

The Jersey Heartbeat



Message from the President

May 2009

When I was in the process of planning the president's message for April 2009 I determined to identify and specifically thank our heart patient visitors, I had no idea that wheels were already in motion. I should mention that in order to be a Mended Hearts patient visitor a person must be an active member of the organization and a trained hospital volunteer. It is necessary to keep this in mind to protect patient security and follow HIPAA regulations.

It came as a complete surprise to learn that Nurse Mary Henderson and Volunteer Director Dennis Broschart had nominated chapter 179 Mended Hearts visitors and several volunteer support staff to be considered for the prestigious JSUMC Orion award. The details you will find on page 7. I am proud to be in the company of these people.

Thank you JSUMC Family for this recognition.

In late April a heat wave brought a lot of people to the beach and to a casual observer it looks like the round bellies of the world are taking over. Mind you, I say casual observer, the short walk on the boardwalk in the sun was enough for me to go running back to a study reported April 21 in *The New York Times*. The article was direct and to the point because the study was 27 pages long and titled "Risks: Waist Size Strongly Tied to Heart Disease." The Times reporter in a five paragraph summary described the results of a seven-year study of 80,360 men and women ages 45 to 83 that ended in 2004. The researchers measured waist size, waist-to-hip ratio, waist-to-height ratio and BMI or body mass index. The bottom line is a 4-inch increase in waist size was associated with about 15% increase in risk for heart disease. The

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lead author Emily B. Levitan, ScD, is quoted as saying "But what we really found is that excess weight no matter how you measure it is associated with increased risk."

So now you're saying to yourself "but I'm trying to lose weight and it's not an easy thing to do." I agree but I have an idea for you. I read a column in USA WEEKEND (April 24-26) that suggests that sometimes we eat because it feels good not because we need food. A good way to overcome the urge to be an emotional eater is to keep a Food Journal. Start the record keeping with breakfast and record everything you eat during the

(Continued on page 2)



MEMORIAL DAY MAY 25, 2009

President's Message

(Continued from page 1)
day both at meals and snacking times. You might find you're eating out of habit and snacking out of this world. I've lost 15 pounds in the last two years and kept it off. You can do it for your heart.

While were talking about things that are good for your heart—how long has it been since you took your pulse both resting and exercising? I think I can hear some of you saying, "you want me to take my own pulse" or perhaps "that's for the doctor to do" and the answer is yes on both counts. It's easy to do, sit quietly for about five minutes, turn your right hand with the palm up. Slide your left hand index and middle fingers down the along the thumb to a point about an inch from your wrist. You will find a little hollow and feel a little thump. Count the number of thumps for 15 seconds and multiplying by four will give you the resting heart rate for one minute. The most common question at this point is how many should there be. Something between 40 and 80 is nice particularly if it is a nice smooth, consistent thump. When you're exercising the American Heart Association recommends approximately 20 beats above resting. Naturally medications and other conditions may affect the

(Continued on page 10)

New Members

No new members last month



Birthdays

- | | |
|----------------------|--------|
| Maxine G. Langbein | May 15 |
| Gloria M. Corbo | May 18 |
| Laurence C. McNamara | May 19 |
| Christopher Frost | May 23 |
| Leonard Talalai | May 24 |



Surgiversaries

- | | |
|-----------------------|--------|
| Beverly Baum-Philback | May 1 |
| Barbara A. Wood | May 1 |
| Eileen Downing | May 30 |



Visiting

April 2009:
133 patients and
68 family members
visited



*If you want to be listed here, or would rather not be....
Please contact the Treasurer.*

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Mended Hearts Chapter # 179

Officers

President

Bill Ryan

732-367-3648

drbillryan86@alum.rpi.edu

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Newsletter and Webmaster

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Nominations

Rita and Jack Beerman

732-714-1040

Public Relations

Frances Grubb

732-462-9750

Visiting and Visitor Training

Leonard Talalai

732-935-9825

Meeting North

Thursday, May 28
12:00 – 1:00 pm

James Hode, RPH

**Anticoagulant Therapy
and Drug Interactions**
(Coumadin complications)

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

A light lunch will be served

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

Meeting South

Tuesday, May 26
1:00 – 2:30 pm

Debra Shar, RN,
Health Educator,
Community Outreach

Sleep Well—Live Well

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

Refreshments will be served

— **Call for information** —
— **Please register** —
1-800-DOCTORS

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

Executive Meeting

First Thursday
June 4, 1:30 PM

Conference Room
4th Floor Ackerman

**Jersey Shore University
Medical Center, Neptune**

*Interested members are
invited to attend*



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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.

