

**FALL
2018**



Mended Hearts™
of Boise Chapter 380

"It's great to be alive - and to help others!"

SAVE THE DATE

- MH Chapter Meeting, Wednesday, 9/19/18 1:30-3:00 PM.
- Guest Speaker: Dee Hartman, Patient and Spokesperson with VAD Ventricle Assist Device (Heart Pump) – "Heart Pump: Bridge to Heart Transplant or Destination"
- MH Reaccreditation Training for visitors/callers Tuesday, 10/2/18 2-4 PM
- MH Chapter Meeting Wednesday, 10/17/18 1:30-3 PM

Guest Speaker: Sidrah Khan, Licensed Clinical Social Worker specializing in trauma and emotional distress – "Importance of Self-Care when Dealing with Health Challenges, Yours and Theirs"

- MH Chapter Meeting Wednesday, 11/21/18 1:30-3 PM

Guest Speaker: Dr Matthew Nelson, Invasive Cardiologist with Saint Al's – "Nine Things You Can Do to Prevent a Heart Attack – What Your Doctor Should Tell You, But Doesn't Have Time"

- Chapter Christmas Pot Luck Wednesday, 12/19/18 5 PM (No Meeting in December) Ray and Wini Trapp's Home – More details to come.

President's Message

Many of us look forward to the fall season of Halloween and Thanksgiving to enjoy time with family and friends. Yet it is also a time that can push our heart health into a tailspin. We develop cravings for the addictive unhealthy foods.

Three out of four Americans have a "heart age" that's older than their own age, according to scientists at the Center for Disease Control. We are a nation of barely-ticking time bombs. A recent study in the Journal of American Medical Association links increased sugar consumption in the last decade to increased cardiovascular disease. Yet there are ways to separate yourself from this direction and turn back the clock on your heart. According to a recent study by Emory University, more than 50 percent of all heart attacks deaths can be prevented with a few dietary changes. So, take your heart health into your own hands. According to the USDA, the average person eats 152.4 pounds of sugar and other sweeteners every year. Americans consume 22 pounds of candy a year. Yes, most of it is chocolate, but I doubt that this is the heart healthy 70% dark chocolate. Many of us just grab and eat the first thing we see and candy is basically sugar in every size and form. It can increase fatty deposits putting you at a risk for heart disease,

If you have a craving, go for 70 percent dark chocolate. A nine-year study in the journal Cir-



**Mended Hearts President
Ray Trapp**

culcation Heart Failure found women who ate one to two servings of high-quality chocolate per week had a 32 percent lower risk of developing heart failure than those who said no to the cocoa. Researchers attribute cocoa's health benefits to polyphenols and flavanols, which are anti-inflammatory compounds that help protect the heart.

It is hard to change, but if you need a sweet fix, opt out of the lollipop or Snickers and try chocolate that is at least 70 percent cacao to gain the maximum antioxidant benefits and you might drop a few pounds to make room for that Thanksgiving turkey.

Ray Trapp, President

***Mended Hearts** is the largest heart patient support network in the world, with 20,000 members and 300 chapters. Recognized for its role in facilitating a positive patient-care experience, Mended Hearts partners with hospitals and cardiac rehab clinics to offer support through visiting programs, group meetings, and educational forums.*

***Mended Hearts of Boise** Chapter was awarded the 2017 Mended Hearts National President's Award for the outstanding medium sized chapter out of 300 chapters nationwide, as measured in number of patients visited, membership growth, hospital recognition, and contribution to the community."*

Join us on Facebook - @MHBoise360



Featured Members of the Month– Tom and EvaLyn Nichols

Tom and EvaLyn Nichols have been involved with Mended Hearts since January and are currently shadowing and training as future hospital visitors. “It’s a good way to give back to the community,” said Tom. Tom had two stents placed to repair blockages, and also had one chamber of his heart full of blood clots. His heart was working at about 35%. After treatment he is feeling much better, and he and his wife, EvaLyn, “Ev,” are ready to help current heart patients through Mended Hearts.



Tom and Ev are native Idahoans, originally from the Burley/Rupert area. They are both graduates of Minico High School, but didn’t know each other back then. Tom grew up on a farm. Ev’s father was a railroad man and her mother was a schoolteacher. Tom’s cousin introduced them after college. They live in Nampa, and have lived in the Treasure Valley for 38 years.

