPERSONS - 2012-2013

Visiting Chairman - Hartford Hospital:  
John Dunn 860-688-5489

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

Visiting Trainer - All Hospitals:  
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Program Co-Chairman:  
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50 / 50 Raffle:  
To Be Announced

Enjoy the Newsletter in color on our website!  
<http://mendedheartsCT.org>

## Information

### HOSPITAL VISITS

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

#### August - 2012

**Surgical Visits      89**  
**Cath Lab Visits      25**

**TOTAL VISITS - 114**

**Great Job!!!**

### 50 / 50 RAFFLE WINNER



Our 50/50 Raffle winner for the month of September was a smiling Bonnie Morassini.

**Congratulations Bonnie!!!**

(Photo by Bob Lincoln)

### 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 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.

### MEETING TIME - CHANGED

#### Notice to All Members

The Membership, at our June Meeting, voted to start each of our Meetings at **7:00 p.m.** in effect immediately. Come in early, and introduce yourself, and get to know some of our newer members.

### HEIDI DOHSE - ATHLETE

We have an excellent dynamic speaker for our October 17<sup>th</sup>, 2012 chapter meeting.

Heidi Dohse, who is a Mended Hearts Member-at-Large from New Jersey, that lives in Hailey, Idaho and Somerville, New Jersey, with her husband and three dogs, has a remarkable story to tell about her heart history.

She was diagnosed with a rare arrhythmia problem at the age of 18 and has gone through multiple cardiac procedures and open heart surgeries over the years. Heidi will share her personal journey from the hospital bed to crossing the finish line and reaching her goal to live an amazing life. She trained for a bicycle race this summer.

You won't want to miss her exciting and remarkable story that covers all her activities, along with becoming an outstanding athlete.

#### DON'T MISS OUT!!

Put the date on your calendar now.

We would like to have an exceptional turnout for Heidi's presentation...You deserve to hear her!!!

### NOTICE to VISITORS

When you acquire names of patients, caregivers, or others that want to receive our newsletter, please e-mail Bob Lincoln at e-mail address: [pine3@comcast.net](mailto:pine3@comcast.net)

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

### CAUTION!!!

**H**artford Heartline, 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.

## Information

### SURGIVERSARIES

#### OCTOBER - 2012                      YEARS

Elizabeth Casale                      17  
Jackie Smith                              9

#### Omitted from September List

Frank Rao                                      1

#### ANGIOPLASTY

Vera Martin                                  12

*For your continued good health!!*

### DONATIONS

#### General Donations:

#### Fred Mahler

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  
Newington, CT 06111

### "MANDY HART"

We are starting a new year for **Mandy Hart** with our September meeting. We received a generous donation from **Tony Taschner** and spare coins at our meeting from our members which totaled \$53.89. Mandy Hart is our piggy bank and is off to a squealing start!

All funds will go towards our donation to the Mad-den Open Hearts Summer Camp for children. The Children that attend this camp go for 2 weeks. Each parent who sends a child pays a fee of \$250 for the 2 weeks. This year we donated funds to send one child so that a parent doesn't have to pay funding for the two weeks. All children have had open heart surgery, sometimes 2 or more.

### SEPTEMBER SPEAKERS



(Left) Guest Speaker: **Jennifer Ksiazek**, Director of American Heart Association spoke about the longstanding relationship between MH Chapter 9 and the AHA. (Right) Main Speaker: **Christopher Pickett, MD**, Co-Director of Electrophysiology at UCONN Health Center. **Topic: "Heart Rhythm Disorders: Pacemakers, ICD's and Atrial Fibrillation"**.  
(Photos by Bob Lincoln)



**Ben Goldfarb** Co-Program Chairman and **John Dunn**, Chapter 9 President presents **Dr. Christopher Pickett**, with a pen and a "Merit Award" for his presentation at the September Chapter Meeting.

### STOP!!

**P**lease 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.

## Health & Wellness

### ARE DRUG-ELUTING STENTS AS SAFE FOR WOMEN?

As is true of most studies, women are consistently underrepresented in research on heart disease, leading many to wonder if findings from predominantly male studies necessarily apply to women. If drug-eluting stents are safe and effective for men, does the same go for women, too?

