

**SPRING  
2019**



**Mended Hearts™**  
of Boise Chapter 380

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

**SAVE THE DATE**

- MH Chapter Meeting  
Wednesday, 4/17/19 1:30-3:00 PM  
**Guest Speaker:** Brandi Keefe from the American Heart Association, will address the upcoming Heart & Stroke Walk.
- **Guest Speaker:** Erin Wonenberger, RN Saint AL's Just Hands CPR
- Scentsy Con Kids' Tech Fair  
Wednesday, 5/3/19 5:00-8:00 PM
- MH Chapter Meeting  
Wednesday, 5/15/19 1:30 - 3:00 PM  
**Guest Speaker:** Eric B. Lowry, DDS of Lowry Dental will be giving a presentation on Oral Health and its relationship to Heart Health .
- American Heart Assoc. Heart & Stroke Walk, Thursday, 5/16/19 6:00-8:00 PM  
Kleiner Park Meridian
- MH Chapter Picnic Wednesday, 6/19/19 5:30-7:30 PM  
Ray & Wini Trapp Home

**To New Heart Patients**

We hope that your recovery is progressing well and would like to invite you and your family to visit our monthly meetings. We have speakers and programs designed to be of interest to heart patients. As heart patients we know what you are experiencing and are available to answer non-medical questions.

For more information  
check out our web site:

[www.MHBoise.org](http://www.MHBoise.org)

**President's Message**

Can we change and reverse most chronic diseases? What is real and what is myth? So, I can't smoke and I can't eat my sugar coated cinnamon candy? What is next? Is it exercise or eating? Or is it both?

Exercise is a vigorous activity that is done about three times weekly for 30/40 minutes; it seems to be key to long term good health. Yet what you eat also is meaningful to treating heart disease. Following the Mediterranean Diet which emphasizes fish, poultry, whole grains, eggs, fruit, vegetables, beans, nuts, seeds, legumes and olive oil is highly recommended by some dieticians. But some claim that it doesn't go far enough to reverse heart disease. Yes, it may show a reduction on strokes, yet the data is mixed since it was grouped with data on deaths from heart attacks, cardiovascular disease, or from any other cause. The irregularities in the study caused it to be retracted and republished in 2018.

The Mediterranean Diet is better than what most people are eating, but it doesn't go far enough to reverse heart disease. You need a lifestyle change; exercise and a whole-foods plant-based diet low in fat, especially saturated/trans fats, low in refined carbohydrates/sugar and with sufficient omega-3 fatty acids. The goal is to keep it simple. Enjoy a variety of plant-based foods that are low in fat and sugar, (fruit, vegetables, whole grains, legumes and soy products) and as close to possible to the way they are in nature with minimal processing (real foods or whole foods).

What matters most is your overall way of eating and living. Eat healthy and participate in an ex-



**Mended Hearts President  
Ray Trapp**

ercise program designed to strengthen and maintain your body.

If you're trying to reverse a life-threatening illness such as heart disease, it may be easier to make the changes all at once so you are likely to feel better and the benefits become clearer and worth making.

Even the best medicine in the world cannot overcome the effects of an unhealthy lifestyle. If you immerse yourself in a lifestyle reversal program, you are likely to feel so much better and have a game saving effect on your life. Yes, it is a bit overwhelming to make such a big change in your way of eating and activity level, but the reward is worth the effort. As with any changes in your daily process please consult with your doctor and take control of your life, live longer, and feel better.

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

***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 Mended Hearts and the American Society for Preventive Cardiology for a six-part webinar series to help you reduce your risk of heart disease. Register today for them all!

**April 2, 2019 (Tuesday) 10:00-11:00 AM Mountain Daylight Time**

**Cholesterol Control and Diet Modifications:** In this session we will take a look at controlling your cholesterol and modifying your diet to reduce your risk of heart disease.

