



The Jersey Heartbeat

Message from the President

January 2009

I'm writing this on the day following the Celebration of the Heart. As it turned out it was typical, it rained buckets outside, but inside, the food was outstanding, the cake was

little bit about what happened the day before and about some very caring people. I received a phone call about six o'clock Wednesday before the planned event. I was told

that Lance auditorium had somehow been double scheduled and there were two groups planning to use it on Thursday. It is not my intention to point fingers. Within an organization as large as Meridian clerical mistakes can happen. I

was told the other group could not be moved, they had scheduled a major EMT test and we would have to cancel the Celebration of the Heart. This was less than 24 hours before our event.

I went into a semi-panic mode and began to look at

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options. I learned that someone had scheduled our event for the 18th of the month rather than the 11th. After several late night phone calls, it was determined not to cancel but to reschedule. I went to bed trying to imagine how to contact over a hundred people who had reservations. To tell you the truth I didn't sleep much that night.

When I arrived the next morning at Jersey Shore University Medical Center Cardiac Rehab I was greeted with many smiling faces and very special people doing a lot of work. It was sort of like a

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Photo by Martin Brilliant



Graphic from IMSI MasterClips CD © 1997 IMSI

delicious. I loved those cookies and the number of door prizes was staggering.

But I want to tell you a little bit about the celebration that almost didn't take place. On page 6 Martin will tell you about what happened at the celebration. I want to tell you



Celebration of the Heart

President's Message

New Members

No new members last month



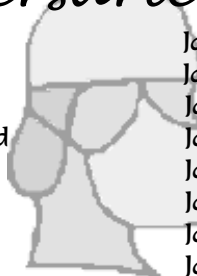
Birthdays

John L. Mauro	Jan 5
Dorothy Jean Fry	Jan 7
Frances Manco	Jan 9
Carolyn V. Anderson	Jan 15
Milton Pomerantz	Jan 16
Mildred Moran	Jan 29
Frances N. Mahon	Jan 30



Surgiversaries

Mildred Moran	Jan 1
Neil Paulsen	Jan 1
Cecilia Matey	Jan 11
Robert I. Steinfeld	Jan 11
Ethel Stanger	Jan 12
Leonard Alpern	Jan 28
Leonard Talalai	Jan 30
Bill Stevens	Jan 31



Visiting

December 2008:
162 patients and
77 family members
visited



*If you want to be listed here, or
would rather not be....*

Please contact the Treasurer.

(Continued from page 1)

bowling alley. Anita, Helen and Linda were all rolling balls at the pins, Lenny was keeping score and I was re-setting the pins. It took less than the regulation 10 perfect frames, however, the game resulted in a successful note, I heard "the Celebration will go as planned." Although the necessary changes had been made before I arrived, I believe that Tim Foley was the owner of the bowling alley. The other group had been able to move into the rooms across the hall and Lance auditorium was set up for the Celebration of the Heart.

It was a wonderful evening but let me tell you about some of the comments that were given to me by guests at the party. One person summed up the feeling of many when he said he told me "I am a pulmonary patient and I don't go very many places because the oxygen equipment makes other people uncomfortable; here I'm just one of the guys with the tank." Another person told me how happy he was to be at a party supported by JSUMC. "It just makes me feel good because you know if anything goes wrong with my ticker, I'm in the right place." A gentleman came up to me on his way out and commented "you know I feel good, I had an

(Continued on page 10)

Mended Hearts Chapter # 179

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Meeting South

*Tuesday, January 20
1:00 - 2:30 pm*

Rap Session / Think Tank

2009 Program Suggestions

Community Room
Ambulatory Care Center
**Ocean Medical
Center, Brick**

Refreshments will be served

- Call for information -
- Please register -
- 1-800-560-9990**

Meeting North

*Thursday, January 22
12:00 - 1:00 pm*

Jacqueline A. Rondeau,
Psy.D - Neuropsychologist,
Riverview Medical Center

Coping with Depression

Blaisdell 5th floor
**Riverview Medical
Center, Red Bank**

A light lunch will be served

- Call for information -
- Please register -
- 1-800-560-9990**

Meeting Schedule

Noon, fourth Thursday
(usually)

*Even Months
(Feb., Apr., June,
Aug., Oct., Dec.)*
**Jersey Shore
University
Medical Center,
Neptune**

*Odd Months
(Jan., Mar., May,
July, Sept., Nov.)*
**Ocean Medical Center,
Brick (fourth Tuesday)**
and
**Riverview Medical
Center, Red Bank**

↑ TIME & DATE CHANGE !