Congestive Heart Failure

Marilyn S.
Radke, M.D.

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NARFE magazine, National
Active and Retired Federal
Employees Association,
www.narfe.org.



Congestive heart failure (CHF) is the number one reason for hospital visits in people age 65 and older. In CHF, the heart cannot fill with enough blood or pump with enough force, or both.

There are two types of CHF, and most cases involve both types:

1. Right-sided (diastolic): The heart cannot fill with enough blood and pump it to the lungs to pick up oxygen. Fluid may build up in the feet, ankles, legs, liver, abdomen and veins in the neck

2. Left-sided (systolic): The heart cannot pump enough oxygen-rich blood to the body.

The most common causes of CHF are coronary artery disease (in which fatty deposits block blood flow to heart muscle), high blood pressure and diabetes. Heart muscle diseases and defects, heart valve disorders and irregular heartbeats (arrhythmias) can cause CHF. Radiation treatment, chemotherapy, thyroid disorders, HIV / AIDS, alcohol abuse, illegal drugs (cocaine) and too much vitamin E can damage heart muscle and cause CHF. Obstructive sleep apnea can make CHF worse.

The signs and symptoms of CHF include:

- Shortness of breath or trouble breathing;
- Fatigue
- Swelling in the ankles, feet, legs, abdomen and veins of the neck;
- Weight gain;
- Frequent urination; and
- Cough that is worse at night and when lying down.

A combination of methods is used to diagnose CHF, including medical and family histories; and a physical examination and tests, including electrocardiogram, chest X-ray and a BNP blood test that measures the level of a hormone that rises during heart failure. If initial testing indicates CHF, you may be referred to a cardiologist (heart specialist) for further testing, diagnosis and treatment.

Although there is no cure for CHF, therapy can reduce symptoms and prevent CHF from getting worse, improve quality of life and increase your life span, and treat the cause (coronary artery disease, high blood pressure, diabetes). Treatment plans involve:

- Healthful eating: less salt, fat and cholesterol, and enough potassium (found in bananas, strawberries, raisins, beets and greens);
- Staying active;
- Maintaining a healthy weight;

*Thanks to chapter
member James Ellis for
sending us this article.*

Graphic from IMSI MasterClips CD
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- Avoiding tobacco and illegal drugs;
- Getting enough sleep; and
- Taking medication.

The main medications for treating CHF include digoxin, which makes the heart beat stronger, and the following medications that lower blood pressure:

- Diuretics (water or fluid pills): reduce fluid buildup and swelling;
- Beta blockers: slow heart rate;
- ACE inhibitors: may reduce risk of heart attack;
- Aldosterone antagonists: reduce volume of blood that the heart must pump;
- Angiotensin receptor blockers: relax blood vessels; and
- Isosorbide dinitrate / hydralazine hydrochloride: shown to help African Americans.

Extra oxygen may be needed if breathing difficulty is not relieved by medications.

As CHF worsens, some people may need a pacemaker to help both sides of the heart contract at the same time and an implantable cardioverter defibrillator to correct heart rhythm. People who have CHF at rest may need a mechanical heart pump or a heart transplant.

If your heart is healthy, do the following to prevent heart disease and CHF:

- Follow a diet that is high in fruits, vegetables, whole grains, low-fat dairy products and lean meat; and follow a diet that is low in salt, fat, saturated fat, trans

THE MOST common causes of congestive heart failure are coronary artery disease, high blood pressure and diabetes.

fat and cholesterol, for example. the Therapeutic Lifestyle Changes (TLC) diet and the Dietary Approaches to Stop Hypertension (DASH) eating plan, both developed by the National Heart, Lung, and Blood Institute of the National Institutes of Health.

- Avoid tobacco, second hand smoke and illegal drugs;
- Maintain a healthy weight; and
- Get 30 minutes of physical activity daily.

If you are obese or have coronary artery disease, high blood pressure or diabetes, follow the steps above and add the following:

- Get treatment and control any conditions that cause CHF;
- Avoid drinking alcohol; and
- Visit your doctor for regular follow-up care.

If you have CHF, follow your treatment plan, avoid respiratory infections, and ask your doctor about getting flu and pneumonia vaccines.

Weigh yourself daily and report any sudden weight gain or loss to your doctor because either one may signal a need to adjust your treatment.

