

**Summer  
2019**



**Mended Hearts™**  
of Boise Chapter 380

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

### SAVE THE DATE

- MH Chapter Meeting  
Wednesday, 7/17/19 1:30 -  
3:00 PM

Guest Speaker: Jim Trapp,  
Chiropractor and Professor at  
CWI will discuss Balance and  
Fall Hazards

- MH Chapter Meeting  
Wednesday, 8/21/19 1:30 -  
3:00 PM

Guest Speaker: Gabrielle Davis,  
MPH, RRT-ACCS, NPS,  
CTTS, CHES, COPD Educator,  
Inpatient Nicotine Cessation  
Program Coordinator.

- MH Chapter Meeting  
Wednesday, 9/18/19 1:30 -  
3:00 PM

Guest Speaker: Dana Peachy,  
NP, Stopping Patients with  
AFIB from having Strokes  
Through Surgery.

### Cardiac Rehab Dates:

- ♥ Tuesday, 7/30/19
- ♥ Wednesday, 8/28/19
- ♥ Tuesday, 9/24/19



### 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

Sunshine, vacations, and family events offer us plenty of opportunities to fit in fitness and make it fun, no matter where we are this summer. A vacation provides plenty of opportunities for physical activity and fitness if you plan and make it fun. Consider a vacation centered on an activity such as hiking, biking, golf, yoga or swimming. Look for accommodations/lodgings that offer a pool, fitness facility, spa or activities that you can participate in like a walking tour or even a local museum if the weather is bad. Ask about activities appropriate for your family.

If you rent equipment, make sure it is well maintained and meets safety standards. Be sure to rent a helmet, pads, correct clothing, and dress in layers if necessary.

It is important to have fun and enjoy your time with other positive people. Why not explore.... try something different like snorkeling, badminton, sand volleyball, or just walk to restaurants, shops, and attractions. Go out dancing in the evening. Then end the day with a dip in the pool or sauna. If you drive, take breaks for short walks or stretching. If you travel by plane, try to spend time walking the terminal. It is important to have fun and enjoy your time with other positive people.

Exercising regularly can improve your health and mood. It lowers your risk of chronic health conditions such as heart disease, stroke, diabetes, high blood pressure, and depression. Yet, what is the right activity? Functional fitness, such as walking up and down stairs, playing with grand-



**Mended Hearts President  
Ray Trapp**

kids, gardening, carrying groceries, or walking the dog, all help to increase balance and reduce the risk of falls. Federal guidelines also say that adults should get at least 150 minutes of moderate aerobic exercise per week. As a general goal, aim for at least 30 minutes of physical activity every day. You can achieve this by briskly walking, swimming, and even mowing the lawn. Anything that increases or quickens your breathing and helps to increase your heart rate, will be helpful. You can also do a combination of functional/moderate exercise along with vigorous aerobic activity and spread out these sessions to be at least 10 minutes in duration. Vigorous aerobic exercise includes activities such as running and aerobic dancing. Strength training can include the use of weight machines or performing activities such as rock climbing, yet this

Continued on Page 11

**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."



Mended Hearts

## Topic: "Heart-to-Heart as You or Your Parents Age"

March 20, 2019 MH Chapter 380 Monthly Meeting

At some point in time in our lives, we find ourselves in roles as parents raising children, parents raising children and assisting our parents (known as the 'sandwich generation' because we are caring for three generations at once), or just caring for aging parents. Financial and emotional stress comes with each of these phases in life. For example, caring for an adult over the age of 50 by a family member results in an average annual out-of-Pocket cost of \$7,064. ( AARP Research, Family Caregiving and Out-of-Pocket Costs: 2016 November Report). The discussion today centered on caring for aging parents.

This time of life can be a positive time in which you can deepen the relationship with your parents. It is a time to take action to find a balance in your lives. And most importantly, it is a time for planning and preparation so that elder parent(s) can have the legal and financial instruments in place to allow for a smoother, more coordinated transition into aging. It is important to take action by outlining daily demands for your time and financial resources, then analyzing the impact on this outline if you were to add five hours a week to giving/receiving care.

Long term care is often appropriate and provided following an event which leads to health related needs. Long term care is expensive. For example, \$225 a day or \$6,844 per month for a semi-private room in a nursing home; \$119 a day or \$3,628 per month for care in an assisted living facility (for a one-bedroom unit). To hire a health aide in the home is \$20.50 an hour; is \$20 an hour for homemaker services. Long term care is paid for in several ways to include: Medicare, if skilled services are required and only for a limited time period; Medicaid, but only if you meet the financial and minimum state eligibility requirements; Other federal programs to include those who fall under The Older Americans Act and the Department of Veterans Affairs; health insurance, which is under the same restrictions and limitations as Medicare; private payment options to include long-term care insurance. Often these options can work in combination with one another.