Tom’s medical history isn’t limited to heart issues. When he was 17, he was helping place telephone poles in rough lava rock ground in a remote area near Burley. He was working with a jackhammer and hit a charge in the ground that severely damaged both of his legs. His work partner tossed him in a pickup truck with a t-shirt tourniquet on the worst leg, and they headed for the hospital in Burley, some 30 miles away over rough terrain. One leg was amputated there below the knee; the other leg was amputated after he was transferred to St. Alphonsus Hospital in Boise. He spent several weeks recuperating in the hospital. His father wouldn’t allow him to feel bad about the accident, saying “Don’t cry over spilt milk.” Tom said that although his high school athletic career was over, he was determined to walk across the stage at his high school graduation, which he did. Over the years Tom has been a volunteer, offering hope and encouragement to fellow amputees. His and Ev’s work with Mended Hearts and cardiac patients is a natural progression.

Tom’s professional career was in agricultural sales of farm equipment and semi-truck tractor/trailers. Now he enjoys restoring and collecting farm equipment (small-size). EvaLyn was an administrative assistant at Simplot, worked in payroll at Ashley Manor, an Alzheimer’s care facility, and finally worked in utility billing for the City of Meridian. Ev describes herself as detailed, even-tempered and dependable. Tom describes himself as determined, spontaneous and “not afraid to try anything.”

Tom says he is most thankful for his wife, EvaLyn and their children. “I have to be good or she’ll take my legs away,” he jokes. They both enjoy their kids and grandkids, and they are “substitute grandparents” for some neighbor children whom they have watched grow up. Tom enjoys wearing his pirate costume (with a peg leg, of course) and making people laugh. Ev enjoys playing piano and doing cross-stitch. She makes cross-stitch Christmas ornaments for her family every year with their accomplishments on one side. These will be family treasures in years to come.

EvaLyn says she is most proud of Tom, how “he just keeps going.” Tom is most proud of his oldest son who is an aerospace engineer and test pilot. He sometimes flies top-secret aircraft and cannot share details with his family. He and his family live in Arizona. Tom and EvaLyn have three additional children. The eldest child, a daughter, is a costume designer in New York City and is single. The third child, a son, is a graphic designer with a Masters in marketing and has four children. The youngest, a daughter, is studying sports medicine in college and has two kids.

Tom and EvaLyn have words of wisdom that can inspire fellow members of Mended Hearts. Tom says that his philosophy of life is “give it hell and don’t hold back.” Ev’s philosophy is “do it right the first time.” She also shared this advice: “Take life one day at a time; don’t stress about what could be or what might be.” Tom shared this advice to members of Mended Hearts: “Keep giving to other people; that is the reward in life!”

-Submitted by: Mary Ellen Voshell

Meet our Guest Speaker – Dr. Matthew Nelson

Topic: Controlling Cholesterol

Dr. Matthew Nelson, Invasive Cardiologist at St. Alphonsus Hospital, gave a humorous and creative presentation, “Controlling Cholesterol: Statin Drugs and Side Effects” at our June 20 general meeting.



Heart disease is the #1 cause of death, with men having a higher risk than women. Dr. Nelson reminded us of the story of Tim Russert, a popular journalist from “60 Minutes” renowned for his humorous, witty reporting. Russert had a normal cardiac stress test on April 29, 2008, just one month before he died of a heart attack. Dr. Nelson showed a slide of a blood clot which formed and caused a heart attack in a blood vessel with just a 20% plaque blockage. In most cases placing a stent is a lifesaving way to open blocked arteries. Atherosclerosis or hardening of the arteries is another factor in heart attacks.

“Lifestyle is the best medicine,” Dr. Nelson said. Statin drugs are a tool to help us keep our cholesterol within recommended limits. Who should take cholesterol-lowering medication? People who have abnormal lipids are at greatest risk, tobacco-users, those under psychosocial issues or great stress and people with abdominal obesity. “We are winning the war against heart disease because of statins,” Dr. Nelson said.

Historically, early Russian and German scientific studies showed that what we eat and do to our bodies may change our arteries. The Framingham Heart Study in the United States began in 1948 as a project of the National Heart, Lung and Blood Institute and Boston University to identify risk factors for heart disease. They examined people in seven different countries, including Greece with a high fat diet (olive oil) and Japan with a low fat diet, both showing low heart disease.

