



Mended Hearts, Inc. Chapter #189 Columbia, S. C.

Dedicated to Inspiring Hope in Heart Disease Patients and Their Families

The Providence  Beat[®]



ay the grace of the Lord Jesus Christ,
and the love of God.

and the fellowship of the Holy Spirit
be with you. II Corinthians 13:14

*Praying the Father, Son,
and Holy Spirit
bless your Christmas
and your new year.*



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Guest Speaker

On November 11 our speaker was Dr. Keith Bridgers, Internal Medicine. He attended USC. While at school he worked part time at one of the local hospitals and became interested in medical research. Then moved to Boston for his medical training. He then did a Fellowship and taught. Later decided instead of doing research he would rather see patients.

Dr. Bridgers's topic was, "How to get the most out of your doctor's visit."

First and foremost you need a good relationship with your primary care physician. Each one needs to get well acquainted with the other.

His suggestions were:

1. Make a list before you go, including any new symptoms, medications including supplements. Why you are taking them, who prescribe them and how long you have been taken them.
2. List any visits to emergency rooms, hospitals and etc.
3. Know your medical history, allergies, and medicine you are allergic to.
4. Be honest.
5. Become an expert with your medical problems.
6. If necessary, bring a family member with you.
7. List your habits, like smoking, alcohol consumption, etc.
8. Bring your insurance information.
9. Carry the information of a contact person to call in case of an emergency.
10. Set follow up appointment.
11. Rank your list of questions.

Trusted Internet sights:

nihseniorhealth.com

webmd.com

drkoop.com

FDA./Approved

Quotes

People of character do the right thing, not because they think it will change the world but because they refuse to be changed by the world.

Michael Josephson

Hanukkah, Yesterday and Today

The story of Hanukkah begins in Greek-occupied Israel in the year 169 BC. King Antiochus and his soldiers entered the Temple of Solomon and despoiled all the holy vessels, including sacred olive oils used to light the Menorah, which was kept permanently lighted. Decrees were issued forbidding Jewish practices such as Sabbath observance. Even to profess that one was a Jew was punishable by death.

The high Priest Mattisyahu formed a band of guerrillas and fled to the hills, executing night raids on their tormentors. The revolution had begun.

Judah Maccabee, one of the greatest freedom fighters in Jewish history gathered an army. With God's help, he managed to defeat the enemy and recapture Jerusalem.

Upon re-entering the devastation that had been the Holy Temple, the victorious Jews searched for any sacred oil that might have remained sealed and usable. They found just one small flagon of oil. It was enough to burn for one day, but eight days were needed to prepare more oil suitable for this purpose.

The miracle of Hanukkah was that this tiny amount of oil burned in the gold Menorah, for eight full days, enabling the new kosher oil to be prepared in the meantime.

Today it is common for people to place their Hanukkah lights in the window for all to see. It is a joyous time when children are given gifts of money or small presents.

Those who practice Judaism play a game by spinning a top (dreidel) that has a different Hebrew letter on each side. The tradition began when Greeks forbade the study of the Torah. The people studied in small groups and quickly took out the dreidel if Greek soldiers came near.

SOURCE: *Pages*

The Providence Beat

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Providence Heart Institute

Visiting Chairman's Notes

PTCA Training: Gary Geddens



PTCA Visitors

Esther Bardos
 Gary Geddens
 Andy McMahon
 Jessie Robinson
Welcome back Andy McMahon as PTCA Visitor

Cardiac Rehab. Visitors

Mary Alice Akers
 John Boehme
 Roland Davis
 Gary Geddens
 Thomas Jenkins
 Andy McMahon
 Sandra Mays
 Jerry Pate
 Shirley Riley
 Guy White
 Tom Woods

Reward: "It's Great to be Alive and to help others!" — Call 736-5882

CSR Scheduling: Shirley Riley - CSR Training: Sandra Mays

CSR Visitors

Cindy and John Boehme	Sandra Mays
Maureen Cates	Jerry Pate
Roland Davis	Shirley Riley
Ted Evans*	Pat Robinson**
Adel Gabr	David Sarratt*
Ann Hassett*	Montague Thompson*
Thomas Jenkins	Guy White
Bill Malouche*	Tom Woods*
Debbie & Eddie Marlowe	

Welcome David Sarratt as a new CSR Visitor

*Also Telephone Visitor
 **Telephone Visitor Only

MI Visitors

Faye and Ray Efirid

VA Training: Montague Thompson

Dorn VA Visitor

Montague Thompson

Internet Training: Bill Malouche

Internet Visitors

Ted Evans	Shirley Riley
Bill Malouche	Tom Woods
Bert Parent	

In Training: Larry Polsley as CSR Visitor. Need: PTCA and MI Visitors. How about you?

