



The Jersey Heartbeat

Message from the President

March 2010

As I'm writing this I don't know yet how March will come in, whether it will be a lamb or lion. What I do know is I'm sick of snow. I lived for several years in the foothills of the Adirondack Mountains, real snow country. It was expected that the snow that came down in November was the last to leave in April. People lived with it and adjusted to it. There were times when the school busses were in line behind the snow plow, having a snow day off was most unusual. Teachers were expected to be in school on time and for the most they were.

Fast forward, more years than I would like to count and here I am in New Jersey where 2 inches of snow is a panic, more than that, everything

shuts down. I have to admit even I don't like 3 feet of snow, they tell me we're setting a record, I would be happier not being a part of that kind of record.

For the first time we had to cancel a Mended Hearts meeting. We notified the 800-number staff, and anyone that had been registered should have received a telephone call notifying them of the cancellation. I also notified Anita in cardiac rehab of the cancellation in case anyone called her for information. I hope no one made the trip unnecessarily. Rule number one; always register for the monthly meeting.

On a much more serious note, a new study has elevated dark chocolate to *superfood* status. This information was reported in the Realage.com website and it describes three very important benefits.

March is Irish-American Heritage Month



A time to honor the achievements of our Irish immigrants and their descendants living in America.

Thank you, Bill Ryan!

smarter." Research suggests that the flavonols in dark chocolate increases cerebral blood flow. A new study shows that older adults performed better on cognitive tests after eating a small portion of the sweet stuff.

2. "*Chocolate weakens heart attacks.*" Although it is agreed that additional research is necessary, an early study indicates regular chocolate eaters with heart disease were less likely to die following a heart attack compared with people who don't treat themselves to the dark delicacy.

3. "*Chocolate has a cavity fighting compound.*" One of the compounds in chocolate, *theo-*

(Continued on page 2)

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1. "Chocolate makes you

President's Message

New Members

anonymous Feb 1
 Frank Galuppo Mar 2

Birthdays

Frederick Steelman Mar 11

Surgeries

Jack Beerman Mar 1
 Richard Biolsi Mar 1
 Gloria M. Corbo Mar 1
 Margaret De Santa Mar 1
 William J. Ryan Mar 1
 Eugene Murnane Mar 9
 Florence I. Williamson Mar 9
 John E. Kutz Mar 18
 Carolyn Averell Mar 25
 Martin B. Brilliant Mar 25

Visiting

January 2010:
 143 patients and
 78 family members
 visited

February 2010:
 79 patients and
 87 family members
 visited

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

Please contact the Treasurer.

All illustrations in this column from
 IMSI MasterClips CD © 1997 IMSI

(Continued from page 1)
 bromine, may be as effective as fluoride in hardening tooth enamel. It may be, in the future, toothpastes and mouthwashes will include this compound. Imagine dark chocolate flavored toothpaste. There is concern about item 3, chocolate contains a lot of sugar. Why else would it taste so good?

I received an action alert email from the American Heart Association describing a program that will help New Jersey residents make healthier choices eating out. I was reminded of the struggle we had a few years ago to eliminate smoking in restaurants and public places and how effective it is today. The healthier choices program is intended to support legislation that will require restaurants to provide nutrition conscious information. It's always helpful to know what's in the food you plan to order. It's also helpful to know how many calories seemingly healthy items contain. They used the example of the Honey bran raisin muffins that weigh in at 480 calories while a glazed doughnut was only 230 calories. If you'd like more information, you can contact the American Heart Association person leading this program at corinne.wisniewski@heart.org.

(Continued on page 10)

Mended Hearts Chapter # 179

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Leonard Talalai

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Meeting South

Tuesday, March 23
1:00 – 2:30 pm

Lisa Calabrese, R.N.,
Meridian Health
Community Outreach

Cholesterol—What Do the Numbers Mean?

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

A light lunch will be served

— Call for information —
— Please register —
I-800-DOCTORS

Meeting North

Thursday, March 25
12:00 – 1:00 pm

Viktoriya Fridman, R.Ph.,
Clinical Pharmacist Specialist

Understanding Blood Thinners

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

A light lunch will be served

— Call for information —
— Please register —
I-800-DOCTORS

Meeting Schedule

Even Months
(Feb., Apr., June,
Aug., Oct., Dec.)