The following were the risk factors identified:

- ♥ Gender
- ♥ Blood pressure (systolic and diastolic)
- ♥ Age
- ♥ Total cholesterol
- ♥ Diabetes
- ♥ LDL cholesterol
- ♥ Smoking

People at greatest risk are those with the following special factors:

- ♥ Clinical – a previous heart attack, angina, stent, TIA, stroke or peripheral artery disease (PAD)
- ♥ LDL Cholesterol

*LDL needs to be low; newborns = 30, most Americans have 130+

*If LDL is greater than 190, it is considered genetic hypercholesterolemia. People with this condition may show cholesterol deposits around the eyes or on the elbows

- ♥ Diabetics
- ♥ Those whose 10-year risk of a heart event is > 7.5%. You can locate the “Framingham Cardiac Risk Calculator” online, plug in your numbers and get a ten-year measurement of your risk of having a heart event.

Your diet choices matter, and a heart-healthy diet is a natural way of helping reduce your cardiac risks. Vegans are at lowest risk, vegetarians are at medium risk and omnivores are at high risk. We should Google “mono-unsaturated foods” to discover those with healthy fats. Eating these foods in moderation actually lowers your cholesterol. These include avocados, pecans, almonds and peanuts. Eating a small handful of nuts or an avocado daily actually impacts your total cholesterol in a positive way, lowering it up to 18 points. Polyunsaturated foods such as plant-based foods, fish (tuna, salmon), whole grains (wheat, oatmeal) and beans with soluble fiber are also good choices.

Taking a statin such as lovastatin (Mevacor), a compound patented by Merck from a red rice yeast, and eating a low-fat diet is comparable to eating a plant-based, fish-based diet. Aerobic exercise doesn’t lower cholesterol but can raise our good cholesterol (HDL), activating it and making it work better. Those who do weight-lifting show a small but similar improvement. Other statins are Zocor (simvastatin), Lipitor (atorvastatin) and Crestor (rosuvastatin). Dr. Nelson prefers Crestor because it has few side effects. Lipitor seems to be the worst option for side effects, including myalgia (muscle aches and pains) and rhabdomyolysis, a more serious muscle condition. Still, these side effects are very rare.

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Inspiring Hope in Heart Disease Patients

Mended Hearts, Chapter 380 was featured on Channel 7 on August 22-23. We want to thank Tami Tremblay and her KTVB, Channel 7 team for the wonderful piece that has brought community awareness to our group. Below is a transcript of the spot.

Mended Hearts is a volunteer group that helps current heart patients in their recovery.

Author: Tami Tremblay, Channel 7

Published: 5:03 PM MDT August 22, 2018

Updated: 6:11 PM MDT August 22, 2018



MERIDIAN — A volunteer group in the Treasure Valley is helping heart patients with encouragement. Mended Hearts is a national peer support group. The members have all gone through a heart event themselves, and they bring their stories to patients currently going through a very scary time in their lives.

Dennis Shiedlak had major heart complications four years ago. "I was in a dark place at that time," said Shiedlak. He wasn't expected to make it, but now he's visiting current heart patients. "I could say that I've been there, and I know what you're going through and there's a light at the end of the tunnel," said Shiedlak. He's doing it through a volunteer support group called Mended Hearts.

Mary Ellen Voshell started the Boise area chapter in 2012 after her own heart event prevented her from going back to teaching. "I was really sad about that and I needed something to put all of my energy and my love of helping people into, and when this opportunity came up I just grabbed it," said Voshell.

Mended Hearts members visit patients in five Treasure Valley hospitals. The cardiac unit put together a census for them every week. "So many times, there's super high anxiety when a patient has a heart attack or heart event as we refer to them and they really need to talk to someone who's been there and survived," said Voshell.

It's also helpful for the caretakers to hear from them during such a difficult time. "They have a million questions," said Wini Trapp, who is a Mended Hearts member. Trapp joined Mended Hearts after her husband, Ray, had a heart attack. Her and her husband visit patients at St. Luke's in downtown Boise. One week she says there will be 20 patients and the next week there will be another 20 new patients. "It's just amazing how many people have heart issues," said Trapp. "It's just amazing."

That is why the group in red is so passionate about their mission to inspire hope in heart disease patients and their families.

"It's been a delight," said Voshell. "It's been such a warm, welcoming group."

You can find more information about Mended Hearts [here](#). There is also a Mended Little Hearts group for the smallest of patients and their parents that is through St. Luke's Children's Hospital.

Mended Hearts Christmas Party

Just a reminder our annual Mended Hearts Christmas Party will be at
Ray and Wini Trapp's home

553 Pebble Beach Way in Eagle – on December 19th at 5:00 p.m.

There will be more information at our meetings and our next newsletter.

Meet our Guest Speakers

Thomas Walker and Matt Wolfe- Attorneys from Generations Law Practice



Thomas Walker and Matt Wolfe, attorneys from Generations Law Practice, were guest speakers at our July 18 general meeting. Their topic, “**Chart Your Course for Total Protection, Peace of Mind and Family Harmony**” was a thought-provoking talk on estate-planning.