Executive Meeting

*First Thursday
February 5, 1:30 PM*

Conference Room
4th Floor Ackerman
**Jersey Shore University
Medical Center, Neptune**

*Interested members are
invited to attend*

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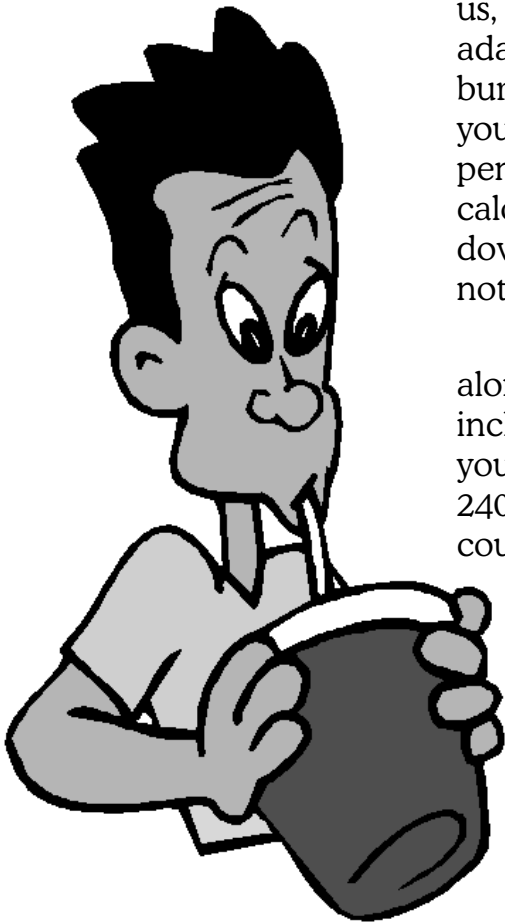
Graphic © Pages Editorial Service, Inc.

Help!

Our chapter Treasurer also edits this newsletter and maintains the chapter website. Our Vice President manages visitor training, the visiting program, and the annual Celebration of the Heart. The chapter President handles everything else except the executive meeting minutes. As you can see, we have too few people doing what has to be done. You can help. Contact Bill Ryan: 732-367-3648, drbillryan86@alum.rpi.edu.

How Much Do You Drink?

Martin
Brilliant



Last month I suggested that big holiday dinners wouldn't pile on any more body weight than the same number of calories spread over the year. If you're skeptical, you may be right. It's not that simple.

Dieting, many experts tell us, doesn't work. Your body adapts to reduced intake by burning less energy. Whether you gain weight or lose it depends on calories in minus calories out, and if both go down by the same amount, nothing changes.

Suppose you were getting along on 2500 calories a day, including holidays. Suppose you decide to cut down to 2400 calories a day so you could take in an extra 2500 calories on each of ten special days. Your total intake for the year is down. But since your body has adapted to living on 2400 calories a day, your binge calories go to waist.

Hmm... 5000 calories here, 5000 calories there, and pretty soon you're obese. Maybe you *could* eat sensibly at Thanksgiving, Christmas, your nephew's birthday, etc.

But I also said your weight gain could have come from what you were taking in the rest of the year. Suppose your body does compensate for taking in 100

calories less each day. That doesn't mean it can compensate for taking in 500 calories more a day.

And then there are those soft drinks (see next page). The bottled water was running low at last month's Celebration of the Heart, so I looked at the cans of Pepsi. One can of regular Pepsi has 150 calories, all sugar. Drink that and the dissolved sugar goes straight into your blood, where it gets instantly tucked away to be turned into fat. Diet Pepsi is sweetened with a non-food. Water is good for you.