**Jersey Shore University
Medical Center,
Neptune,**
fourth Thursday

Odd Months
(Jan., Mar., May,
July, Sept., Nov.)

Ocean Medical Center,
Brick, fourth Tuesday
and
**Riverview Medical
Center, Red Bank,**
fourth Thursday

Executive Meeting

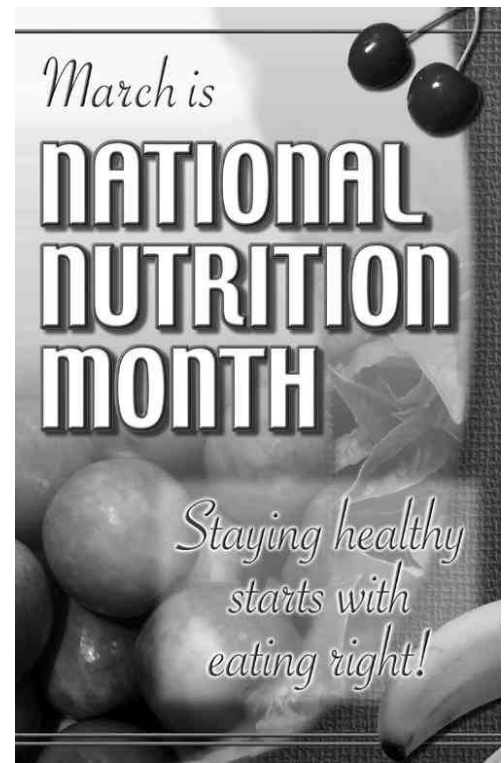
First Thursday
April 1, 1:30 PM

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

**Interested members are
invited to attend**

We Need

a **Secretary** to replace Lois Landis, our current Chapter Secretary. Lois has been patiently serving for far longer than we have a right to ask of her. We have candidates for the other officer positions, and we have a lead on a Program Chairman, but we still need a Secretary. Write yourself (or a willing candidate) in on the ballot. Questions? Ask someone in the list on page 2.



Graphic © Pages Editorial Service, Inc.

The CHF Corner

*Kimberly McCourt
Nurse Practitioner
Coordinator,
Heart Failure
Center, JSUMC*

Pathophysiology: *the set of changes caused in a person by a disease.*

Vasoconstrictor: *Narrows the blood vessels; raises blood pressure and makes the heart work harder.*

Renin: *Enzyme in the blood that changes angiotensin to angiotensin I. Angiotensin I can be changed to angiotensin II which is not good for heart failure patients.*

Aldosterone: *A steroid hormone that regulates salt and water balance in the body. Too much is a bad thing in the heart failure patient.*

Edema: *Abnormal accumulation of fluid in body tissue causing swelling.*

Remodeling: *The left ventricle of the heart enlarges and changes shape, getting rounder. The heart also undergoes changes at the cell level further weakening it.*

People who have heart failure may have heard their health care providers tell them “we need to stop this vicious cycle.” Then they change or add specific medications and order a low salt diet.

What does this all mean? What is this “vicious cycle?” We will explain in this issue of the CHF corner.

To begin we need to start with the basics, technically called pathophysiology, the changes caused by a disease.

There are many causes of Heart Failure (HF), but no matter what the reason, the same series of events almost always takes place:

- When the heart is damaged, it pumps out less blood, which fires up the nervous system.
- Lower blood flow through the kidneys causes release of chemicals called renin and angiotensin II.
- Angiotensin II is a very strong vasoconstrictor. It causes the body to retain salt and water, which causes the body to produce a substance called aldosterone.
- The extra aldosterone makes the body retain salt and water even more, which leads to edema (swelling).

At first, these reactions by the body are actually a good thing. Retaining salt and water increases the pressure in the heart, allowing it to beat stronger. Epinephrine (adrenaline) levels increase which increases the heart rate. Again, this is good at first, since it helps the heart keep up with the body’s demand for blood.