In past generations, people rarely shared information with their families about what they would do with their estates. They often did not have a proper will or trust and may not have had beneficiaries named on life insurance policies. Now it is strongly recommended that people of all ages do their planning up front and involve their heirs so that there are “no surprises.”

The three keys to achieve peace of mind and family harmony are 1) to maintain control of your estate during your life, 2) to have a stress-free transfer of wealth at your death and 3) to protect your beneficiaries from predators or from themselves, if necessary.

We all need an effective “estate strategy” or “estate plan.” We should be aware that there is no such thing as a “simple will.” The strategy described by our guest speakers will help you provide for your family, to protect your spouse and children, to disinherit an heir, perhaps someone you don’t trust with money, to plan for the transfer of a family business or farm and to avoid or reduce estate taxes. Currently \$11 million (single) or \$22 million (couple) is exempt from estate taxes. In addition, careful planning to avoid probate can reduce administrative costs at the time of death.

The Generations Law Practice has a website, www.genlawgroup.com, with a “test” to tell you where you are at risk and what you need to do. A free consultation can lead to a relationship agreement with attorneys that sets out legal fees and costs for estate planning. Naming an executor or executrix, otherwise known as a personal representative, is important. An estate is open for a six-month period, and “predators” may have claims on the estate. If you don’t name a personal representative, the court may appoint a guardian or conservator, especially in cases of incompetency by an elderly family member. One should also be concerned about undue influence by certain heirs, divorcing spouses and/or members of blended families.

Your estate strategy may include legal and tax objectives, such as protecting your assets. It may also include family legacy objectives, in which you share your wisdom in a letter or journal or record it electronically for your heirs. You may also set out specific financial objectives, such as certain investments you don’t want liquidated. Business objectives are important for families with an independent business or farm. The attorneys noted that often the third generation isn’t as interested in being involved with the family business.

As you examine your estate goals, it is important to identify exactly who your loved ones are. You should also identify people who want specific property or items. Families with children need to consider who will raise the children (the guardians) and who will manage the finances for the children (the conservator). It is important to decide who will handle personal matters or deal with family secrets. Who will handle your medical issues? It is important to declare your wishes in a living will or advanced directive and to decide who will have your health care power of attorney to make decisions on your behalf, if you are unable.

Your financial matters are important, and your will or trust will be your “voice” after you are gone. A trust avoids probate because your assets will pass directly through the trust after your death. Trusts are preferred over wills and are the best way to carry out an estate plan.

How do you want your assets handled? Real property or real estate, including your home, family farm, rentals and commercial property, is often sold and the proceeds divided among the heirs, although your personal wishes may be different. Your retirement accounts and 401K plans have beneficiary designations. When you have created a trust, you may name the trust as your beneficiary.

Your personal property or possessions can be left to individuals. A simple form can describe the property or specific item and tell who gets it; this form will be legal if it is dated and signed, and it can be changed without re-doing the will or trust.

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5 Small Heart-Healthy Changes You Can Make Today

Improving your heart's health may seem like a challenge. But even small changes in your daily habits can make a difference. Here are five simple steps you can get started on right away.

Bring a piece of fruit to work. Eating more fruits (and veggies) is a heart-healthy choice. Plus, many fruits are portable (think apples, oranges and bananas), which make them an easy snack option. When hunger hits, have a piece of fruit at your work area (or with you on errands or around the house) will help you avoid unhealthy options from the vending machine (or drive-ins).

Take a 10-minute walking break. If you sit behind a computer most of the time (or watch a lot of TV), get up for a quick stroll several times a day. Sitting less and moving more is good for your ticker and your body overall. Keep in mind that it's easier to fit in the recommended 30 minutes of movement every day if you divide the time into shorter bouts.

Give your screens an earlier bedtime. Too little sleep can hurt your heart and increase your risk for other diseases, such as obesity and Type 2 diabetes, which can also affect heart health. Watching TV or using your smartphone or computer close to bedtime can keep you awake. Try giving yourself a deadline for turning off your screens an hour before bedtime every night. Relaxing to music or a book can help you doze off.

Have a hearty laugh. Laughter eases stress, which is a good thing because too much stress may boost your risk for heart disease. For a regular dose of mirth, set aside time to watch some laugh-out-loud videos.