Remember the story of the man who said he didn't drink much, only beer, and only two a day? "Two cans?" "No, two six-packs." Alcohol for the aging was the topic of an article in *The New York Times** last month. The drift of it was that doctors should ask us if we drink. Moderate amounts are good for us, but we can't get away with drinking like we did when we were younger.

Two drinks a day helps prevent heart attacks, osteoporosis, dementia, and social awkwardness, and can improve diabetes. More than three is harmful.

Each "drink" is a shot of whiskey, a can (not a six-pack!) of beer, or a five-ounce glass of wine. ♡

* The New York Times,
Tuesday, December 16, 2008

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Health Items from *Pages*

NEW WINDOW OF OPPORTUNITY FOR STROKE TREATMENT

It has been thought that clot-busting medicine would only help stroke sufferers if given up to three hours after symptoms occurred. Only a third of stroke victims seek help that fast and less than five percent are now given TPA, the drug that breaks up clots and opens the artery.

A new study now suggests that clot-busting is successful even if given four hours or more after the event. A study by European doctors found the treatment to be effective up to 4 1/2 hours after the start of symptoms.

Doctors caution that it's important to get immediate attention if a stroke is suspected. Call 911 immediately.

SOFT DRINKS, COMPARED FOR DIABETES RISK

What's better, a fruit drink or a bottle of sweet soda pop? The unhappy verdict, according to a Boston University study, is that fruit drinks contain as many calories as soft drinks, and some contain more. Both increase the risk of developing type 2 diabetes because of their high calorie count, which causes weight

gain.

The study of women showed those who consumed two or more soft drinks per day had a 24 percent greater risk compared with those who drank one per month. Women who consumed two or more sweet fruit drinks had a 31 percent increased risk.

Fruit drinks do not include grapefruit or orange juice, which are not associated with greater diabetes risk.

Editor's note:

wordnet.princeton.edu defines "fruit drink" as "a sweetened beverage of diluted fruit juice." Fruit juice is not a fruit drink.

BEER: AS GOOD FOR YOU AS WINE

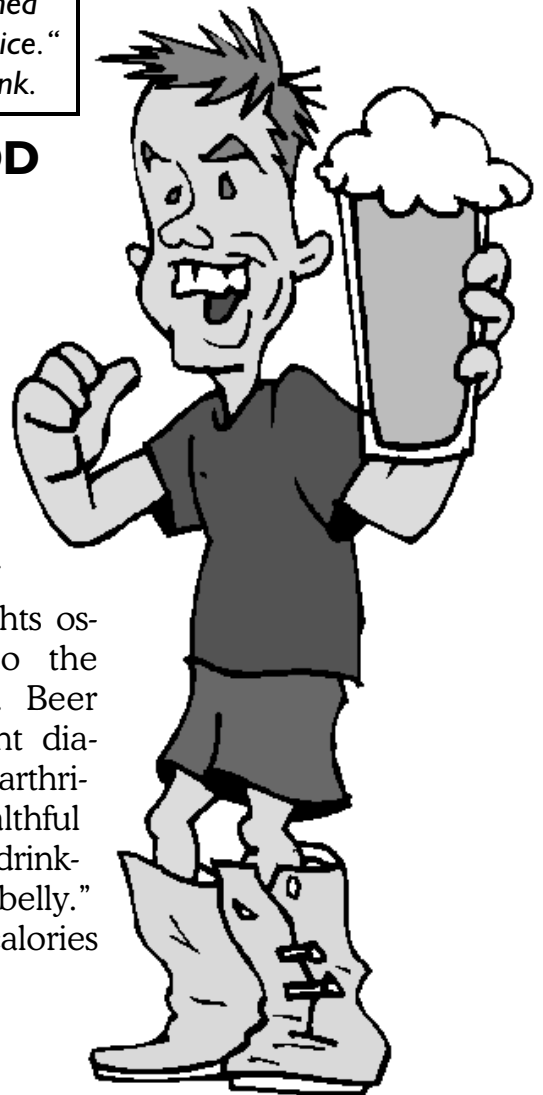
The main heart-helpful component in wine is alcohol. Beer has it too. It also contains folate and other B vitamins.