A study featured in the *Journal of the American College of Cardiology's JACC: Cardiovascular Interventions* helped get to the bottom of this question. In this study, researchers analyzed data from three separate clinical trials containing two-year follow-up on more than 1,500 male and female heart disease patients--all of whom underwent revascularization with drug-eluting stents.

After analysis, researchers noted some interesting differences between the male and female patients. The women were more likely to be older, obese, and have diabetes and hypertension than their male counterparts. The men were more likely to be smokers, and have had a heart attack and previous surgical revascularization. But despite these differences, there was no significant difference in outcomes, such as re-narrowing of the arteries, thrombosis (blood clots,) heart attack and death.

Based on these findings, the use of drug-eluting stents in the treatment of heart disease is just as safe and effective in women as it is in men--which is good news, as stents often offer a long-term solution to blocked arteries. Also, the differences noted between male and female patients in the study highlight the need for better heart disease prevention in women.

#### **Q: Why are women typically underrepresented in research?**

**A:** There are many possible explanations for women being underrepresented in research. When it comes to heart disease, women are less aware of their risk for heart disease than men, which makes them less likely to participate in such research. Women may also be less inclined to participate in research than men. Whatever the reason, it is important that women participate in research to further knowledge and improve outcomes.

#### **Q: What are the most common risks associated with drug-eluting stents?**

**A:** Although drug-eluting stents are generally safe and effective, the most common complications include blood clotting around the stent and re-narrowing of the arteries, called restenosis. Source: CardioSmart (ACC)

### LACK OF SLEEP CAN INCREASE STROKE RISK

Getting six or fewer hours of sleep per night, a new study says, will make you four times more likely to suffer a stroke. Seven to nine hours of sleep are recommended, but 30 percent of Americans get six hours or less, according to a recent government study. The new study focuses on people of normal weight and health.

People know how important diet and exercise are in preventing strokes, but they are less aware of the impact of insufficient sleep, according to the University of Alabama in Birmingham.

The number of people who report getting eight hours or more of sleep a night has dropped from 38 percent in 2001 to 28 percent, says the National Sleep Foundation. (Source: Pages)

### BAD CHOLESTEROL (LDL) STILL TRUMPS THE GOOD KIND (HDL)

Researchers at Duke University have found that efforts to increase HDL, the good cholesterol have little effect on lowering cardiovascular disease risk. They were surprised to find that having a high good cholesterol number did not protect against having a heart attack.

The researchers also found that people with very low levels of good cholesterol were more likely to have a heart attack but efforts to raise HDL didn't make much difference.

At the same time, they say doctors and patients should focus on reducing bad cholesterol numbers with such steps as stopping smoking, controlling blood pressure and blood sugar, maintaining a healthy weight, exercising regularly, and taking a statin if it's recommended. (Source: Pages)

### MEDITERRANEAN DIET MIGHT REDUCE RISK OF MEMORY LOSS

Eating fruits and vegetables is good for you, that's a well known fact and one component of the Mediterranean diet. The diet also focuses on whole grains, nuts, olive oil, a moderate amount of alcohol and small amounts of meat. This group of foods has been shown to lower heart disease and stroke risk.

There's more. A study reported in the *Archives of Neurology* shows that the diet may also protect against blood-vessel damage in the brain, reducing the risk of memory loss. (Source: Pages)

## Health & Wellness

## Trivia & Fun Stuff

### CAN STRESS CAUSE HAIR LOSS?

“Yes, stress and hair loss can be related,” says **Daniel K. Hall Flavin, M.D.** from the **Mayo Clinic**. Three types of hair loss that can be associated with high stress levels are:

**Alopecia Areata.** A variety of factors are thought to cause alopecia areata, possibly including severe stress. With alopecia areata, white blood cells attack hair follicle, stopping hair growth and making hair fall out.

**Telogen Effluvium.** In this condition, emotional or physical stress pushes large numbers of growing hairs into a resting phase. Within a few months, the affected hairs may fall out suddenly when simply combing or washing your hair.