It is important to have a MPOA (Medical Power of Attorney) and Living Will for medical directives: a DPOA (Durable Power of Attorney) for financial matters and an attorney to get the proper papers in place. In other words, BE PREPARED

Have the conversation!!!! Don't do everything at once but do begin the process. Be straightforward with one another and respectfully come to mutual agreements. Get these agreements in legal writing. Discuss a strategy. Know how to deal with things before an event occurs. Children - understand your parents' vision and Parents - share openly with your children or responsible party. Make a list of things needed and important in case of an event.

Todd's presentation was interesting and packed with information. He also gave each of us a book to reference as we walk through this phase of our lives. Please use this book to your advantage and make an appointment with Todd if you need extra help. This is an important process for each of us. We need to get everything in place, no matter how uncomfortable the subject. Think of helping your caregivers in case of an event. THANK YOU, TODD.



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."

## Topics: “American Heart Association Heart Walk” “Just Hands CPR”

May 15, 2019, MH Chapter 380 Monthly Meeting

### Brandi Keefe from the American Heart Association

Brandi talked about the American Heart Association's involvement with early, middle, and post heart event patients and the great support this Association offers to our community. She reminded us about the Heart and Stroke Walk coming up on Thursday, May 16th, 2019 at Kleiner Park in Meridian and how to register. There is no registration fee. Participants can either ask for contributions and collect money or else just donate money directly for the cause. Money will go towards research and improvement in community programs. This is the 25th anniversary of the heart walk. It is a family event with a focus on life style changes. There will be free, heart-healthy food. Brandi reminded us to add color to our plates, to eat smart, move more, and be willing to make changes in order to be well.



### Erin Wonenberger, RN at Saint Alphonsus Regional Medical Center, presenting 'Just Hands CPR'

Erin works as an RN at Saint Alphonsus, caring for heart and lung surgery patients. She is currently going to BSU to get her Nurse Practitioner degree. Before teaching the Hands Only CPR techniques, Erin presented us with some interesting facts (as outlined below from her Power Point presentation):

- More than 350,000 Cardiac Arrests occur outside of the hospital each year.
- Approximately 90% of those individuals die.
- Most out-of-the hospital Cardiac Arrests happen at home.
- Less than 30% of bystanders will perform CPR.
- Cardiac Arrest is an electrical problem vs. a Heart Attack which is a circulation problem.
- Most heart attacks do not lead to cardiac arrest, but when cardiac arrest occurs, heart attack is a common cause.
- Bystanders hesitate to do CPR out of 1.) fear of not performing CPR correctly; 2.) fear of hurting someone while performing CPR; 3.) fear of being sued; 4.) fear of contracting a disease while performing mouth-to-mouth breaths with CPR. Hands only CPR eliminates the need for mouth-to-mouth contact. You are protected under the 'Good Samaritan Laws' so cannot be sued. Remember, doing nothing will inevitably lead to death, but doing CPR may lead to survival and neurologic recovery.
- Don't mistake gasping as signs of life. Don't stop resuscitation until the victim pushes you off. Hands only CPR is for a short duration until medical help arrives. For prolonged CPR, the Standard CPR is done. With infants and children, Standard CPR with rescue breathing is to be done.
- If a victim is down, check for responsiveness, call 9-1-1, push hard and fast in the center of the chest, 100-120 compressions per minute, allow full chest recoil which will pull in more air (oxygen supply). Always lower the victim to the floor or hard surface, interlock your fingers, and lock your elbows.



Thank you both Brandi and Erin. We appreciate your time and all the good information!

Contributed by Pat Toshcoff

## Topic: “Dental Health and Healthy Heart”

May 15, 2019, MH Chapter 380 Monthly Meeting

Highlights from Dr. Lowry’s talk:

Gingivitis is the number one cause of dental problems. Gingivitis is an inflammation of the gums. In most cases, the inflammation is in response to bacterial bio film (plaque) that is attached to tooth surfaces. The gums become red, swollen, often painful, and bleed easily when teeth are brushed. Although the gums are irritated, the teeth are still firmly planted in their sockets. No bone or other tissue damage has occurred at this stage. If allowed to progress, this gum inflammation can become periodontitis, or gum disease. This can lead to receding gums, bone loss, and loosening of the teeth. The bacteria that infect the gums can also travel through the blood stream to other parts of the body. In the heart an inflammatory process can begin in response to the bacteria. This inflammation can be found in the coronary arteries and the endocardium. (According the online Mayo Clinic site, endocarditis is an infection of the endocardium, which is the inner lining of your heart chamber and heart valves. Endocarditis generally occurs when bacteria, fungi or other germs from another part of your body, such as your mouth, spread through your blood stream and attach to vulnerable or damaged areas in your heart). Proper dental care can control or eliminate periodontitis. Preventive measures are as follows: 1.) brush your teeth for two minutes twice a day to scrap off the plaque; 2.) floss daily; and 3.) schedule regular dental check ups and cleaning.