**April 18, 2019 (Thursday) 10:00-11:00 AM Mountain Daylight Time**

**Following your Treatment Plan to Reduce Your Risk of a Second Event:** In this session we will take a look at following your treatment plan to reduce your risk of a second event.

**May 2, 2019 (Thursday) 10:00-11:00 AM Mountain Daylight Time**

**Blood Pressure Control:** In this session we will take a look at how blood pressure control can reduce your risk of heart disease.

**May 16, 2019 (Thursday) 10:00-11:00 AM Mountain Daylight Time**

**Preventive Exercise and Physical Activity:** In this session we will take a look at how preventive exercise and physical activity can reduce your risk of heart disease.

**June 6, 2019 (Thursday) 10:00-11:00 AM Mountain Daylight Time**

**Controlling Risk Factors for Women:** In this session we will take a look at the unique risk factors for women and how women can control these risks.

**June 20, 2019 (Thursday) 10:00-11:00 AM Mountain Daylight Time**

**Controlling Risk Factors for Diverse Populations:** In this session we will take a look at the unique risk factors for diverse populations and how these risks can be controlled.

For more information and registration, please visit  
<https://mendedhearts.org/risk-reduction-webinar-series/>  
This webinar series is brought to you by a generous grant from Amgen

## *It's Time for a Picnic!*

Where: Ray and Wini Trapp's Patio and Back Yard  
553 Pebble Beach Way, Eagle, ID

When: June 19, 5:30 PM to 8:00 PM

Main dish, table service and bottled water provided. Please bring side dish to share and a beverage of choice.



Mended Hearts mission is dedicated to "Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support."

Mended *Little* Hearts mission is dedicated to "Empowering families affected by congenital heart disease (CHDs) through peer-to-peer support services, education, connecting families with resources, creating awareness and advocacy."

## St Luke's Cardiac Rehab Dietitian

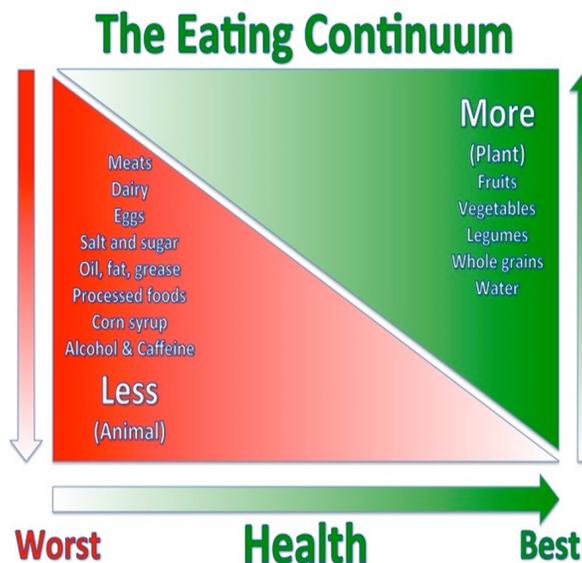
### Topic: Making Healthy Choices

January 16, 2019 MH Chapter 380 Monthly Meeting

The phrase that came to mind listening to Josie Read's presentation was "You are what you eat!" Josie opened her talk with the statement that we should all be eating fruits and vegetables as if our lives depended on it – every bite we take is either fighting disease or feeding it. There are multiple programs available for learning how to improve your health. Josie is part of the St Luke's Lifestyle Medicine Program called CHIP (Complete Health Improvement Program) which recommends a plant-based diet.

A plant-based diet is a dietary lifestyle that maximizes the intake of whole and plant foods and minimizes or eliminates the intake of processed and animal-derived foods. It's a diet based on foods as grown, with nothing added or taken away. Michael Gregor, MD, states: "We should all be eating fruits and vegetables as if our lives depend on it-because they do." Indeed, the health benefits for making healthy food choices is supported by evidence-based research. These health benefits include prevention and reversal of heart disease and diabetes, weight control, cancer prevention, prevention of Alzheimer's, lowering of blood pressure, and improvement of arthritic and auto-immune conditions.