Beer is a rich source of silicon, a mineral that fights osteoporosis, according to the British Medical Journal. Beer has antioxidants that fight diabetes, kidney stones and arthritis. And it contains healthful soluble fiber. Moderate drinking does not cause "beer belly." Many wines have more calories per serving. ♡

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Pages is an online resource for newsletter editors.

Story © Pages Editorial Service, Inc.



Celebration of the Heart

*Martin
Brilliant*



Two cakes, both chocolate, with Mended Hearts logo (edible) and Jersey Shore logo (maybe not).



The door prizes, all stacked ready to hand out, and Tony Talalai setting up the music.

Did you get your invitation? “The Celebration of the Heart is by invitation only.” That’s the message given to early birds by the outsourced call center at the 800 number we give out for reservations. Best not to be too scrupulous about literal truth; if you got our newsletter, that was your invitation. Members also got a postcard

inviting them. But we eventually got the call center to stop saying it was by invitation only.

Bad weather seems to be a tradition for the Celebration of the Heart. This year it was rain. But we had a good showing anyway, 117 according to a quick count by our defiantly aging Vice President, visiting chairman and

Master of Ceremonies Len Talalai.

For dinner we had a choice of chicken and fish—as Len warned us, we had to choose, not sample both, so

we don’t run out of food, though second helpings could be had after everyone had a first. As usual, Len called the tables to the buffet line to avoid a crush—but this time he took the curse off the high numbered tables by calling table 1 and table 13 together and working toward table 7. Next year, will he take the curse off the middle tables? Will our guests try to choose the table numbers they think will be called first? Will Len fake them out? Game theory suggests that he pull the table numbers out of a hat.

Sadly, one consequence of the scheduling mixup mentioned in the President’s Message on page 1 was that we lost our live music. When we thought the event would have to be rescheduled we called off the musicians, and by the next day some of them had made other arrangements and we couldn’t get them back. It would have been like herding cats. (Cool cats?) So we had the usual recorded music—thanks to Tony Talalai (Len’s son).

After dinner, and after everybody had a numbered ticket, Len had a few things to say before the drawing for the door prizes began. “Welcome to the miracle of the year,” he said. “Many of you don’t know: as of seven o’clock last

night, this party was canceled.” You read about that in Bill Ryan’s message on page 1. Len went on to thank Anita (who watches over the front office at cardiac rehab) for helping get the Celebration back on the calendar. Len also had a few things to say about our problems with the call center. And he explained that the live band we promised had cancelled a few days before the Celebration, and the scheduling mixup lost us the barbershop quartet group we had replaced them with (as I mentioned on the previous page). And then he thanked everybody who came out to join us on this rainy evening.

Len also spoke about the rewards of visiting patients in the hospital (to both the patient and the visitor), introduced the new members of the visiting team, and urged anyone who was interested to join as a visitor or to help in any way possible to keep the chapter running. As we keep saying, we love what we do, and some of us have been doing it for seven or eight years, but we can’t keep doing it forever—so if you want it to keep on happening, it’s up to you! “This is the most unbelievable, fantastic organization that I’ve ever belonged to,” Len said. “The rewards are great; money is very bad.”

The flowers on each table, Len said, were donated by “a young lady named Mary (who watches over the exercise area

at cardiac rehab), and he thanked the girls who served the food, and everybody who donated the many, many door prizes, and everybody else who helped make the Celebration happen. And then Len introduced “the chief of the organization, Bill Ryan.”

Bill is a pleasure to listen to (and surely he likes to talk, too). He glided from one thing to another, like “Don’t applaud, throw money!” and the wonderful support we had for putting on the Celebration and how great it is that people come out year after year in spite of the rain—“they tell me it’s good for the crops”—and the longing look he kept giving the package of two dozen golf balls that was one of the many contributed door prizes, and how panicked he was when he thought the Celebration

was going to be called off, and that the Celebration would likely end earlier than usual

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Chapter President Bill Ryan (left) said a few words while Vice President Len Talalai waited to get the mike back.



Can Dental Cleaning Unblock Arteries?