Heart Failure begins when these responses continue to occur over any length of time. The heart is working much harder than it is designed to, and it begins to wear out, getting weaker. This is known as cardiac remodeling. You want to remodel your kitchen, but you definitely don’t want to remodel your heart.

This is the standard concept of HF’s vicious cycle. When you have HF you need to prevent this chain of events by taking specific heart failure medicines such as ACE Inhibitors (enalapril, altace lisinopril), Beta Blockers (coreg, metoprolol, and toprol), Diuretics (lasix, bumex, and demadex), aldosterone inhibitors (inspra, spironalactone).

These medicines, along with a 2gm low salt diet and sometimes restricted fluid intake, will help to prevent the triggering of “the vicious cycle” preventing fluid retention and HF exacerbation.

Recipe next page

Roasted Red Peppers and Portobello Mushrooms

Olive oil spray

6 medium red bell peppers

4 medium Portobello mushrooms stems removed

Olive oil spray

1/4 cup plain rice vinegar

2 tsp sugar or to taste

Spray broiling pan or grill rack with olive oil spray. Broil peppers 3-4 inches from heat on broiling rack or grill until almost completely black turning peppers to char evenly. Remove from heat place in bowl and cover with saran wrap for 1/2 hour. Slice peppers in half and remove stems, seeds, and veins. Gently peel skin off using fingers or rubbing between paper towels. Discard skin. Slice roasted peppers to desired thickness and place in a large bowl. Set aside.

Spray mushrooms with olive oil spray. Spray broiling pan or grill rack with olive oil spray. Heat pan for several minutes over medium-high heat. Grill mushrooms for about 30 minutes, or until meaty and juicy. Slice mushrooms to desired thickness and add to sliced peppers. In a small bowl, whisk together vinegar and sugar until sugar has dissolved. Pour over vegetables: stir gently. Serve at room temperature.

This recipe has only 2 mg of sodium, 26 calories, 6 gm carbohydrate and 0 mg of cholesterol. It serves 12 half-cup servings. ♡

Graphic from IMSI MasterClips CD © 1997 IMSI

Our World Wide Web Presence

We've had a chapter website since December 2004. You know what that means if you use a computer; you're missing something if you don't.

The web address is at the bottom of each inside page, including this one. If you haven't done so already, type the address into your web browser, and see what we have.

The website is a resource for our members. The meetings page tells where we meet and announces upcoming meetings. Another page describes our visiting program. Our monthly newsletter is on the website in PDF format, which looks like the print edition. A web edition of the newsletter,

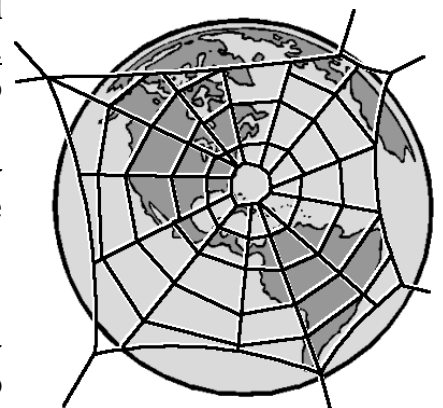
with illustrations in color and each article complete on one page, has been there since July of 2006. Both editions are usually online before the print edition is mailed. Back issues are kept for at least a year.

The website also helps bring in new members. The national Mended Hearts website, at www.mendedhearts.org, has links to chapter websites, including ours, and our website has a membership application form and a page with contact information.

Our chapter is the only one in New Jersey with a website, but that's about to change: Chapter 56, Morris County, will have one soon. Congratulations, Chapter 56! ♡

Martin
Brilliant

Your newsletter editor
created and maintains
the chapter website.



The World Wide Web(?)

Graphic adapted from IMSI
MasterClips CD © 1997 IMSI

Candidates for Chapter Elections

Martin
Brilliant



Illustration from IMSI MasterClips
CD © 1997 IMSI

Elections for chapter officers are proceeding according to schedule—almost. Nominations are officially closed and ballots are being prepared for mailing. The catch is—we have nominees for only three of our four elected officer positions.