Eating a plant-based diet eliminates diseases or reduces the effects of diseases over time, and can prevent diseases from occurring. Medical research done in connection with this diet yields positive results with cardiac diseases, diabetes, cancer, chronic kidney disease, weight control, Alzheimer's, Arthritis, autoimmune conditions, amongst a long list of other diseases.



The Eating Continuum is a useful tool and shows a sliding scale from the red zone into the green zone for healthy eating.

"Most people don't realize that the foods we eat — 3 meals per day, 7 days a week, 52 weeks a year-often have more of an impact on our health than anything else in our lives."

Miscellaneous tips:

- Read labels for ingredients. For example, with bread the word "whole" should be the first word on the label of ingredients of bread.
- Humus, tofu and chickpeas are good snack foods.
- Eat homemade foods rather than prepared.
- Cook in batches and freeze.
- Season with herbs and spices.
- Brand names to look at for healthy seasoning: Bragg (for salad dressing) and Mrs. Dash.
- Nutritional yeast is a good protein supplement.
- Eating a variety of whole, plant-based foods that provides sufficient calcium, vitamin D, and iron.
- Buy fresh with your focus on the produce department

Contributed by Pat Toshcoff and Becky Newberry

## Topic: “Aortic Pathology”

February 20, 2019, MH Chapter 380 Monthly Meeting

Dr Donald provided a stimulating discussion of vascular surgery as it relates to the aorta. The aorta is the largest blood vessel in the human body. Shaped like a candy cane, the short part moves upward from the heart and is called the ascending aorta. The candy cane then curves and drops downward into the body where it becomes the descending aorta. As it continues its descent, it becomes the aortic abdominal artery with many branches coming off to carry blood to all organs and other parts of the body.

The inner wall of the aorta has three layers. A tear in the innermost layer of the aorta allows blood to flow between the layers of the aortic wall, forcing the layers apart. This is called an aortic dissection. Once started, this tear can go up or down the full length of the aorta. Tears are categorized as either a Stanford Type A Dissections, a tear in the ascending aorta, or a Stanford Type B Dissection, a tear in the curve above the ascending aorta or in the descending and abdominal aortas.

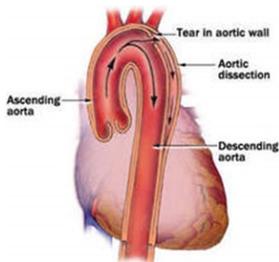
Symptoms of a dissection are: dizziness, lightheadedness, nausea and vomiting, crushing chest pain that radiates to the back; symptoms similar to a heart attack or pulmonary embolus. In fact, most people presenting with these symptoms are checked for a MI or PE first. It requires a CT scan to reveal a dissection. The average age for a dissection is 62 years old, two thirds are male, with over half the dissections being Stanford Type A. There is a 70% chance of a dissection in people who have untreated or poorly managed hypertension.

Treatments are done according to the dissection type. Type A requires immediate surgery because a tear in the ascending aorta can go backwards into the heart. The procedure involves replacing the torn section with a graft of woven fabric made out of gortex.

A Type B tear is usually treated with medicine but will require surgery if:

1. the pain is persistent and severe and not getting better;
2. if there is malperfusion (the end organs aren't getting adequate blood flow);
3. if there is uncontrolled blood pressure; or
4. if there is an aneurysm.

An aneurysm can develop if the tear causes the vessel to weaken as the three vascular layers become separated by the tear. Since most procedures do not involve open heart surgery, the risk factors are lower for the patient. Procedures are usually done through the groin which involves placing a sheath and plastic tube into the blood vessel and delivering the graft through the blood vessel. The graft is placed within the aorta, covering the tear with a sleeve made out of gortex. This is called a stent graft.