We are dedicated to inspiring hope in heart disease patients and their families. Please join our outstanding team if you would like to help others who are being treated in Providence Heart Institute for a similar heart problem that you may have experienced. They need you! We do, too!

From the heart, Bill Malouche, Visiting Chairman

Cath Lab Visitors

John Boehme	Ann Hassatt
Roland Davis	Bill Malouche
Steve Deller	Sandra Mays
Ted Evans	Montague Thompson
Adel Gabr	Tom Woods

2007 Visits Summary

	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	2007 <u>YTD</u>	2006	2005
Prov. CSR	1011	879	884	925	872	794	886	822	861	766	671		9371	10566	12019
Prov. C. Rehab.	45	54	60	54	60	45	30	60	60	75	45		588	501	192
Prov. MI	25	21	30	0	39	25	79	86	54	53	38		450	503	467
Prov. PTCA	92	144	172	126	111	163	183	142	127	244	248		1752	2242	1562
Prov. C. Lab	106	86	182	232	199	341	340	234	129	191	152		2192	223	
Dorn VA CSR	73	62	69	41	63	60	31	21	0	0	0		420	957	932
M.H. Internet	6	4	4	6	15	19	12	33	0	16	5		120	161	111
TOTAL	1358	1250	1401	1384	1359	1447	1562	1398	1231	1345	1159		14893	15183	15283

Notes by Co-President David Jeffreys, PhD. work” (2 Timothy 3:16-17). That’s what Harry taught, that’s the way he lived, and that’s the Harry I remember fondly.

SOURCE: *The State*

Our chapter meetings begin at 6 p. m. with light refreshments and our speaker begins at 6:30 p. m. The address is 2701 Laurel street, classroom 3 (behind Providence Heart Institute).

The Lighter side

A husband and wife came for counseling after 25 years of marriage. When asked what the problem was, the wife spoke of neglect, loneliness, and feeling unloved.

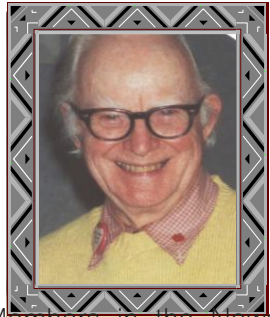
As she spoke, the therapist stood up, embraced her, and kissed her passionately. Then he turned to the husband and said “This is what your wife needs seven times a week. Can you do this?”

The husband thought for a moment and replied, “Well, Doc, I can drop her off here on Mondays and Wednesdays, but on the other days I play golf.”

A distraught elderly man called his doctor and asked, “Didn’t you say I will have to take this prescription for the rest of my life?”

“I’m afraid so,” said the doctor. The old man asked “well, how serious is it anyway? The prescription is marked no refills.”

SOURCE: *Pages*



Members in the News

In a letter to the editor in *The State*, **Stewart Mungo** was recognized and commended for his many charitable contributions over the years.

Stephen Deller has had another letter to editor published in *The State*.

Thanks to *The State* for publishing Bob McAlister’s excellent commentary Wednesday on the life of Harry Dent. He was indeed a remarkable and gifted man who touched many lives through Laity: Alive and Serving, the ministry he shared with his dear and devoted wife, Betty.

I still have an inscribed copy of the book and teaching outline Harry wrote and gave me 20 years ago titled *A Layman Looks Through The Bible For God’s Will*. His inscription included two verses from the Bible as a constant reminder to me that “All scripture is inspired by God and is profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good



The Mended Hearts, Inc.