Here are the candidates we have:

- **President: Matthew M. Klug.** Matt is a retired operations shift supervisor and has many interests, including surfing, history, canoeing, computers, ocean, camping, etc. In his job he has been of service cleaning the environment and he wants to continue to be of service. He would like to reach more people, help more people, and get more people active.

- **Vice President: Frederick Steelman.** Rick owns a tutoring service in Brielle and his interests include biking, sports and art. He says Mended Hearts is a worthwhile organization and he wants to give something back.

- **Treasurer: Neil Paulsen.** Neil is a retired Certified Public Accountant (CPA) who likes woodworking, travel, and fishing. He wants to help an organization that helps other people, and he finds visiting rewarding.

We don't have a candidate for Secretary. We're hoping for a write-in. If you know anybody who would do the job, such as yourself, please (pretty please!) write the name in the space provided on the ballot. ♡

Slow and Mindful Eating

Martin
Brilliant

Eating mindfully doesn't always lead to eating less. I look at my food, I smell it, I taste it, I feel it, I listen to it, I like it! I want more!

Obesity is a risk factor for heart disease, and for diabetes, which is itself a risk factor for heart disease. It's caused by eating too much. The problem is how to eat less.

Slow eating was the topic of an article in *The New York Times* late last month. The article cited three studies showing that eating ice cream in 30 minutes instead of 5 released more hormones that make people feel full; that people consume about 10 percent less calories

when they eat slowly; and that fast eaters have triple the risk of obesity. It can't hurt, the article concluded, to slow down and savor your meals.

Savoring your meals is the essence of "mindful eating" which was discussed in *The Washington Post* last December. Sit down when you're eating, use a plate for everything, use all your senses to explore every bite and experience it fully, and leave reminders, like candy wrappers and empty wineglasses, of what you've eaten. ♡

Heart Health Items from *Pages*

CHOCOLATE LOVERS REJOICE

A U.S. and Swedish study shows that heart-attack patients who had eaten chocolate at least twice a week during the year prior to hospitalization were 66 percent less likely to die.

The higher the cocoa content in chocolate, the greater the protection. In the United States, milk chocolate has 10 percent cocoa content; dark chocolate has 15 percent. In Sweden, it's 25 percent for milk chocolate, 35 percent for dark.

PREVENT HEART PROBLEMS, DIABETES, MORE

Being just "a little more fit" improves longevity, quality of life .
What have you done recently to improve your fitness level?

You might think that because you have exercised off and on throughout your life that you are in pretty good shape. Don't rest on your laurels.

An extensive study by a New Zealand university, cooperating with Stanford in the United States, shows that overall exercise habits during adult life didn't matter very much when it came to current fitness levels.

Recent activity, during the last 16 weeks, was more important.

The doctors followed several thousand mid-

NO MORE THAN 5 TO 9 TEASPOONS A DAY

The American Heart Association recommends cutting back on sugar.

The heavier you are, the more work your heart has to do. That's one reason why the American Heart Association is looking for the causes of weight gain and obesity.

At this time, they are focusing on sugar. It is one of the

main culprits in the rising obesity rates in the United States. The association wants everyone to cut way back on added sugar in their diets.

For the first time since 2006, it is presenting new guidelines that recommend sugars added in processing, cooking or at the table total no more than 100 calories a day for women and 150 calories a day for men. That's five to nine teaspoons.

By the end of the study, those who were most fit were the least likely to have died or develop a life-threatening disease. No surprise there.

What did surprise the researchers was the improved outlook between the least fit and those on the next level. They discovered that being just a little more physically active was associated with a big improvement.

At any level, especially the least-fit category, moving up just one more will make a big difference in your life.

Add a little more activity to your day for the next four months and you could prevent a heart attack, diabetes and other serious conditions.

It's a drastic reduction from the 22 teaspoons per day in the present American diet, which is a total of 355 calories. The amount of sugar in the American diet has increased by 19 percent since 1970.

One can of non-diet soda can put a woman over the limit. Sweetened drinks are the main cause of increased sugar consumption since 1970.

