



Mended Hearts™
of Huntsville



The Beat Goes On

Volume 10, Issue 3
P. O. Box 18912, Huntsville, AL 35804-8912

March 2020
Dr. Fredonia B. Williams, Editor



From the president...

Carla Sims made an impressive and animated presentation on how she was persuaded to become involved in telemetry at Huntsville hospital. She was an English teacher and did not see herself becoming a nurse. 25 years later, Huntsville hospital had become one of the largest heart monitoring units in the south. Fast forward 10 more years, Huntsville Hospital now has big companies and hospitals wanting to come and see what's being taught.

Everyone who was a heart patient at Huntsville Hospital wore a heart monitor. The new heart monitors are from Phillips and look like a cell phone with a screen. The new ones became available last year. A patient's heartbeat will transmit on the screen right from your bedside. The heart monitors will tell the nurse exactly which heart lead is off and where it needs to go. If a patient is walking and has shortness of breath, the new heart monitor will tell the

nurse that information also. Although new, the monitor didn't get lighter and the stickers still come off. The cost is \$7000 per unit and Huntsville Hospital has 525 of these. The old ones cost \$1500.

The new telemetry will track wherever the box is in the hospital. Not just heart patients wear these, but stroke and neuro patients wear these and if they leave the floor, monitors are notified. Nurses can find patients who go to the cafeteria. It holds 72 hours of data and will download to the individual physician's computer and he/she can monitor condition from any place and make changes if needed because a patient's heartbeat will show up on the physician's phone.



Join us Thursday, March 19th @ 6:30 for our program "9-1-1 What's your emergency". The speaker is Don Webster, HEMSI Ambulance Services. We meet in Room 119A, Dowdle Center on the corner of Gallatin and Governors Street.

Dr. Fredonia B. Williams, Chapter 260 Interim President



February was Heart Awareness Month but it was also the month for Heart Failure Awareness Campaign for 2020. The 2020 theme was "Know Your Why" and the efforts included reaching out to heart failure nurses, patients, and their families to raise awareness and emphasize heart failure patient education from an etiology-specific lens. **The "Know Your Why" Resources included blood pressure education for patients and questions for patients to ask.**

Why is it important to check my BP every day? What are my blood pressure goals? Why are my blood pressure goals different from other heart failure patients and patients who don't have heart failure?

Some people take blood pressure medications because their blood pressure needs to be lowered to prevent long term problems like heart attacks or stroke. Patients with heart failure may be given blood pressure medication to decrease the workload on the heart. For patients with certain types of heart failure, these same medicines have actually been shown to strengthen the heart! Research also shows that better effects come at higher doses, so expect your provider to try to adjust the amounts of your medications from time to time. The goal for blood pressure readings varies depending on the patient's needs, but overall providers aim to get blood pressure less than 130/80.

Taking your blood pressure every day and reporting side effects is very important. Patients should keep a daily log of their blood pressures and share the log with their heart failure team.

NOTE: Information provided by the Heart Failure Society of America

February 2019, our chapter speaker was Dr. Josh Valtos, Heart Center, Huntsville Hospital. He spoke about Heart Failure Medications **and Challenges of Multiple Medications**. According to Dr. Valtos, your chance of having a medication problem is increased if:

- You take 5 or more drugs.
- You take drugs for 3 or more health problems.
- You get prescriptions from more than one provider.
- You got prescriptions during a recent stay in the hospital.

The word for taking multiple medications is **"polypharmacy"**. Patients should know the name and purpose of each medication that they are prescribed.