Compare food labels for sodium content. Too much sodium can elevate blood pressure, which is hard on your heart. Different brands of food can have different sodium amounts. It only takes a moment to read food labels and to choose the brand with the least amount of sodium. You might be surprised to learn that some foods that don't have really high levels of sodium, like bread, are among the top sources of the mineral in the American diet, simply because we often eat several servings of it a day.

Sources: American Heart Association, Blue Cross of Idaho

Fred Meyer Donation Reward Program

You can help Mended Hearts Chapter 380 earn donations just by shopping with your Fred Meyer Rewards Card!

Is your Fred Meyer Rewards Card linked to Mended Hearts? The re-enrollment period for customers who did not relink their card with a nonprofit ended in June and they were dropped from the Community Rewards System. Please visit the [Fred Meyer Community Rewards](#) website to link your Rewards Card with Mended Hearts Chapter 380!

Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington based on where their customers tell them to give. Here's how the program works:

Sign up for the Community Rewards Program by linking your Fred Meyer Rewards Card to Mended Hearts Chapter 380 on the Fred Meyer Community Rewards website You can search for us by name or our non-profit number, MJ804.

Then, every time you shop and use your Rewards Card, you are helping Mended Hearts earn a donation!

You still earn your Rewards Points, Fuel Points and Rebates, just as you do today.



If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.

For more information, please visit the [Fred Meyer Community Rewards](#)

2018 Mended Hearts & Mended Little Hearts Annual Picnic

Those attending our annual MH & MLH at Guerber Park in Eagle on August 15th, had a great time despite the heat and smoke. Our Mended Little Hearts enjoyed the newly remodeled playground and water feature while the adults got to hear from Kirsten Lehman and Kelly Clifton, now adults, share their first-hand experiences growing up with Congenital Heart Disease (CHD) and how their families coped with their situations.



Tidbits Learned at the 2018 Mended Hearts Conference

Losing weight is 20% exercise and 80% diet.

Eat more fruits, veggies, and whole grains. Your body produces 90% of your lipids. The advantage of a vegetarian diet is antioxidants.

Reduce salt intake to 2,000 mg (one teaspoon) daily. Read labels for hidden sodium.

Salt intake comes from: 5% added at the table, 6% home preparation, 14% restaurants and 71% processed foods.

Self-care basics include: physical activity, taking meds, stop smoking and alcohol, get flu vaccinations and monitor dietary restrictions.

Nine modifiable risk factors for heart disease are:

- Smoking
- Hypertension
- Abdominal obesity
- Diet
- Regular consumption of alcohol
- Physical activity
- Diabetes
- Abnormal lipids and
- Stress

If you need help with the cost of your medication try needymeds.com -Sherry Shockley MH Chapter 127

Get Heart-Healthy with Yummy Overnight Oats!

****Better your blood pressure with Blueberry Banana Oats****

Mix blueberries with chia seeds, rich in pressure-lowering omega 3s and a banana, loaded with blood-pressure lowering potassium, to help your heart beat with ease!

- ½ cup rolled oats
- 1/3 cup almond milk
- 1 Tbsp. chia seeds
- ¼ cup frozen blueberries
- 1 Tbsp. sliced almonds
- ½ banana

Add oats, milk, chia seeds and blueberries in a lidded container; stir well. Top with almonds and banana. Place lid on jar; refrigerate overnight.

****Prevent heart disease with Spiced Apple Oats!****

Apples polyphenols help prevent hardened arteries. This recipe gets an extra anti-inflammatory boost from cinnamon. Paired with fiber-rich oats, this hearty meal keeps your heart young!

- ½ cup rolled oats
- 1/3 cup vanilla almond milk
- 1 Tbsp. chopped walnuts
- 1 tsp ground cinnamon
- 1 Tbsp. honey
- ¼ cup diced apples
- Pinch ground cinnamon



Add oats, milk, walnuts, cinnamon and honey to Mason jar or lidded container; stir well. Top with apples and cinnamon. Place lid on jar; refrigerate overnight.

--from Heart News, MH Chapter 127



Cholesterol... continued from Page 3:

“Statins are the best medicine we have for primary prevention,” Dr. Nelson stated. Statin drugs work by causing stabilized roofs over plaques to reduce inflammation so they are less likely to cause heart attacks. If you have already had a heart attack or stroke, you will need secondary prevention because you have a 1 in 20 chance of a repeat event.

There are non-statin drugs that can be taken, sometimes with a statin. One is Zetia (ezetimibe), which has no known side effects, lowers cholesterol 10 – 15% and reduces the chance of having a heart attack. Newer drugs are PCSK9 Inhibitors, which are injected into the stomach. The cost is prohibitive for many (\$14,000 a year). There is no data on the side effects or results yet. These drugs get rid of the LDL cholesterol and are recommended for a very narrow group of people.