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*Reprinted
from Pages
Magazine*

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*Pages Magazine is an
online resource for
newsletter editors*

Avandia— Heating and Cooling the Quarrel

Information from
The New York Times,
theheart.org and
medicalnewstoday.com

Actos (rosiglitazone) and Avandia (pioglitazone) are two drugs in the class called thiazolidinediones (TZDs) used to lower blood sugar in patients with diabetes. Studies have found that Avandia, but not Actos, increases the risk of heart attack and heart failure.

The New York Times reported last month that a “fierce debate” is going on in the Food and Drug Administration (FDA) between some officials who want Avandia pulled from the market and others who

say the studies are contradictory and inconclusive. The Senate Finance Committee released a report last month criticizing GlaxoSmith-Kline and the FDA for failing to warn patients of the risk.

Then the American Heart Association and the American College of Cardiology jointly issued an advisory, saying the data is inconclusive. It said the first choice drug should be metformin, and if a TZD is used it should not be expected to lower heart risk. ❤️

Black Mothers Risk Heart Weakening

Information from
medpagetoday.com and
medicalnewstoday.com

Blood volume increases about 50 percent during pregnancy to provide for the placenta and the fetus. In the month before or a few months after childbirth the increased stress on the heart can cause a rare condition called *peripartum cardiomyopathy*, in which the heart becomes stiff and enlarged and can't pump effectively. About half the patients recover spontaneously but some

cases are fatal.

A small study in a hospital in Georgia found that the number of cases per 100,000 pregnancies was 24 for non-blacks but 340 for African-Americans. Other risk factors didn't account for the racial disparity. African-American women are also at higher risk for *preeclampsia*, a dangerous blood pressure rise late in pregnancy. ❤️

No Rebound After Stopping Plavix

Information from
medpagetoday.com and
medicalnewstoday.com

Recent articles in these pages have looked at how long Plavix (clopidogrel) should be continued after a drug coated stent is implanted. The consensus now seems to be that one year is enough, and the focus now is on how, not when, the drug should be discontinued.

Previous studies found cardiac events to be more likely right after stopping Plavix, suggesting a “rebound” in the tendency to form blood clots that could cause heart

attacks. A small study of 69 patients in Germany, published last month, randomly assigned 69 patients to either continue for four more weeks or taper the dosage off during that time, and the peak platelet aggregation (clumping) was measured during the next four weeks.

There was no significant difference between the two groups. The results suggest that tapering off the dosage is unnecessary. ❤️

For the last quarter century researchers have been trying to make use of a puzzling phenomenon called *ischemic conditioning*. Depriving an organ of oxygen for brief periods can protect it against damage from later prolonged deprivation. Patients suffer less damage from heart attack if they have had a previous heart attack. Oxygen deprivation in one part of the body can even protect other parts.

In a study in Denmark reported last month, heart attack victims were randomly assigned to have standard care during transport to the hospital, or to have a blood

A report by the Institute of Medicine (IOM) calls high blood pressure a “neglected disease” that should be treated, not as a problem for individual patients, but as a public health issue requiring action at all levels of government. The American Heart Association praised the report; the Salt Institute panned it.

A large majority of people ingest too much sodium and not enough potassium. Patients skip blood pressure medications because of their

Physicians should tell patients over 40 their global risk for coronary artery disease, and use it to kick off health discussions, according to American Heart Association guidelines. But there is little evidence of how effective that is.

A recent review of 20 previous articles found that telling patients several times is more effective than telling them once, adding education is even more effective, and adding counseling to education makes it

pressure cuff inflated to stop blood flow in one arm four times for 5 minutes each time. Patients treated with the cuff had significantly less heart damage, especially when a coronary artery was completely occluded or the LAD (left anterior descending) artery was affected.

Another article published last month reported progress in studying the *mitochondrial ATP-sensitive potassium channel*, or mKATP, believed to be active in ischemic conditioning. The goal is to protect the heart chemically without actual oxygen deprivation. ❤️

high cost. Physicians don’t consistently follow guidelines for blood pressure screening and treatment.