Dr. Donald also discussed abdominal aortic aneurysms. These aneurysms are usually found at the level of the belly button; often right where the femoral arteries branch to right and left legs. Most aneurysms are asymptomatic (without signs or symptoms). Risk factors include a smoking history, family history, age, coronary artery disease (CAD), chronic obstructive pulmonary disease (COPD), and high cholesterol. Mortality is high if an aneurysm ruptures. If an aneurysm is diagnosed, the risk factor of a rupture within the next year is dependent on its diameter; the larger the aneurysm the higher the risk. Decisions to treat are based on:

1. size of aneurysm;
2. pain attributed to aneurysm;
3. speed of growth; or
4. if rupture has occurred.

Treatment is usually surgery with a one to two-week hospitalization. Another treatment option is grafting within the aneurysm through a groin incision. This treatment has a higher risk of failure so requires 3 CT scans post surgery in the first year and then a yearly scan forever.



## Pack up the kids and join us for an evening filled with family-fun!

Scentsy Con and Tech Fair at the Scentsy campus, May 3rd, 5-8pm. Scentsy Commons, 2901 E. Pine Ave., Meridian, Idaho 83642

Scentsy Con is a free, family-orientated event, co-sponsored by Scentsy and The Idaho STEM Action Center.

It is designed to introduce children to technology, and get them up to their elbows in STEM-related activities.

It's a Super-hero, Tech fair, Give Back to a great cause, Family-Friendly Cos Play dress up, Martial Arts demonstration, Kid's Carnival, 501st Legion, and Dunk Tank event.

Tech tables are sponsored by organizations, businesses, and individuals in our community, who will introduce your kids to Tech as well as provide a resource to help develop their interest in the future.

Kids will have fun, while getting excited about technology.

STEM related activities encompass such fields as Engineering, Virtual Reality, 3D Printing, Robotics, Coding, and more.

The American Heart Association will be sponsored and donations accepted to go to the great work they are doing in our community. Mended Hearts Chapter 380 will participate with the American Heart Association in this event.

Pizza, hamburgers, nachos, and other food will be available for purchase from the Scentsy Commons Kitchen from 5-7 p.m.



## Mended Hearts volunteers take their job literally

Having any kind of heart issue, from having a stent put in to open-heart surgery, can be overwhelming, daunting and frightening.

"If you don't have someone you can talk to, it's very dark and scary," said Ray Trapp. Trapp is a heart survivor and president of the local Mended Hearts group, Chapter 380, a volunteer organization whose members visit heart patients in hospitals throughout the Treasure Valley.

"We have volunteers at every hospital," said Pat Toshcoff, another volunteer. "I had a heart stent placed about four years ago. And I'm doing fantastically well."

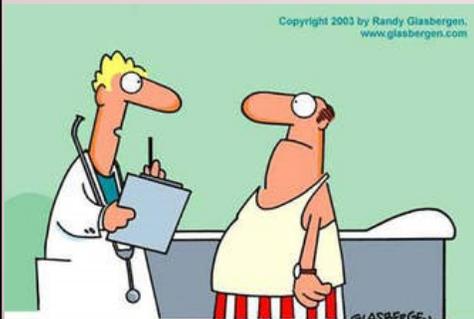
That is the message Toshcoff and other volunteers want to spread to heart patients. "We go into the hospital and talk to people," said Toshcoff. "We want them to know there's hope; we're proof of that."

Trapp said that having the words come from others who have been in similar dire circumstances make them more powerful. "We want to



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# 30 Minutes of Exercise Can Counteract a Day of Sitting



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

New research finds even small amounts of exercise can dramatically improve your health.

The vast majority of Americans spend a good portion of their

days tethered to a desk. This type of sedentary lifestyle can take a serious toll on your health and even lead to an early death, research shows.

However, just because you spend most days glued to a chair doesn't necessarily mean you're doomed.

Just 30 minutes of physical activity a day can counteract a day of sitting, according to a new study published this month in the American Journal of Epidemiology.

Researchers from Columbia University Irving Medical Center evaluated 7,999 healthy adults, ages 45 and older, who previously participated in a separate study that required them to wear activity monitors for at least four days between 2009 and 2013.