Dr. Nelson’s website is LUBDUBDOC.com, a humorous reference to the heartbeat sound.

-Submitted by Mary Ellen Voshell

Editor’s note: Everyone enjoyed Dr. Nelson’s presentation so much, that we will have him back in November as our speaker. This time, " Nine Things You Can Do to Prevent a Heart Attack - What Your Doctor Should Tell You But Doesn't Have Time".





Heart, Diabetes not Affected by Eggs, Study Finds



Even eating 12 eggs per week doesn't affect cardiovascular health or create risks for people with pre-diabetes and type 2 diabetes, a study has found.

The study published in the American Journal of Clinical Nutrition found that cholesterol, blood sugar, and blood pressure were not affected by a diet including one to 12 eggs per week.

This finding contradicts research accepted since the 1970s that linked eggs to higher cholesterol, diabetes and heart disease. Since that time people have been advised to eat no more than four eggs per week. However, researchers today have a greater understanding of the effects of cholesterol.

The new study by the Sydney University Boden Institute of Obesity, Nutrition, Exercise and Eating Disorders studied two groups of volunteers with pre-diabetes or type 2 diabetes. The first group could eat two eggs each week. The second could eat a dozen eggs per week. For the first three months, all volunteers maintained their weight. During the next three months, all were asked to lose weight. In the final six months, all chose their own weight goals.

During each phase of the study, volunteers were tested for negative markers for diabetes or cardiovascular risk. No adverse markers were found. Weight loss outcomes were found to be identical for low egg eaters and high egg eaters.

Nick Fuller, who led the study, said that white eggs themselves are high in dietary cholesterol consumption of eggs has little impact on the levels of cholesterol in the blood. -PagesMage0718

Cataracts: You can have your sight back

Cataracts, a clouding of the eye lens, have been known and diagnosed since at least 29 AD, but the treatments, until the 1940s or so, have probably been worse than the problem.

With age, it is very common to suffer from vision loss from the clouding of the natural eye lens. According to the World Health Organization, age-related cataracts are responsible for 51 percent of world blindness. In North American, about 42 percent of people have lens changes between ages 42 and 64. That percentage rises to 91 percent by age 75.

Today, cataracts are repaired surgically by inserting a foldable plastic lens to replace the natural one. Surgery is very safe and effectively restores vision.

Symptoms of cataracts, according to Mayo Clinic:

- ♥ Clouded, blurred or dim vision
- ♥ Increasing difficulty with vision at night
- ♥ Sensitivity to light and glare
- ♥ Need for brighter light for reading and other activities
- ♥ Seeing "halos" around lights
- ♥ Frequent changes in eyeglasses or contact lens
- ♥ Fading or yellowing of colors
- ♥ Double vision in a single eye

Editor's note: Did you know that Lasik can now correct both Nearsightedness AND Farsightedness? Just talked with a gentleman who had cataract surgery, and the Lasik surgery for both near and farsightedness. He couldn't believe what he was missing, and no more hassle of glasses!
PagesMag0618

Chart your course... continued from Page 5:

Intangible assets should also be considered in your estate plan. Your user names and passwords for communications systems, websites and accounts should be listed in your estate plan. 57% of seniors use social media at least four hours a day. Facebook, for example, will terminate your account when you die. Frequent Flier miles may "die" with the person who owns them. Bitcoin should also be listed.

Finally, you should specify in your estate plan exactly how you want your memorial service conducted. Do you prefer a casket and burial, or cremation? Do you have a prepaid funeral plan? Do you have cemetery plots or a preferred cemetery?

Creating and maintaining an estate plan is a lifetime process. The best advice is "don't make a will or trust and put it on the shelf." It is important to review and revise your estate plan periodically throughout your life.

-Submitted by: Mary Ellen Voshell



Depression and Your Heart: Understanding the Connection



Depression is a common condition among people who have had a heart event. As many as one in three who've had a heart attack report feels of depression. Women, people who've already reported depression before, and people without a social network or emotional support are at higher risk for depression following a heart event.

It's important to understand that depression isn't a character flaw, nor is it something you can just shake off or snap out of. It's a serious chronic condition that requires medical care. But there's good news: Depression can be treated very effectively and most people who are treated experience at least some relief from their symptoms.