If you feel depressed from coping with CHF, ask your doctor about treatment to improve your outlook.

Take steps to prevent CHF, or to treat CHF if you have it, and stay healthier longer. ❤️

To Learn More

For more information, write to the National Heart, Lung, and Blood Institute Health Information Center, P.O. Box 30105, Bethesda, MD 20824-0105; or call 301-592-8573 (TTY 240-629-3255); or visit the Web site at www.nhlbi.nih.gov.

Marilyn S. Radke, M.D., is board certified in preventive medicine and practices in Atlanta, GA.

April Meeting at JSUMC

*Martin
Brilliant*



Our guest speaker,
Tonya Greenwood

Photo by Martin Brilliant

Our speaker introduced herself as E. Tonya Greenwood, a Project Outreach Coordinator with Community Outreach, a part of Meridian Corporate. What they do is go into the community and do health education.

Everybody can laugh, she explained, because laughter is inherent, but not everybody has a sense of humor, because it's acquired.

Tonya gave us some exercises. For one, we just laughed for ten seconds—twice. Laughter is good exercise, she said; it releases endorphins, which make you feel better.

For another, we read an alphabet aloud. It's repro-

duced below. It didn't seem funny when we first read it, but read it over, find yourself in it, and laugh at yourself.

A joke is not always appropriate; you need to know where the other person is. You don't laugh at anyone or anything. You can laugh at yourself or with people. Or you can just laugh. Laughter is catching.

Laughter is the Best Medicine

Told by a nun: two potatoes sit on a curb; which is the prostitute? The one that says "I da ho'."

When you have a challenge—don't call it a problem—you get through, or around, or over it, don't stay in it, and laughter is the best thing to get you out of it. ♥

<p>A's for arthritis; B's the bad back, C's the chest pains, Perhaps car-d-ac? D is for dental decay and decline, E is for eyesight, can't read that top line! F is for fissures and fluid retention, G is for gas which we'd rather not mention. H high blood pressure— We'd rather it low; I for incisions with scars you can show J is for joints, out of socket, won't mend, K is for knees that crack</p>	<p>when they bend. L's for libido, what happened to sex? M is for memory; we forget what comes next. N is neuralgia, in nerves way down low; O is for osteo, bones that don't grow! P for prescriptions. We have quite a fiew, Just give us a pill and we'll be good as new! Q is for queasy, is it fatal or flu? R is for reflux, one meal turns to two. S is for sleepless nights, counting our fears,</p>	<p>T is for Tinnitus; bells in our ears! U is for urinary; troubles with flow; V for vertigo, that's 'dizzy,' you know. W is for worry, NOW what's going 'round? X is for X-ray, and what might be found. Y for another year we are left here behind, Z is for zest WE still have—in our minds. We've survived all the symptoms, our body's deployed, and We're keeping twenty-six doctors fully employed.</p>
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Chapter Wins Orion Award

Mended Hearts Chapter 179/JSUMC Volunteers—nominated by Mary Henderson, RN, Cardiac Rehabilitation and Dennis Broschart, Manager, Volunteer Services.

Mended hearts, a national organization affiliated with the American Heart Association, provides support to patients and family members that are dealing with heart disease. The volunteers in the Mended Hearts are people with heart disease, their spouses, family members, medical professionals, and other interested individuals. Through their own personal experiences with heart disease, they will assist and support other heart patients and their families. Mended heart volunteers are available to visit cardiac patients during their hospital stay or by phone at home. Here at Jersey Shore University Medical Center, we are proud of our own Mended Hearts Chapter 179 for providing the personal support necessary to continue a heart patient on their path toward a healthy lifestyle once hospital rehabilitation is complete.

The chapter has been active for ten years with a current membership of 141 people. Meetings are held monthly with professional guest speakers offering heart-healthy advice.

However, the most important function of Chapter 179 is the visiting program that offers support to heart patients and their families. The most recent statistic, from 2008, lists 11 accredited visitors having made 1745 visits. In 2005, the program consisted of 8 accredited visitors and made 1318 visits. They also publish a 12 page monthly news letter and it is distributed to members, patients, the fitness centers throughout the Meridian system and local Cardiology offices. They also have a website, <http://heartsofjersey.org/>; it offers internet access to Chapter officers, a 12 month file of the Newsletters and information about the chapter.