The research team used the data from the monitors — which recorded the amount and intensity of physical activity they did — and, over the course of five years, tracked the mortalities and health risks the participants experienced.

The study found that substituting 30 minutes of sitting with light physical activity could lower your risks of an early death by about 17 percent.

Replace that sedentary time with more moderate to vigorous exercise, like running and biking, and you'll cut the risk of early mortality by 35 percent. Even short 1 to 2-minute bursts of movement were linked to long-term valuable health benefits.



## **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](#)

# Connecting With Others Can Lead to Success

“I have been where you are; I know how you feel.” That’s a powerful statement. The sense of connection and bonding that can happen is soothing and often one of the keys to a successful recovery. Individuals who are going through a medical crisis or learning to change their lifestyle can find success in these connections.

When my son was born in 2009 with a congenital heart defect (CHD), I felt scared, alone and fearful for our future. I received a lot of medical information from health care professionals, but what I didn’t get was the answer to the question I asked myself every day: “How am I going to get through this?”

I had questions about formula, sleep and what to pack for surgery. My questions were never-ending. Then someone reached out to me and said those words: “I know how you feel, I’ve been there.” Those words changed my entire thought process and set my family up for success. Nine years later, I still benefit from this community. I give advice sometimes, and sometimes I need advice.



## The Power of Connection

According to the author Charles Duhigg, a movement starts because of the social habits of friendships and strong ties to close acquaintances. It grows through the habits of the community, and it endures because individuals give each other new habits that create a fresh sense of identity and a feeling of ownership over their well-being.

In personal health, individuals must be educated, empowered and supported to make changes in their care. They should also feel they have some semblance of control. These habits are difficult for the healthcare industry to ingrain in such a fast-paced, impersonal world. Clinicians are often overwhelmed with caring for the complex medical needs of patients, which leaves them little time to provide personal support.

Social support systems are more likely to encourage an individual to adhere to treatment, make positive lifestyle changes and provide additional resources for patients. This is where peer-to-peer support enters into the healthcare equation. Peer supporters can be the social system that patients need to become educated on the importance of medication adherence and to encourage lifestyle changes that will impact their healthcare outcomes. It’s easy to tell someone what they should do, but providing real-life answers to the question “How?” is where social support comes into play.

Treatment plans, medication adherence and general lifestyle changes can all benefit from peer support. Peers who have experienced the same types of situations are important because they not only sympathize with the struggle, they can give powerful advice. Advice on how they navigate lifestyle changes and how to stick to a treatment regimen. People who involve themselves within a peer support community can also benefit from lower depression rates and a happier outlook on life.

Peers are also valuable in connecting you with resources in your local community. Building positive social structures within communities is vital to empowering patients. An empowered patient is more engaged in their healthcare and more likely to make the right healthcare decisions.

## Mended Hearts Support Network

Mended Hearts, the largest peer-to-peer cardiovascular support network in the world, understands that connecting with others helps both the supporter and the one they are supporting. Case studies have shown us that peer-to-peer support can reduce readmission rates and improve treatment outcomes.

However, to the regular patient, the proof is much larger than that. The connection and encouragement that come from a circle of friends are invaluable.

From: *Andrea Baer, MS, Director of Patient Advocacy and Program Management*

## Heart-Healthy Kitchen Staples

For low-stress meal prep and healthy eating ease, plan ahead and be prepared. A well-stocked pantry is a must for busy people. “Well-stocked” means having basic heart-healthy ingredients on hand at all times. “Pantry” means your cabinets, fridge and freezer.

### Cabinets and Pantry

Having a properly stocked pantry can save time and worry during those busy days and weeknights when you don't have a chance to pick up groceries for planned meals. Keep these items on hand for unplanned but nutritious meals.



**Stock your pantry or cabinets** with “dinner builder” items like low-salt canned beans, tuna, salmon, tomatoes and marinara sauce.