Remember, your dentist is a part of your medical team. Through regular check ups, the dentist can usually stay ahead of dental problems and can often detect early onset or exacerbation of diseases such as cancer, diabetes, or heart problems. Make sure your dentist knows your medical history and has a list of all your medications (prescription and over-the-counter), has names and phone numbers of your doctor(s), especially your cardiologist.

The following are random facts, in no particular order:

1. After a heart attack (MI) your cardiologist might prescribe the drug, Nitroglycerin. Your dentist will probably have this medication in his office for use in an emergency. Make sure the medication date is current because this medication has a limited shelf-life and the expiration date needs to be checked in order for the drug to work. Likewise, oxygen should be in the office to be used as needed.
2. Tell your dentist if you are on an anticoagulant drug, especially if you are undergoing a dental treatment which could cause bleeding.
3. Hypertension can be related to the "white-coat-syndrome" and could be reflected in your vital signs during your dental visit. Also, hypertension drugs can cause dry mouth or alter your sense of taste. A person being treated for hypertension (also angina) might be on calcium channel blocker medication; a drug which can cause gum tissue to swell and overgrow resulting in chewing difficulties.
4. If the dentist is going to use anesthesia for a procedure, ask if it contains epinephrine. This drug can cause the heart to race and could be dangerous if someone has a heart condition.
5. Stroke patients can have an impaired ability to produce adequate amount of saliva. There also can be face and tongue numbness which affects chewing and swallowing. Congestive heart failure medications can also cause xerostomia or dry mouth. The use of a CPAP machine can also cause dry mouth.

There are several solutions to help with dry mouth. Dr. Lowry spoke about Xylitol chewing gum and Xylitol tablets which melt in the mouth. There are also saliva substitutes. An online site called Xylitol.org gives the

## 5 tips for a better night's sleep

Sleep is a critical part of managing stress and making healthy choices. Get a restful night's sleep with these tips.



Sleep is a remarkably productive and critical part of life; it's the time when the brain and body recharge for another day. Yet, most of us simply aren't getting enough sleep. Stress, everyday demands and - yes, your smartphone - are likely culprits negatively impacting your sleep.

Either too little or too much sleep can make it tough to function at your best. Sleep better and wake up feeling more rested with this advice:

- ♥ Eat meals (especially dinner) at the same time each day and at least two to three hours before bedtime.
- ♥ Limit naps to 30 minutes at least six to eight hours before bedtime.
- ♥ Stay active. Any activity is good. For best results, get moving 20 to 30 minutes most days, at least four to six hours before bedtime.
- ♥ Limit your caffeine intake and avoid it after noon. Also avoid stimulants such as decongestants and nicotine.
- ♥ Go to bed at the same time every night and get up about the same time every morning - even on weekends.

A healthy amount of sleep for most adults is seven to eight hours a night. If self-care techniques don't help, talk to your health care provider. Sleep problems are treatable.

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<http://diet.mayoclinic.org/diet/motivate/tips-for-better-night-sleep>

## A nap a day keeps high blood pressure at bay

Catching some midday shut-eye linked to similar drops in blood pressure seen with other lifestyle changes, some medications

It seems that napping may do more than just reboot our energy level and improve our mood. New research being presented at the American College of Cardiology's 68th Annual Scientific Session found that people who took advantage of a midday snooze were more likely to have a noticeable drop in blood pressure compared with those who didn't nap.

"Midday sleep appears to lower blood pressure levels at the same magnitude as other lifestyle changes. For example, salt and alcohol reduction can bring blood pressure levels down by 3 to 5 mm Hg," said Manolis Kallistratos, MD, cardiologist at the Asklepion General Hospital in Voula, Greece, and one of the study's co-authors, adding that a low-dose antihypertensive medication usually lowers blood pressure levels by 5 to 7 mm Hg, on average.

Overall, taking a nap during the day was associated with an average 5 mm Hg drop in blood pressure, which researchers said is on par with what would be expected from other known blood pressure-lowering interventions. In addition, for every 60 minutes of midday sleep, 24-hour average systolic blood pressure decreased by 3 mm Hg.