Information from medicalnewstoday.com and theheart.org

Gum disease is known to be associated with atherosclerosis, as well as CRP (a marker for inflammation) and certain bacteria. Last month an Italian research team showed that just cleaning and tartar removal can reverse artery blockages.

The study was small: 35 people with mild to moderate periodontal disease. At 6 and 12 months after treatment, the thickness of the carotid artery wall (as measured by

echo Doppler) had been reduced from about 0.5 mm to about 0.4 mm, and blood tests showed that bacterial load and CRP level had been significantly reduced.

The researchers are repeating the study with more subjects with wider ranges of gum disease and artery blockage, but they note that ultimately a randomized trial will be needed. Meanwhile, brush your teeth twice a day, floss daily, and see your dentist regularly. ♥

Drug-Eluting Stents vs. Bare Metal After 3 Years

Information from medpagetoday.com, medicalnewstoday.com, theheart.org and cmaj.ca

A study published last month in CMAJ, based on a Canadian registry of stent patients, confirms that drug coated stents are safer than bare metal stents at least for the first year, but the relative safety for three years after stent implantation is not so clear.

According to MedPage Today, “by the end of year three, the relative risk of death or repeat revascularization was more than twice as great for drug-eluting stents,” but “the long-term survival for drug-eluting stents was favorable overall.” Articles on

other sites were just as confusing.

A commentary article on the CMAJ website made some good points:

- Drug-coated stents are safer at least in the short term.
- The long-term safety of drug-coated stents needs more study.
- Drug-coated stents might look worse because they were given to sicker patients.
- Nobody yet knows how long Plavix should be taken after implanting a drug-coated stent. ♥

Mediterranean Diet is Better With Nuts

Information from medpagetoday.com and theheart.org

PREDIMED is a long-term study of the effects of diet on heart disease prevention, with about 9000 subjects randomly assigned to either a Mediterranean diet plus olive oil, a Mediterranean diet plus mixed nuts, or a low fat diet. It will be completed in 2010.

A group in Spain, looking at some preliminary data, found that

the percent of subjects who had a cluster of risk factors called metabolic syndrome decreased most among the nut eaters and least in the low-fat dieters.

Eating nuts appeared to lower different risk factors by small amounts, rather than any particular component, and did not cause weight gain. ♥

Sixty years ago a study found that men with high resting heart rates were more likely to develop high blood pressure. Now a group in Japan, following a group of healthy subjects for 20 years, found that those whose resting heart rate was 80 or more beats per minute were twice as likely to become obese and five times as likely to develop diabetes.

Six years ago a study called ALLHAT showed that a diuretic was better than newer drugs for treating high blood pressure. Recent studies show that for some patients using two drugs is more effective than one. But last month, a large randomized study called ACCOMPLISH found that a combination of benazepril (an ACE inhibitor) with amlodipine (a calcium channel blocker) was so much better than benazepril combined with a diuretic that the trial was stopped early.

New research in the UK on “psychological distress,” including depression and anxiety, supports the US study we reported last month on how depression affects heart health. Both studies found that psychological distress increases the risk of cardiac events, not by way of any mysterious biochemical pathway, but by undermining healthy habits.

For the British study, a survey measured psychological distress in 6576 men and women and blood tests assessed medical risk factors. They were then followed for about

The cause might be an over-active sympathetic nervous system, which induces the “fight or flight response” by raising the heart rate and increasing insulin resistance to hold more energy-providing glucose in the blood.

Beta blockers slow the heart rate, but they might not help. Studies have shown that they increase the risk of diabetes. ❤️

Both two-drug treatments achieved excellent blood pressure control. However, heart disease events occurred slightly but significantly less often in the group that added a calcium channel blocker to the ACE inhibitor.

Why is a diuretic best when used alone but not in a combination? One reason might be that the diuretic used in ACCOMPLISH is less potent, but more often used today, than the one that was used in ALLHAT. ❤️

seven years. During this time the roughly 15 percent who had been identified as psychologically distressed had a 54 percent higher risk of heart disease events.