- ◆ Carry a list of your medications or bring your medicines with you to appointments
Sometimes the instructions on the bottle are not the same as your provider has instructed, i.e. sometimes when changing dosage of medicine
- ◆ Ask your provider the PURPOSE of medications.
- ◆ Ask your provider HOW to take your medications.
- ◆ Tell your provider if you are taking any non-prescription medicines
- ◆ Many medications have more than one effect.
- ◆ All medications have a brand name *and* a generic name.
- ◆ There are numerous and excellent medical treatment options available for heart failure.
- ◆ Taking your medications as prescribed and leading a healthy lifestyle offer the best chance to improve symptoms and prolong life.
- ◆ Remember, numerous perceived medication side effects may represent worsening heart failure.
When you have questions or concerns regarding your treatment, reach out to your provider for advice.

Huntsville Heart & Stroke Walk

April 18, 2020 *Downtown Huntsville *Courthouse Square

Check-In: 8:00 am

Walk starts 9:30 am

We aren't just walking. We're Heartwalking! Thank you for joining nearly 1 million Americans at 305 events across the country to build healthier lives, free of cardiovascular diseases and stroke.

How can you make a positive difference in the lives of your friends, family and co-workers? Join the Heart Walk, start Heartwalking and make the commitment to lead a heart healthy life and become healthy for good. Remember- we're not only raising funds, we're raising heartbeats!



Note to Chapter 260 Members: our chapter is responsible for the AHA Booth to distribute the red caps for heart disease survivors and white caps for stroke survivors. We will sign up team members at the March meeting.



Seniors and sleep:

Changes may interrupt life-long sleep patterns. Some older people discover they become tired much earlier in the night and rise before dawn. This actually has a name: Advanced Sleep Phase Syndrome, according to the National Sleep Foundation. It shouldn't be especially alarming, but it can be annoying. The natural circadian rhythms that coordinate body functions advance in time with age, so people get plenty of sleep (from seven to eight hours) but everything happens earlier. Experts do not know why this happens, but they usually treat the issue with bright light therapy, exposing the body to light when it should be awake.

Then there is insomnia. About 44% percent of older persons can't sleep for a few nights per week. Insomnia can become chronic. Medical conditions can be responsible for insomnia. Among them snoring, a primary cause of sleep disruption for 90 million Americans. Snoring can be due to weight and aging. Very loud snoring can be a symptom of sleep apnea, associated with high blood pressure, among other things. Sleep apnea causes people to repeatedly wake up as they breathe, then stop breathing. It can and should be treated, doctors say.

Recognition

We recognize member birthdays and surgery dates referred to as Mendiversaries. Congratulations to everyone who is celebrating a heart procedure anniversary this month.

If we have your month listed incorrectly or you would prefer not to be listed, please notify the chapter president. If we are missing your celebration, let me know at 256.837.7354.



Celebrate!

March Birthdays

Gary Stewart

March Mendiversaries

*Helen Drake
P. Dean Olive*



Get Well Wishes

We extend our get-well wishes to our members/readers who have been ill and we were unaware of it. They are also sent out to all the patients that we visit in the hospital. We will keep you in our thoughts.

Please keep Tom and Donnette Smith in prayer. Tom is having surgery March 4th.

Please call me at 256.837.7354 for notification.

Thanks to cardiac rehab for inviting us to attend 2 days of cardiac rehab week. 37 cardiac patients joined our national Mended Hearts as associate members. We invite each of you to attend our Thursday meetings and join our local chapter. Local chapter annual dues are \$10.00. However, you do not need to be a member to attend our Thursday evening support group meetings. We meet every Thursday at 6:30pm in the Dowdle Center which is located on the corner of Gallatin and Governors.

**New
Members!**

We welcome new member, Julie Algie who attended her first meeting Thursday night. Julie learned about us at cardiac rehab.



Donations to Mended Hearts are tax deductible. Donations may be mailed to Mended Hearts 260, P O Box 18912, Huntsville, AL 35804-8912. Please continue to support our efforts to visit and provide HeartGuides to patients and their families.