The Volunteer Services department and the staff of the Cardiopulmonary Rehab. department proudly nominate each vital member of Mended Hearts Chapter 179 and their Cardiology department volunteer assistants for the Orion Award. They have all made the ultimate expression of generosity. Not only have they given us their time, effort, expertise, and wisdom, they have given us a level of commitment and brilliantly impassioned team work that advances Meridian Health's Brand Promise. We strongly believe they are one of our Best Teams and thus most worthy of our Orion Award!

Orion Awards are given by Meridian Health to teams whose members have gone beyond the call of duty to provide service. The award to our chapter was one of eight announced on April 22 at Jersey Shore University Medical Center, and was presented to chapter volunteers on April 23 at the twenty-third annual luncheon honoring JSUMC volunteers and the James F. Ackerman Federation. This is the citation in the listing of award winners.



The Orion Award pin

Heart News and Notes *Martin Brilliant*

Helping Hearts to Heal Themselves

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

Last month saw a lot of studies related to the idea that hearts can heal themselves.

A study at Karolinska Institutet in Sweden measured the amount of carbon-14 in heart muscle cells. Because carbon-14 in the atmosphere spiked after cold war A-bomb tests, the amount contained in DNA depends on when the cell was formed. The study found that heart muscle cells are replaced at about one percent per year at age 25, slowing to about 0.45 percent at 75.


Several studies featured stem cells. Preliminary results from one study found that injecting stem cells released from a patient's own bone marrow into heart muscle could relieve pain and improve exercise tolerance in severe intractable angina. Another found that treating a coronary artery with stem cells after heart attack and stenting resulted in improved blood flow. Still another, working with mice, found that treatment with stem cells, along with drugs to home the stem cells to where they're needed, led to the formation of new arteries after heart attack.

In another study that reported success in animals and is now starting clinical trials, injecting a

bioresorbable gel called B-1040 into damaged heart muscle provided temporary support for tissue repair. It doesn't regenerate muscle but it results in a better functioning scar.

Another mouse study found that mice born without the enzyme GSNOR had more than the usual number of arteries and were immune to heart attack. If a coronary artery was blocked, blood went around the blockage. A different mouse study found that the protein TB-4, which is produced during embryonic development, could induce repair and regeneration in adult mice after heart attack.


Natural pacemaker activity is the subject of another ongoing study. Heart attacks can damage the heart's internal pacemaker system, and the usual treatment is to implant an artificial pacemaker. The researchers, currently working with rats, are looking into genes that appear to improve the functioning of a damaged natural pacemaker.

All these results are preliminary, but they suggest that there may eventually be new ways to help a damaged heart to heal itself. 

Black Tea

Information from
medicalnewstoday.com

Research sponsored by the Lipton Institute of Tea found that the flavonoids in a cup a day of commercially available black tea can lower blood pressure and improve arterial elasticity, suggesting

that tea might help prevent cardiovascular disease. Tea is the second most consumed drink in the world, after water, and is a major source of flavonoids in the diet. 

Non-steroidal anti-inflammatory drugs, commonly called NSAIDs, are a first-line treatment for arthritis pain as well as pain from other causes. But they carry serious gastrointestinal (GI) risks (i.e., stomach and gut inflammation) and cardiovascular (CV) risks (e.g., heart attack).

A panel of experts convened by the Canadian Association of Gastroenterology voted on questions that led to an algorithm for

Current guidelines recommend that heart patients who take Plavix (clopidogrel) to prevent blood clots after stenting should also take PPIs (proton pump inhibitors, long-acting antacids such as Nexium and Prevacid).

PPIs inhibit GI bleeding due to Plavix by reducing stomach acid. But (as we noted two months ago in these pages) PPIs can interfere

Lipoic acid is a powerful antioxidant found in small amounts in red meats and green leafy vegetables. Fed to rats as a dietary supplement, in a study published late in March, it lowered their triglycerides by an astounding 60 percent.

The researchers found that its mode of action is different from that of fibrate drugs used for the same purpose. Lipoic acid has already been used as a dietary supplement and is known to be safe.

NSAID use in patients with high CV or GI risk, assuming that patients at high CV risk take aspirin:

- Low risks: use NSAIDs.
- High CV risk: use naproxen.
- High GI risk: use a COX-2 inhibitor and a PPI (see below).
- Both risks high: prioritize carefully.
- Use NSAIDs at as low a dose for as short a time as possible. ❤️

with Plavix by inhibiting conversion to its active metabolite.