National Office

Phone: (214) 706-1442

MEMBERSHIP APPLICATION

Member Information (please print or type)

Name _____
 Address _____
 City _____
 State/ZIP _____
 Family membership—name of spouse _____
 Names of other family members _____

Chapter 189 __ Member-At-Large _____
 Phone () _____
 DOB _____ Retired () Yes () No
 Vocation _____

Medical Information (Optional)

Name of Heart Patient _____
 Date of Surgery/Treatment _____
 Type of Surgery/Treatment

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

Chapter Officers

Co-President:	Faye Efirid-755-1954
Co-President:	David Jeffreys, PhD.-776-4025
Co-Vice President:	Mary Alice Akers-647-1317 Dora McGrew-787-7644
Secretary:	Pat Horton-749-1572
Treasurer:	Andy McMahon-754-9362
Immediate Past Co-President:	Ted Evans, Jr.-732-6211

Committees

Membership:	Mary Alice Akers-647-1317
Hospitality:	Gail Kucera-794-6954 Jessie Robinson-736-6589 Cecilia Mauney-438-7871
Fund Raising:	Andy McMahon-754-9362
Meeting Greeter:	Pat Horton-749-1572
Telephone Communications:	Eva May Smith-754-7144 Jessie Robinson-736-6589 Marie Thomas-735-9739 Mary Alice Akers-647-1317
Newsletter:	Faye and Ray Efirid-755-1954
Rosters:	Dora McGrew-787-7644
Web Page Coordinator:	Bert Parent-781-6898
Visiting Chairman:	Bill Malouche-736-5882
Visitor Trainer:	Bill Malouche-736-5882
VA Training:	Montague Thompson-776-7736
Sunshine:	Gwin White-731-4944
Archives:	Pat Horton-749-1572

You do not have to be a member of our chapter to attend meetings. We welcome everyone interested in providing help, encouragement, and support to heart event patients, their families, and friends. Even if you have a healthy heart, join us to learn how to keep it that way.

Chapter No. 189's Web Site

The Web site of Chapter 189 is up and running at www.provhosp.com/mendedhearts. Now members can stay abreast of Chapter activities (e.g., meetings and events). Potential members can learn more about Mended Hearts and join the Chapter. Heart patients can link to other Web sites to research topics like heart disease, prescription drugs, rehabilitation, and much more. The site also shows our monthly visit statistics. There are links to the Providence Hospital, National Mended Hearts, and the American Heart Association. Take a moment, access the Web site and give us your comments and suggestions.

Bert Parent, Web Page Coordinator

Too Few Get The Best Therapy For an Ailing Heart

After having a heart attack or a stent put in to hold open a blocked coronary artery, what's the best thing you can do for your heart, arteries, and long-term health? Give yourself a gold star if you answered "go through a cardiac rehabilitation program."

Such programs have been shown to reduce deaths by up to 25 percent during the years following a heart attack or procedure. That's as good as taking aspirin, a beta blocker, a statin, or a combination of these. And the benefits of cardiac rehabilitation go beyond survival and heart health. These programs improve muscle strength, lung function, and endurance, all of which are essential for returning to an active life after a heart attack or other cardiac event. They also offer knowledge and the possibility of new personal connections that can keep all parts of you healthy. Yet barely 20 percent of people who are eligible for cardiac rehabilitation (see "Is Cardiac Rehab for You?" see page 7) take part in a program.

Doctors, the very people who should be promoting cardiac rehabilitation, often aren't good at referring their patients to it. New standards set out by the American Heart Association, American Association of Cardiovascular and Pulmonary Rehabilitation, and 10 other organizations aim to make referring a patient to a cardiac rehab program as automatic as giving aspirin during a heart attack.

If you qualify for cardiac rehabilitation but your doctor hasn't said anything to you about it, start badgering him or her. While most people start a program a few weeks after a heart attack or heart surgery, some insurance companies let you start up to 12 months afterward. For the best experience, try to find a program that goes beyond medically supervised exercise to include weight management, stress reduction,

Continued on page 7

NOTICE

As of April 2007, the National Executive Committee has recommended and the National Board of Directors have approved centralized billing for all Chapters. Mended Hearts has grown to the point that the National Office needs to know that such an important source of membership records and organizational revenue is handled consistently and on time. Chapter members will now be billed from the National office for their National and Chapter dues.

Begin Walking Your Way to a Healthier Heart

Better lifestyle habits can help reduce your risk of a heart attack. One important way to help reduce your risk for heart disease and stroke is walking. Brisk walking for as little as 30 minutes a day has proven health benefits including:

- Improves health image and energy levels
- Helps lower blood cholesterol, triglyceride and blood pressure levels
- Reduces stress and anxiety



Did you know that for every hour of regular exercise, you can gain two hours of life expectancy?

Now that you know—begin walking your way to a healthier heart with the American Heart Association.

Did You Know . . .

An estimated 79,400,000 American adults, or one in three, have one or more types of cardiovascular disease. 37,500,000 are estimated to be age 65 or older. This information is from the American Heart Association 2007 update.