**Include whole-grain pastas** in a variety of shapes, brown rice and other easy-to-make whole grains like bulgur, couscous and quinoa.

**Buy healthy cooking oils** in limited amounts because they can go rancid over time. Buy a nonstick pan or use non-stick vegetable spray when cooking.

**Have a variety of whole grains stocked** to form the base of your meal: whole-grain pastas in various shapes, brown rice and other grains like quinoa, couscous and bulgur wheat. Old-fashioned rolled oats are great for a quick oatmeal breakfast. Choose breads and cereals that list whole grains as the first item in the ingredient list. If you don't use a lot of bread on a daily basis, store extra in the freezer.

**For baking**, whole-wheat flour or spelt flour can often be substituted in for white flour. Cornmeal is also a great option for anything from muffins to pancakes.

**Nuts and seeds** are also great to have on hand for snacking as they are good sources of protein and polyunsaturated and monounsaturated fats.

Buy in small quantities to prevent them from becoming rancid. A serving size is a small handful or 1.5 ounces of whole nuts or 2 tablespoons of nut butter. Balsamic vinegar and low-sodium soy sauce are great to have available for salad dressings and sauces. Low-sodium bouillon cubes make a quick, flavorful stock for soups but be sure to read the ingredients label to find products made without hydrogenated oils.

**Balsamic vinegar and low-sodium soy sauce** are great to have available for salad dressings and sauces. Low-sodium bouillon cubes make a quick, flavorful stock for soups but be sure to read the ingredients label to find products made without hydrogenated oils.

**Dried herbs and spices** can add instant flavor to your meals—think rosemary, oregano, thyme and curry powder. Fresh rosemary is a great addition to roasting poultry and vegetables.

### Fridge and Freezer.

**Select low-fat dairy products.** Flavored milks, such as vanilla, chocolate, or strawberry, often have added sugars. Compare ingredients panels to select the healthiest options.

**Choose low-fat cheeses.** Some hard cheeses, such as Parmesan are also intensely flavorful, so you only need a small amount.

**Don't buy a lot of butter, cream and ice cream.** Save those for special occasions and, even then, limit how much you eat. They can add a lot of saturated fat to your diet.

**Choose soft margarines that contain “0 grams trans fat”** instead of buying butter. (These margarines are made with non-hydrogenated vegetable oils and usually come in tubs.)

**Compare labels** on salad dressing to choose the healthiest option for salads, dips, or marinades.

**Buy and prepare more fish.** Instead of reaching for breaded or battered fish fillets, buy fresh or frozen instead such as salmon, trout and herring.

**Choose lemon juice and spices** to eat with fish, instead of tartar sauce or cream sauces.

**When buying or eating poultry**, try the skinless version or remove the skin yourself. Trim off visible fat before cooking.

**Always have a selection of frozen vegetables and fruits** packed without sauces, sugar, or added salt on hand.

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## New Cardiac Rehabilitation Center now Open at Saint Alphonsus in Boise

Saint Alphonsus in Boise has recently opened new certified Cardiac Rehabilitation center designed to help patients who have had a cardiovascular event, such as a heart attack, coronary bypass surgery, coronary stent, heart transplant, heart valve repair or replacement, or heart related chest discomfort (angina). Under the direction of a cardiologist, a multidisciplinary team composed of a cardiac nurse, respiratory therapist and an exercise specialist design an individualized care plan for each patient with the goal of preventing future cardiovascular events.

Mended Hearts Chapter 380 was on hand at an open house on February 5, 2019.

Cardiac Rehabilitation is proven to increase the rate of recovery and significantly diminish the possibility of another cardiovascular episode. Both the American Heart Association and American College of Cardiology recommend Cardiac Rehabilitation programs. To obtain a referral to Cardiac Rehabilitation contact your Cardiologist or primary care provider; if you need a primary care provider call **208-367-DOCS (3627)**.