Population-wide reduction in salt is named as a priority. Most salt is added in food processing before consumers even see the food. A combination of sodium and potassium chloride could reduce sodium while increasing potassium. Another priority is lowering the cost of medications for hypertension. ❤️

still more effective. The differences are small but significant.

Editor’s note: physicians are quick to blame the patient for failing to comply with treatment, but it might be time for patients to blame the physicians. Patients have other concerns besides their disease risk and are seldom eager to break old habits. Physicians should understand this and make a greater effort, for the sake of the patient’s health, to deliver the message. ❤️

A Simple Arm Cuff Lessens Heart Damage

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

Hypertension a Neglected Disease

Information from
theheart.org and
medpagetoday.com

Say It Again!

Information from
theheart.org

Heart Health Items from *Pages*

(Continued from page 7)

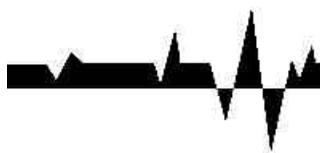
D2B (DOOR TO BALLOON) EFFORT

In heart attacks, doctors knew for many years that clearing clogged arteries within 90 minutes saves lives. But only half of heart attack patients were treated with angioplasty in that time frame.

Angioplasty involves inflating a narrow balloon in the clogged blood vessel to clear it. A heart deprived of blood by a blood clot soon begins to die.

In 2006, American College of Cardiology and 38 other groups started the campaign to improve treatment times.

The Journal of the American College of Cardiology now reports that nearly 80 percent of heart attack patients get angioplasty within 90 minutes. They want to drive the time down more, down so far that all damage is prevented and it's as if there were never a heart attack. ♡



Graphic from IMSI MasterClips CD © 1997 IMSI

President's *Message*

(Continued from page 2)

We found an interesting new book in the library, another one of those that it is better to borrow than buy. *Food Rules* written by Michael Pollan is a small paperback listing 64 rules to follow for healthy eating. In the introduction, the author identifies the people that should be paying attention to what they eat: most of us who eat the so-called Western diet. This is a diet consisting of mostly processed foods. Some of the results of this diet are: obesity, type 2 diabetes, cardiovascular disease and cancer. It is the author's contention that by following the rules you can live a healthier life. I picked five of the rules to follow; number

19 states, "If it came from a plant, eat it; if it was made in a plant don't." Rule number 20 states, "It's not food if it arrives through the window of your car." Rule 36 tells us "Don't eat breakfast cereals that changed the color of the milk," rule 49 states, "Eat slowly"; a suggestion in this rule is to put your fork down between bites. Rule 64 is one we can all live with: "break the rules once in a while." This is a book that's worth the trip to the library.

Don't forget March 17 is St. Patrick's Day, ERIN GO BRAGH!

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



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

Date of Birth _____ Retired Yes No
 Vocation _____
 Interests _____
 Are you a: Physician RN Health Admin
 Other health professional Caregiver (not professional)
 Heart patient? Date of Surgery/Treatment _____

Please let us list your name and dates on page 2: enter one date (month/day/year) above and initial here _____.

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

THE OTHER MEMBER

Date of Birth _____ Retired Yes No
 Vocation _____
 Interests _____
 Are you a: Physician RN Health Admin
 Other health professional Caregiver (not professional)
 Heart patient? Date of Surgery/Treatment _____

Please let us list your name and dates on page 2: enter one date (month/day/year) above and initial here _____.

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

Individual: \$ 22.00
Family: \$ 29.00

National Life Membership

First Year Renewal*

\$ 155.00 \$ 5.00
 \$ 215.00 \$ 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 six weeks 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
March 23, OMC; March 25, RMC
Executive Meeting
Thursday, April 1, 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.

Graphic from IMSI Masterclips CD © 1996 IMSI

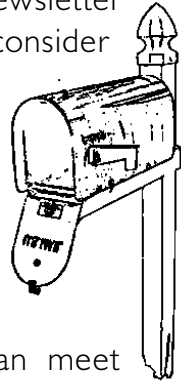
Your Last Issue?

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.

Graphic from a photo by Martin Brilliant