Statistical analysis showed that behavior accounted for most of this difference. The distressed subjects smoked more and were less active. Smoking accounted for 40 percent of the difference in risk, physical activity for 22 percent, high blood pressure for 13 percent, and CRP for 6 percent. Alcohol intake accounted for only 2 percent. ❤️

High Resting Heart Rate is a Warning

*Information from
theheart.org and
medicalnewstoday.com*

Which Two Drugs Are Better Than One?

*Information from
medicalnewstoday.com
and theheart.org*

How Stress and Depression Harm the Heart

*Information from
medpagetoday.com,
theheart.org and
medicalnewstoday.com*

President's Message

(Continued from page 2)
interesting talk with the man sitting next to me and I realized my bypass surgery was pretty routine compared to a series of operations my new friend has been going through." His comment reminded me of the old quote "I was sad because I had no boots until I saw a person who had no shoes." It was a great evening. That really describes the Celebration of the Heart.

So many people need to be thanked. Jesse, the food was fabulous and your attention to details made everything flow smooth as silk. The nurses from cardiac rehab were there on their own time because many of

you had been their patients and they enjoy seeing your progress. Lenny and family, I can't say enough about your dedication to Mended Hearts and heart patients. I realize there is so much more but the editor is ready to cut me off. Things like registration, tickets to be handed out, gifts were donated, collected and distributed, cake was brought to the tables, music and the sound were all put together. About the best thing I can add is that, I will be proud to set up bowling pins for this team any time.

*Bill Ryan, President
Mended Hearts
Chapter #179
A.K.A. Dr. Bill*



Celebration of the Heart

(Continued from page 7)
because we didn't have any organized entertainment. And after a few minutes of this he called Len back to the microphone to begin drawing numbered tickets for the door prizes.

We didn't have the live music that was promised but not delivered, or the speaker we had at last year's Celebration, but we had companionship. If you stopped talking to listen, except when Bill or Len

was speaking or Tony was playing music, all you could hear was the buzz of dozens of people in conversation.

And since we didn't stop to listen to a speaker or a band or a singing group, the Celebration of the Heart did break up earlier than usual, at about half past seven, about two and a half hours after it started, with best wishes for happy holidays. ❄️



The Mended Hearts, Inc.
Hearts of Jersey Chapter #179
NEW MEMBER APPLICATION
 Not for renewals—wait for renewal notice

This is not the approved form. We put the best features of the approved form into our own form. You send us this form, and we fill out the approved form and send it to National.

Membership information: (please print or type)

Name (Mr./Mrs./Ms.) _____ Phone () _____
 FOR FAMILY MEMBERSHIP — other member (one only): Alt Phone () _____
 (Mr./Mrs./Ms.) _____ Email: _____
 Address _____ Preferred Contact: Phone Email Mail
 _____ Would like to visit patients
 City _____ State _____ ZIP _____ Help with other activities
 Preferred meeting time: Day Evening Place: JSUMC, Neptune OMC, Brick RMC, Red Bank

Medical/Demographic Information: (Optional—no application is denied based on information below)

YOURSELF	THE OTHER MEMBER
Date of Birth _____ Retired <input type="checkbox"/> Yes <input type="checkbox"/> No	Date of Birth _____ Retired <input type="checkbox"/> Yes <input type="checkbox"/> No
Vocation _____	Vocation _____
Interests _____	Interests _____
Are you a: <input type="checkbox"/> Physician <input type="checkbox"/> RN <input type="checkbox"/> Health Admin	Are you a: <input type="checkbox"/> Physician <input type="checkbox"/> RN <input type="checkbox"/> Health Admin
<input type="checkbox"/> Other health professional <input type="checkbox"/> Caregiver (not professional)	<input type="checkbox"/> Other health professional <input type="checkbox"/> Caregiver (not professional)
Heart patient? Date of Surgery/Treatment _____	Heart patient? Date of Surgery/Treatment _____
Please enter one date (month/day/year) so we can list your surgiversary on page 2. Don't want to be listed? Check here: <input type="checkbox"/>	Please enter one date (month/day/year) so we can list your surgiversary on page 2. Don't want to be listed? Check here: <input type="checkbox"/>
<input type="checkbox"/> PTCA <input type="checkbox"/> Atrial Septal Defect VALVE:	<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"/> MI <input type="checkbox"/> Pacemaker <input type="checkbox"/> Aortic
<input type="checkbox"/> Aneurysm <input type="checkbox"/> Transplant <input type="checkbox"/> Mitral	<input type="checkbox"/> Aneurysm <input type="checkbox"/> Transplant <input type="checkbox"/> Mitral
<input type="checkbox"/> Bypass (how many _____) <input type="checkbox"/> Other _____ <input type="checkbox"/> Pulmonary	<input type="checkbox"/> Bypass (how many _____) <input type="checkbox"/> Other _____ <input type="checkbox"/> Pulmonary
<input type="checkbox"/> Tricuspid	<input type="checkbox"/> Tricuspid