## Asian Turkey Meatballs

By Jon Ashton (Parade Magazine, February 2, 2019)

### Ingredients

- 1 lb lean ground turkey
- ¼ cup whole wheat breadcrumbs
- 3 Tbsp chopped cilantro, plus extra for serving
- 1 Tbsp finely chopped fresh ginger
- 1 large egg
- 1 tsp kosher salt
- 1 tsp black pepper
- 2 tsp dark sesame seed oil
- 3 garlic cloves, finely chopped
- Hoisin or sweet chili sauce, for serving (optional)

1. Preheat oven to 400°F.
2. In a large bowl, combine all ingredients, except sauce and sesame seeds; mix by hand until thoroughly incorporated. With damp hands, shape into 1½-inch meatballs. Place on a parchment-lined sheet pan. Bake 15-20 minutes or until firm and cooked through (a meat thermometer inserted into center of a meatball should read 165°F). Serve drizzled with hoisin or sweet chili sauce and sprinkled with sesame seeds and cilantro, if desired.



## Why sleep is good for your arteries



*Medical News Today.  
Catharine Paddock  
PhD*

*Fact checked by Car-  
olyn Robertson*

Fresh evi-  
dence suggests  
that sleep regu-  
lates a mecha-  
nism that can

help to protect arteries from hardening. The finding reinforces the notion that good-quality sleep is important for cardiovascular health.

Scientists from Massachusetts General Hospital (MGH) in Boston, MA, together with colleagues from other research centers, studied the development of atherosclerosis in mice. Atherosclerosis is the process through which plaques, or fatty deposits, build up inside arteries, causing them

to narrow and stiffen. It is a common reason for disease.

The researchers found that sleep-disturbed mice developed larger plaques in their arteries than mice that slept well. The sleep-disturbed mice also had higher amounts of circulating, inflammatory cells and produced lower amounts of hypocretin, which is a brain hormone that controls wakefulness. The researchers also saw a reduction in atherosclerosis and inflammatory cells in these mice after they received hypocretin supplementation.

Subject to confirmation in humans, the findings demonstrate that sleep influences cardiovascular health by regulating hypocretin production in the brain.

The journal Nature has recently published a paper about the study. "We've identified a mechanism," says senior study author Filip K. Swirski, Ph.D., who is an as-

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## Studies: Caring for grandchildren is healthy

For the kids, grandma and grandpa often mean warmth and fun. In return, the little rascals give a lot back.

Using data from a survey of families spanning several generations between 1985 and 2004, a 2016 Boston University study found that when young adults and their elders enjoy close relationships, both display fewer symptoms of depression.

According to a 2014 study from the Journal of the American Gerontological Society, spending quality time with grandchildren while they're very young advanced the mental health of a senior too. The more bonding between their generations, the better.

Susan Newman, a social psychologist and author of "Little Things Mean a Lot: Creating Happy Memories with Your



Grandchildren," says grandparents are exceptional at calming kids when they're hurting and exhorting them when they're well. When there's somebody they trust and know is always on their side, it's a huge emotional plus for the child, Newman says, adding that they have somebody around who's comforting.

Unlike most parents, Newman continues, grandparents have "infinite patience"--and often, more time to spare.

Sharing interests such as sports, baking or flying kites brings happiness to both generations. If kids are having

fun, she adds, "you're going to feel good as a grandparent."

Watching grandchildren on a weekly basis may also heighten the brain function and verbal fluency of the grandparent, according to a study published in a 2014 Journal of Marriage and the Family analyzed by data from the Survey of Health, Aging, and Retirement in Europe.

Still another study, published in the Journal of the North American Menopause Society, found the highest cognitive scores among older women who spent one day a week babysitting their grandchildren.

In a December 2016 study published in the journal Evolution and Human Behavior, caring for grandchildren might even lead to longer life.

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sociate professor at MGH and Harvard Medical School, also in Boston, "by which a brain hormone controls production of inflammatory cells in the bone marrow in a way that helps protect the blood vessels from damage."