While depression isn't an easy thing to define, there are definite symptoms associated with the condition. These include:

- Feeling sad or having a depressed mood, including crying often
- Losing interest in activities you used to enjoy
- Any change in appetite or weight
- Sleeping too much or too little
- Feeling agitated, cranky, or sluggish
- Losing energy
- Feeling guilty or worthless
- Having trouble concentrating or making decisions
- Having thoughts of death or suicide

Depression is often described as having symptoms from the list nearly every day, all day, for two or more weeks. That's part of what distinguishes the symptoms of depression from ordinary feelings of sadness. The first two symptoms are especially common.

For patients who've had a heart event, the symptoms of depression can be more severe. That's why it's especially important to seek treatment if you believe you are experiencing depression.

Depression affects everything in your daily life, including your recovery from your heart event. In fact, depression can make recovery more difficult because it can lead to:

- A lower desire to follow the treatment plan
- Greater likelihood to smoke and drink
- Greater risk for another heart event
- Lower desire for physical activity
- Bad eating habits
- Anxiety
- Problems at work or school
- Family and relationship problems
- Social isolation
- Suicide

That's why it's important to understand that depression isn't a "normal" part of recovering from a heart event. It needs to be treated, along with the heart event itself.

Depression affects the mind and the body. Left untreated, it can take a terrible toll on every aspect of a person's life.

If you suspect you are depressed, you should see your health care provider. Before you go, prepare to answer some questions about your symptoms. It's a good idea to write down some basic information such as:

- Your symptoms, including any you are having, even if they don't seem related to the depression.
- Your personal information, such as major changes in your life or anything that is causing you stress.
- Your medications, including over-the-counter medicines, vitamins, and supplements.
- Questions to ask your health care provider. Don't hesitate to ask anything you are unclear about, such as a symptom, treatment options, etc.

Your health care provider will probably conduct a physical exam and take a medical history. In some cases, a blood test or other lab procedures may be the next step. You will probably be asked about your thoughts and feelings, what you've noticed about your own behavior patterns, and whether you've had such symptoms before.

The good news about depression is that it can be treated effectively in most cases. In fact, about 80 to 90 percent of all treated cases result in improvement.

It may be helpful to think of treating depression as part of your overall treatment plan following your heart event. For your treatment plan to work best, it's important to treat depression as part of the plan.

Your health care provider may prescribe one or more of the following treatment approaches:

Medication— Antidepressant medication is a commonly used treatment approach because it is very effective in reducing symptoms. Some antidepressants can interact with heart medications, so ask your prescriber and pharmacist before starting any new medications. Many of the current medications work relatively quickly and with fewer side effects,

Continued on Page 11

Some Sweet News for Improving Memory

Editor's note: Have you ever heard of the saying if you look hard enough you will find research that will support almost anything? Check this out...



Good news older adults!

If you are doing a complicated task and want to do your best, put a spoonful of sugar in your coffee. Or eat something with sugar.

It has been long understood that the brain relies on glucose for performance, according to the US National Institutes of Health.

This new study from the University of Warwick in the UK confirms this finding and shows that older adults specifically get a boost of effort and engagement in a task after they have sugar. Researchers suggest this engagement results in improved memory, according to New Atlas.

This finding links with other studies that show doing difficult thinking task is essential for maintaining cognitive health as we age.

Researchers do not recommend sugar in dietary guidelines for seniors, especially those who should not have it. But, for healthy older adults, sugar can provide a short-term boost on a difficult task.

Cut the pie, Doris, I'm going to do the taxes.

-PageMag0918

Lifestyle Medicine

“Lifestyle as medicine has the potential to prevent up to 80% of chronic disease: no other medicine can match that. In addition, it is potentially inexpensive and even cost-saving; free of all but good side effects; safe and appropriate for children and octogenarians alike. It is, quite simply, the best medicine we've got.”

-David Katz, MD, MPH, Past President of American College of Lifestyle Medicine

*Did you know, Dr. Jennifer Shalz at St. Luke's Cardiac Rehab is the first physician in Idaho to receive her degree in Lifestyle Medicine?



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as compared to older medicines. But be aware that most medications must build up in the bloodstream before they're effective, so be patient. Ask your health care provider which medicine might be most effective for you.

Talk Therapy– Another important treatment option is psychotherapy, or “talk therapy.” These counseling sessions with a mental health provider can be a very effective part of your treatment plan. In fact, research has demonstrated that a combination of medication and talk therapy tends to work best for most people with depression. The goal of such therapy is usually to help you better understand the condition, and to develop approaches for coping with depressed thoughts and feeling when they arise.