Membership Dues: includes national dues and \$5.00 annual chapter dues. National membership includes subscription to *Heartbeat* and one insignia pin for an individual or two for a family membership. Chapter membership includes subscription to *The Jersey Heartbeat*. Dues less \$10.00 are tax deductible.

Annual Dues Payment

	First Year	Renewal*
Individual:	\$ 22.00 <input type="checkbox"/>	\$ 17.00
Family:	\$ 29.00 <input type="checkbox"/>	\$ 22.00

National Life Membership

	First Year	Renewal*
	\$ 155.00 <input type="checkbox"/>	\$ 5.00
	\$ 215.00 <input type="checkbox"/>	\$ 5.00

Dues Summary:

First Year Dues	\$ _____	(check one box in table above)
Contribution	\$ _____	(optional—tax deductible)
TOTAL	\$ _____	(enter total here).

* Current members will receive a renewal notice in the mail from the national office each year three months before the renewal date. National Life Members pay chapter dues annually but will not pay any further national dues.

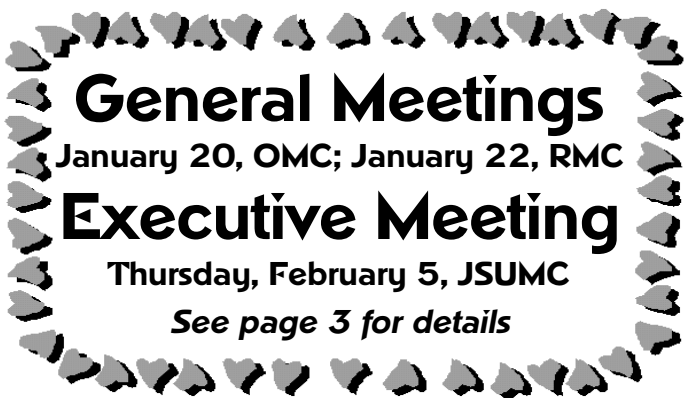
Please write check
for the TOTAL to:
The Mended Hearts, Inc.

Send to Chapter Treasurer:

Martin B. Brilliant
39 McCampbell Road
Holmdel, NJ 07733-2232

Hearts of Jersey Chapter #179
The Mended Hearts, Inc.
72 Newbury Road
Howell, NJ 07731

First Class Mail



General Meetings
January 20, OMC; January 22, RMC
Executive Meeting
Thursday, February 5, JSUMC
See page 3 for details

The Mended Hearts

is a support organization consisting of heart patients, their families, health professionals, and other interested persons. The focus of the organization is members visiting heart patients in hospitals as living examples of survival and recovery.



Not all members visit. Many contribute in other ways. YOU are invited to scan the list of officers and committees and let one of us know how you can help.

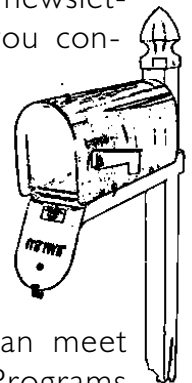
Your Last Issue?

If you are a member, the national office will send you a renewal notice three months in advance of your due date. You will receive the newsletter for a few extra months while you consider renewing.

If we visited you in the hospital, we will send you the newsletter for three months while you recover.

Whether or not you are a member, you and your family are invited to attend our meetings, where you can meet others who share your experience. Programs are selected to be of interest to heart patients.

Members receive this newsletter each month. There is an application form on the opposite side of this page.



Don't throw this copy away!

Please pass it along for someone else to read.