The Centers for Disease Control and Prevention (CDC) estimate that 35 percent of adults in the United States were regularly sleeping less than 7 hours per 24-hour period in 2014.

Studies have linked lack of sleep to long-term health conditions, such as obesity, type 2 diabetes, depression, and heart disease. However, they have not shed much light on the underlying biological mechanisms. So, Dr. Swirski and his colleagues decided to investigate how sleep might help to protect cardiovascular health by focusing on the development of atherosclerosis.

The plaques that arise in atherosclerosis can take years to form and consist of calcium, fat molecules, cholesterol, and other substances. As they accumulate, they lessen the flow of nutrient- and oxygen-rich blood.

Atherosclerosis can lead to various other conditions, including coronary heart disease, which develops when plaques build up in the arteries that supply blood to the heart.

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Continued from Page 5

help support heart patients through the journey," Trapp said. "Our goal is to keep them from going back into the hospital."

Trapp's own journey began about five years ago when he had what appeared to be an unending slew of colds, a sinus infection and pneumonia. When another symptom reared its head — swollen feet — Trapp went to another doctor who told him he was in cardiac arrest.

"They put me in the hospital immediately," Trapp said. "It's kind of scary when they say, 'I want you to go home and put your affairs in order.'"

The local organization has about 50 members, and about 20 make regular calls at local hospitals, Trapp said. every year, "we see about 2,100 patients in the bed," Trapp said.

*Jeanne Huff is the community engagement editor for the Idaho Press. You can reach her at 208-465-8106 and follow her on Twitter @goodnewsgirl.*



## HeartGuides Patient and Family Education

### The Journey to a Healthy Heart Starts Here

The Mended Hearts *HeartGuide* is an innovative, informative resource for heart patients and their families, friends, and caregivers. The Mended Hearts *HeartGuide* provides comprehensive detail on all aspects of heart disease in an attractive, modern format, and serves as a trusted companion for readers along the journey to heart health. The digital *HeartGuide* can be viewed on a wide range of devices and features integrated search and handy topic dividers to allow quick reference to precise topics of interest.

The Mended Hearts *HeartGuide* is available to view online by following this link. <http://myheartguide.org/>

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**Mended Hearts Web Pages:** Local – [www.MHBoise.org](http://www.MHBoise.org) National  
– [www.mendedhearts.org](http://www.mendedhearts.org)

**Mended Little Hearts Web Page:** [www.mendedlittlehearts.org](http://www.mendedlittlehearts.org)

We welcome new visitors who want to find out more about becoming a Mended Hearts or Mended Little Hearts member. Our volunteers make a difference in providing cardiac patients & caregivers, peer to peer support, education, and most of all hope as we have all experienced a cardiac event.

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

### Jan-Feb 2019 Year to Date

Hospital Visits:	274	274
Patients:	186	186
Follow-up Calls:	153	153

2018 was another great year!, We had 2163 visits to 1805 patients/families with 1429 of them requesting follow-up calls.

### Welcome our newest Mended Hearts Members:

- Carolyn Stokes, Individual Membership
- Jennifer Epler, Individual Membership
- Ed Davis, Individual Membership
- W Dale Klinchuch, Individual Membership

We are now serving four (4) hospitals in the Treasure Valley. St. Luke's in Boise, Meridian and Nampa, and Saint Al's in Boise (Saint Al's in Nampa is on hold as their census is low). If you are interested in becoming an accredited visitor or caller, please call or email Jack Marr, the training coordinator of our visiting program, at 229-269-8161 [jack\\_marr@hotmail.com](mailto:jack_marr@hotmail.com).

### Accredited Visitors:

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

### Accredited Callers:

Cynthia Guarino	Susan Multanen
Ray Heady	Chris Toshcoff
Jewel Magney	Mary Ellen Voshell
Wilson "Bill" Miller	Marcia Warne

A HUGE Thank YOU to all of our visiting and calling team!