Mended Hearts, Inc. Resource Center
 1500 Dawson Road
 Albany, GA 31707
 Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

NEW MENDED HEARTS NEW MENDED *LITTLE* HEARTS RENEWAL DATE _____

Name (Mr. /Mrs./Ms.) _____ Chapter/Group _____ Member-at-large _____

Address _____ Phone _____

City / ST / Zip _____ I want to be a MH support volunteer: Yes No

Email address _____ I am interested in CHD Parent Matching: Yes No

(Please check all that apply) I am a Heart Patient Caregiver CHD Parent Physician RN Healthcare Employee

OPTIONAL INFO: Race: Caucasian Black Asian Am. Indian Hispanic Other _____ Gender: Male Female

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship.

Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP

Associate Member --- FREE

- * Can attend any chapter meeting for MH or MLH
- * Can join online communities
- * Can access Member Portal
- * Receives the National e-newsletter

Individual Member --- \$20 annual donation per person

- * All of the benefits of an Associate Member, PLUS
- * Membership Card
- * Car Decal – Select ___ MH or ___ MLH
- * One-time 5% off coupon for purchase from the MH store
- * One year annual subscription to Heartbeat magazine (\$30 value)

Bronze Member --- \$45 annual donation per person

- * All the benefits of a Full Individual Member, PLUS
- * Membership Pin
- * Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
- * 5% off registration of any National (not regional) MH/MLH Conference or Symposia

Silver Member --- \$100 annual donation per person

- * All the benefits of a Bronze Member, PLUS
- * A Stainless Steel Mended Hearts Travel Mug

Gold Member --- \$250 annual donation per person

- * All the benefits of a Silver Member, PLUS
- * A Red Fleece Blanket
- * 10% off registration of any National Conference or CHD Symposium

Heart of Gold Lifetime Sponsor --- \$1500 donation

- A one-time donation per individual**
- * All the benefits of a Gold member FOR LIFE, PLUS
- * 15% off registration fees at National MH/MLH Conferences / Symposia
- * Recognition in the next *Heartbeat* magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors

FAMILY MEMBERSHIP

For members of one household with one mailing address only

Family Membership --- \$40 annual donation

- * All of the benefits of an Associate Membership, PLUS
- * One year annual subscription to Heartbeat magazine (\$30 value)
- * Membership Cards for all members of the family
- * 2 Car Decals – Select ___ MH or ___ MLH
- * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

Bronze Family Membership --- \$75 annual donation

- * All the benefits of a Family Membership, PLUS
- * One Membership Pin per member
- * Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
- * 5% off registration of any National (not regional) MH/MLH Conference or Symposia

Family Members:

Spouse ___ Child ___ Heart Patient _____

Note: National memberships are tax deductible less \$10.
 Lifetime sponsorships are 100% tax deductible.

PAYMENT INFORMATION:

Membership Level _____ \$ _____

Additional tax-deductible Donation to
 Mended Hearts Mended *Little* Hearts \$ _____

TOTAL \$ _____

Please make your check payable to **Mended Hearts, Inc.
 1500 Dawson Road
 Albany, GA 31707**

If chapter dues / donations apply, they are tax deductible. Please pay the chapter directly as shown here. Please DO NOT send chapter dues to the Resource Center.

Chapter # 260 Annual Chapter Dues \$10.00

Additional Chapter Donation Amount \$ _____

TOTAL Paid to Chapter \$ _____

**Check payable to: MH 260
 Mail to: P O Box 18912, Huntsville, AL 35804-8912**

Your last issue??

If you are a member, the national office will send you a renewal notice three months in advance of your due date. You will receive the newsletter for a few extra months while you consider renewing.

If we visited you in the hospital, we will send you the newsletter for three months while you recover.

Whether or not you are a member, you and your family are invited to attend our meetings, where you can meet others who share your experience. Programs are selected to be of interest to heart patients.

Members receive this newsletter each month. There is an application form with this newsletter.



We meet at the Dowdle Center on the corner of Gallatin and Governors.



The Mended Hearts, Inc The Beat Goes On Huntsville Chapter 260



Volunteer Services

101 Sivley Road • Huntsville, AL 35801