The NHANES II Mortality Follow-Up study indicates that the risk for fatal CHD was 51 percent lower for men and 71 percent lower for women with none of three major risk factors (hypertension, current smoking, and elevated total cholesterol) compared to those with one or more risk factors.

Am J Prev Med, 2005, 29:68-74

The estimated direct and indirect cost of CVD in the United States for 2007 is \$431.8 billion.

In 2005, 2,125 heart transplants were performed in the United States. There are 309 organ transplant centers in the United States, 186 of which perform heart transplants. As of August 11, 2006, there were 2,871 heart patients on the transplant waiting list.

Therapy for an Ailing Heart (continued from page 6)

reduction, nutrition education, and smoking cessation (if you need it).

Is Cardiac Rehab for You?

In reality, anyone can sign up for a cardiac rehabilitation program. The catch is that insurers will pay for it only for individuals who have:

- had a heart attack
- undergone angioplasty, with or without a stent
- had bypass surgery
- stable angina (chest pain on exertion)
- had a heart valve repaired or replaced
- undergone a heart or lung transplant

Study: Sleep Improves Memory, Learning

While your conscious mind is off duty as you sleep, your brain cells are on a path of their own.

Researchers at Harvard Medical School say that during sleep, brain activity processes information learned during the day. Brain cells replay the memory during deep sleep, and that replay makes memory stronger.

Sleep researchers say most Americans don't get the recommended minimum of seven hours of sleep a night. They could be setting themselves up for attention lapses and poorer recall of facts from the previous day.

Blood Sugar and Cancer

According to *Diabetes Care*, women with the highest glucose levels have up to a 75 percent greater overall risk of cancer compared with those at the lowest levels. The study showed no significant link between total cancer risk and blood-sugar levels for men.

For both men and women, the risk of pancreatic cancer, cancer of the urinary tract, and skin cancer increased with blood sugar levels.

High Blood Pressure? OK to Exercise

People with mild high blood pressure may worry that exercise will strain their hearts. Doctors at Johns Hopkins say moderate exercise on a treadmill or stepper, or with weight training, has no ill effects.

Wiggle Your Toothbrush

Holding your toothbrush at a 45 degree angle when you brush your teeth is generally recommended. But to assure that you are reaching your teeth at the gum line and below, wiggle your tooth brush instead of scrubbing part of the time. The wiggling brush is also important when brushing the backs of teeth.

SOURCE FOR ARTICLES: *Pages*

A Mended Hearts Prayer

We ask for your blessings, Lord:

We ask for strength,

that we may pass it on to others . . .

We ask for faith,

that we may give hope to others . . .

We ask for health,

that we may encourage others . . .

We ask, Lord, for wisdom,

that we may use all your gifts well.

By Herbert G. Maedi

Mended Hearts - Chapter 189

Who are we?

We are a volunteer group, whose mission is to offer help, support and encouragement to heart disease patients and their families.

Why do we do it?

We have been through it. We know what it is like. We believe that we and our families have been blessed to have survived various heart disease, and we wish to share our well being with others.

How do we do it?

Chapter 189 sponsors monthly meetings and conducts suitable programs of social and educational interest to members, heart disease patients and their families. We offer empathy to patients and their families. We train members to become accredited visitors. We support local cardiac professionals as well as the American Heart Association.

What can you do?

You can visit one of our meetings, there's no obligation. **We meet the third Tuesday of each month at 6 p. m. at 2701 Laurel Street. Classroom 3** (behind Providence Heart Institute). You can consider joining Mended Hearts. Also, you can gain tremendous personal satisfaction through contacts with former patients. You may want to become a visitor or simply choose to help our mission in other ways. ***If you know of a friend or family member who has had heart surgery, heart attack or a stent, please pass this information to them.***

For more information, please contact **David Jeffreys at 776-4025.**

Purpose of Mended Hearts

To offer help, support, and encouragement to heart disease patients and their families and to achieve this in the following manner:

- To visit, with physician approval, and offer encouragement and support to heart disease patients and their families.
- To distribute information of specific educational value to members of Mended Hearts, Inc. and to heart disease patients and their families.
- To establish and maintain a program of assistance to physicians, nurses, medical professionals and health care organizations in their work with heart patients and their families.
- To cooperate with other organizations in educational and research activities pertaining to heart disease.
- To assist established heart disease rehabilitation programs for members and their families.
- To plan and conduct suitable programs of social and educational interest for members, and for heart disease patients and their families.