A study published last month suggests that only one PPI, omeprazole (Prilosec) interferes with Plavix. Two other PPIs tested, esomeprazole (Nexium) and pantoprazole (Protonix) showed no interference. The researchers did not test lansoprazole (Prevacid). ❤️

Eprotrirome is an experimental thyroid hormone analog that targets receptors in the liver that regulate uptake of cholesterol. In a clinical trial on patients who were already taking statins, reported April 1 at the American College of Cardiology meeting, it lowered LDL (bad cholesterol) by an additional 25 percent. Other thyroid hormone analogs with similar effects have had serious side effects, but eprotrirome appears so far to be safe. ❤️

Pain Pill Protocols

Information from an Epocrates DocAlert® Message, sourced from Journal Watch

PPIs and Plavix

Information from theheart.org

New Paths to a Better Lipid Profile

Information from medicalnewstoday.com and medpagetoday.com

What our Secretary Does


*Martin
Brilliant,
with
Lois Landis*

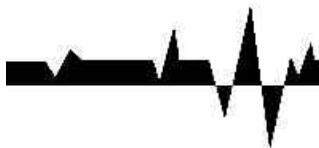
First of four articles.

Come what may, we will have elections next year for chapter officers. Our chapter has four elected officers and this month I will tell you what our secretary does. Our current secretary, Lois Landis, has exhausted her eligibility and is overdue for replacement. We need you to volunteer to run for election to replace her.

Lois attends the monthly executive board meetings and records and keeps the minutes of those meetings. In most chapters, the secretary also records the minutes of chapter meetings when business is conducted, helps with the annual report to national

Mended Hearts, and prepares correspondence. But in our chapter, these other tasks are done by other people, as I will explain in later articles.

Like all our elected officers, Lois also does things that are not part of the secretary's job. She helps as needed to fold and label the newsletters for mailing, she visits patients and their families, and she serves on the committee for the annual Celebration of the Heart. If you are elected secretary you won't necessarily do the same things, but you will be expected to do your share. So roll up your sleeves, so to speak, and pitch in. 



Graphic from IMSI MasterClips CD © 1997 IMSI

President's Message

(Continued from page 2)
pulse rate, and if you think you're having a problem, when you talk to your doctor and can describe the rate and regularity you're giving the doctor some information that may be helpful.

Finally some words of wisdom from Uncle John's Bathroom Reader (20th anniversary edition):

- The average speed of a horse-drawn carriage was 8 mph.
- The average speed of New York City traffic is 9.9 mph.

- There are twice as many kangaroos as people in Australia.

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

Next month we will have an evening meeting on Thursday, June 25. We expect Catherine Collins, VP of Planning at JSUMC, to report on the status of the new construction with a possibility of a tour of the new facilities. It's in the works and looks good. *WJR*



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

	<u>Annual Dues Payment</u>		<u>National Life Membership</u>	
	First Year	Renewal*	First Year	Renewal*
Individual:	\$ 22.00 <input type="checkbox"/>	\$ 17.00	\$ 155.00 <input type="checkbox"/>	\$ 5.00
Family:	\$ 29.00 <input type="checkbox"/>	\$ 22.00	\$ 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).

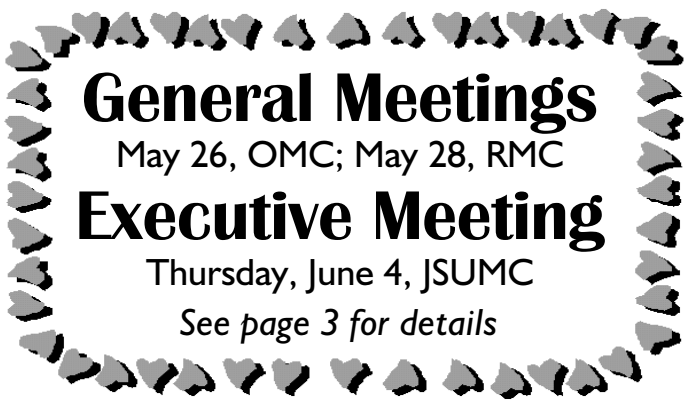
* Current members will receive a renewal notice in the mail from the national office each year three months before the renewal date. National Life Members pay chapter dues annually but will not pay any further national dues.

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



General Meetings

May 26, OMC; May 28, RMC

Executive Meeting

Thursday, June 4, 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.

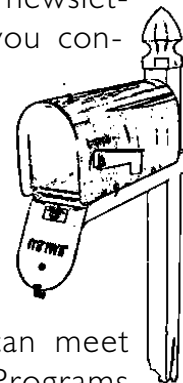
Your Last Issue?

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.