**Trichotillomania.** Trichotillomania (trik-oh-til-oh-MAY-nee-uh) is an irresistible urge to pull out hair from your scalp, eyebrows, or other areas of your body. Hair pulling can be a way of dealing with negative or uncomfortable feelings, such as stress, anxiety, tension, loneliness, fatigue or frustration.

Stress and hair loss don't have to be permanent. If you get your stress under control, your hair may grow back. Be sure to talk to your doctor if you notice sudden or patchy hair loss or more than usual hair loss when combing or washing your hair. He may suggest stress management techniques. (Source: Pages)

### SAFEST NSAIDS (NONSTEROIDAL ANTI-INFLAMMATORY DRUGS) FOR YOUR HEART

According to Johns Hopkins University, naproxden in both prescription and over-the-counter doses are safest for both high and low-risk individuals. Brand names are: Aleve, Anaprox, Naprelan and Naprosyn.

Ibuprofen (Advil, Motrin, Nupin) is also safe, but cardiac risk rises with prescription doses of 1,200 mg. a day.

Celecoxib (Celebrex) in both high and low doses showed a slightly increased risk. (Source: Pages)

### JACK DANIELS FISHING STORY

I went fishing this morning but all too soon, I ran out of worms. Then I saw a cottonmouth snake with a frog in his mouth. Frogs are good bass bait.

Knowing the snake could not bite me with the frog in his mouth, I grabbed him behind the head, took the frog and put it in my bait bucket.

Now, could I release the snake without being bitten? I grabbed my bottle of Jack Daniels and poured a little whiskey in his mouth. His eyes rolled back, he went limp. I released him into the lake and continued fishing using the frog.

A little later, I felt a nudge on my foot. That snake was back...with two more frogs.

(Source: Pages)

### WIT & WISDOM

These glorious insults are from an era before the English language got boiled down.

The exchange between Winston Churchill & Lady Astor: She said, “If you were my husband, I'd give you poison.” He said, “If you were my wife, I'd drink it!!”

“He has the virtues I dislike and none of the vices I admire.” -- Winston Churchill

“I didn't attend the funeral, but I sent a nice letter saying that I approved of it.” -- Mark Twain

Source: Thanks to Chapter 48, Buffalo, NY

### NOVEMBER SPEAKER

The speaker for our November 14th meeting will be Glenn Gaudette, PhD, Associate Professor, Department of Biomedical Engineering at Worcester Polytechnic Institute, Worcester, MA.

Dr. Gaudette was a speaker for one of our meetings four years ago. He was doing research with others on cardiovascular regeneration. He works with stem cells and cardiac cells searching for answers. His work has been supported by the (NIH) National Institute of Health.

You won't want to miss this most interesting speaker. He will update us on the latest developments in the research field and give us an idea of how far we are from solving the problems with heart disease.

He will be driving down from Worcester for this meeting, so let's have a good turnout and welcome Dr. Gaudette.



The Mended Hearts, Inc.

National Office

Phone: (888) 432 - 7899

# MEMBERSHIP APPLICATION

## Member Information (please print or type)

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.

Yes  No  
Signature \_\_\_\_\_

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.

### National Dues Within United States

Individual - Dues	\$17.00	<input type="checkbox"/>
Family - 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 - Yearly Dues	\$5.00	<input type="checkbox"/>
Family - [No chapter 1st Year Dues]	\$0.00	<input type="checkbox"/> \$5.00 Renewal
Life - Individual Dues	\$40.00	<input type="checkbox"/>
Life - Family Dues	\$50.00	<input type="checkbox"/>

**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 -----

Or if joining as Members-At-Large, send to: >

**The Mended Hearts, Inc.**  
 National Office  
 8150 N. Central Expwy, M2248  
 Dallas, TX 75206

Make checks payable to:

**Mended Hearts, Inc. - Chapter 9**  
 Mail to: **Janet Poitras, Treasurer**  
**1 King Arthur's Way - Apt. 5**  
**Newington, CT 06111**

**Please retain a copy for chapter records.**



TO:

PRISCILLA SOUCY  
98 HIGHVIEW STREET  
EAST HARTFORD, CT 06108

**THE MENDED HEARTS, INC.**  
FOUNDED 1951 - INCORPORATED 1955  
**GREATER HARTFORD -- CHAPTER 9**



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**