Social Support– Many people find that having a social network helps them cope. This can include group therapy or a support group, or it can be something unrelated to depression itself, such as a church group, or Mended Hearts. Many Mended Hearts volunteers have reported improvement in their depression symptoms because of their involvement in the organization.

Lifestyle– It may not surprise you to learn that diet and exercise play a key role in combating depression. It's important to eat a healthy diet as part of your treatment plan following your heart event and sticking to that diet can help keep depression at bay, as well.

Likewise, exercise plays an important role in controlling depression symptoms. It needn't be strenuous exercise, either; physical activities such as walking, or gardening can help.

It's very important to avoid alcohol and illicit drugs in treating depression. While these may seem to help with symptoms, they generally make depression worse in the long run and can lead to severe health consequences, among other problems.

Another important habit is getting plenty of sleep. It's particularly important to get sleep when you are battling depression. If you are having trouble sleeping, talk to your health care provider about your options for improving your sleep.

-Information sources: FamilyDoctor.org; MayoClinic.com; nami.org (The National Alliance on Mental Health)

MENDED HEARTS CONTACT INFORMATION

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Mended Hearts Web Pages: Local- www.MHBoise.org
National- www.mendedhearts.org

Mended Little Hearts Web Page: www.mendedlittlehearts.org

New Resource for Those in Our Outlying Areas

We now offer you the opportunity to teleconference into our monthly meetings and hear our guest speakers first hand. Join us the third Wednesday of each month, except August and December, from 1:30-2:15 pm. If you would like to listen to the business portion of the meeting, you are welcome to stay on the line. You will find a list of our speakers on the front page under Save the Date, or you can check out our website www.MHBoise.org.

Skype call in: (208) 381-6000

Conference ID: 26478916

Have you or someone in your family had a recent heart surgery or another heart event during the last few months? If so, Mended Hearts, a support group for heart patients and their families is available to provide support and encouragement. Mended Hearts members are patients like you who have recovered from a heart event and have chosen to give back. Most of the members in our chapter have had a heart event of some type or are caregivers. If you just want to talk, give us a call on our voice mail, 208-706-7056 and we will get together. If you have a question about Mended Hearts or would like to speak to a member, please leave your name, phone number and a brief message. A member from this chapter will call you as soon as possible.

MENDED HEARTS MONTHLY MEETING

When: Chapter meetings occur on the **THIRD WEDNESDAY** of each month at 1:30-3:00 PM

Where: St. Luke's Cardiac Rehab Conference room (Meadow Lake Building) 3525 E Louise Dr., Suite 500, Meridian

VISITOR and CALLER'S CORNER

| | <u>June-August</u> | <u>Year to Date</u> |
|------------------|--------------------|---------------------|
| Hospital Visits: | 648 | 1426 |
| Patients: | 544 | 1198 |
| Follow-up Calls: | 436 | 997 |

Each year, all accredited visitors and follow-up callers are required to attend a Mended Hearts reaccreditation training. This year, that training will be held on **Tuesday, October 2nd from 2-4 PM in the Lemhi and Blackfoot conference rooms on the lower level of St. Luke's Meridian**, off of Eagle. We are thrilled to announce that we will have Denise Camacho and Julie Swanson back to help us fine tune our active listening skills. It will prove to be a jammed packed meeting full of great information, so be sure to hold that date open.

As our visiting program grows, we need more volunteers who are willing to either visit patients in the hospital or do follow-up phone calls. We especially have a need for more callers right now. We are now serving five (5) hospitals in the Treasure Valley. St. Luke's in Boise, Meridian and Nampa, and Saint Al's in Boise and Nampa. If you are interested in becoming an accredited visitor or caller, please call or email Elaine Grossaint at 208-375-2408 or email at: regrossaint@cableone.net. A HUGE Thank YOU to all of our visiting and calling team!

Accredited Visitors:

| | |
|----------------------|----------------------------|
| Fred Bernier | Becky Newberry |
| Chris Catherman | Tom & Ev Nichols |
| Bob Courval | Bruce Parks |
| Odee Gordon | Jim & Marilyn Pettingill |
| Elaine Grossaint | Dennis & Adrienne Shiedlak |
| Bill Hielscher | Pat Toshcoff |
| Jack Marr | Ray & Wini Trapp |
| Wilson "Bill" Miller | |

Accredited Caller Coordinator:

Cynthia Baxter-Guarino

Accredited Callers:

| | |
|--------------|----------------------|
| Ray Heady | Wilson "Bill" Miller |
| Jewel Magney | Mary Ellen Voshell |
| Ruth McGough | Marcia Warne |