"These findings are important because a drop in blood pressure as small as 2 mm Hg can reduce the risk of cardiovascular events such as heart attack by up to 10 percent," Kallistratos said. "Based on our findings, if someone has the luxury to take a nap during the day, it may also have benefits for high blood pressure. Napping can be easily adopted and typically doesn't cost anything."

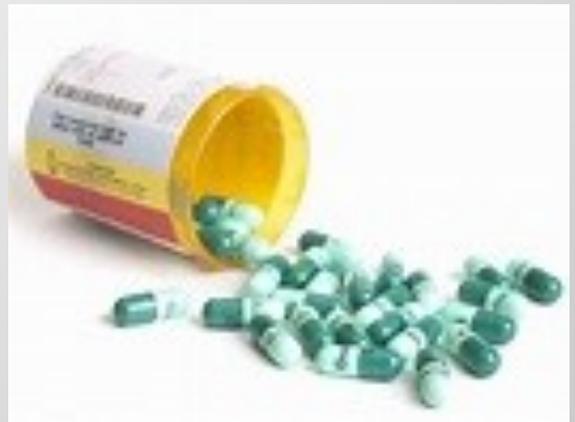
This is the first study to prospectively assess midday sleep's affect on blood pressure levels among people whose blood pressure is reasonably controlled, according to the researchers. The same research team previously found midday naps to be associated with reduced blood pressure levels and fewer antihypertensive medications being prescribed among people with very high blood pressure readings.

\*Article taken from *Science Daily*:  
<https://www.sciencedaily.com/releases/2019/03/190307081029.htm>

## Long-Term Antibiotic Use May Up Women's Odds for Heart Trouble

Antibiotics can be lifesaving, but using them over a long period might raise the odds of heart disease and stroke in older women, a new study suggests. Researchers tracked the health of nearly 36,500 U.S. women over an average follow-up of nearly eight years. During that time more than a thousand developed heart disease.

The study found that women aged 60 and older who used antibiotics for two months or longer were 32% percent more likely to develop heart disease than those who did not use antibiotics. Women aged 40 to 59 who took antibiotics for longer than two months had a 28% higher risk than those who did not take the drugs, said a team led by Lu Qi. He directs the Tulane University Obesity Research Center in New Orleans.



Said another way, the results mean that for older women who take antibiotics for two months or more, 6 per 1,000 would go on to develop heart disease, compared with 3 in 1,000 among those who did not take the drugs. There was no increased risk of heart disease among women aged 20 to 39 who took antibiotics, according to the study published April 24 in the *European Heart Journal*.

"This is an observational study and so it cannot show that antibiotics cause heart disease and stroke, only that there is a link between them," Qi said in a journal news release. "It's possible that women who reported more antibiotic use might be sicker in other ways that we were unable to measure, or there may be other factors that could affect the results that we have not been able take account of."

However, the researchers did take into account other factors including age, race, sex, diet, and lifestyle, reasons for antibiotic use, overweight or obesity, other diseases, and medication use.

The most common reasons for antibiotic use among women in the study were respiratory infections, urinary tract infections, and dental problems.

So what could be the link between antibiotics and heart risk?

One possible reason could lie in the fact that antibiotics do alter the balance of gut microbes, destroying good bacteria and increasing the proportion of viruses, bacteria or other microbes that can cause disease, Qi suggested.

"Antibiotic use is the most critical factor in altering the balance of microorganisms in the gut," he said, and

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## 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](#)

## Heart Attacks in AM, Fever in PM: How Your Body Clock Works

**Many diseases have regular daily variations in risk or symptoms tied to the body's internal clock.**

Like others in the modern world, you probably spend a lot of your day living by the clock.

Your body does the same thing with many of its internal functions, except that the clock it uses isn't on a smartphone.

The body actually has many biological "clocks" that create the body's circadian rhythms — the physical, mental, and behavioral changes that follow a daily cycle. And now researchers are uncovering how treatment for conditions can be improved by working with these "clocks."

There's a master clock in the hypothalamus in the brain. This is set by the light and dark cycle in your environment. There are also many peripheral clocks composed of molecules in cells throughout the body.

Scientists think that, in general, the circadian system optimizes the functioning of the body. But for people with certain diseases, the circadian system can make symptoms worse at specific times of the day.

Cardiovascular disease shows regular daily variations in their risk or severity of symptoms.

The risk of having a heart attack or stroke is highest in the morning. There's also a second, but lower, peak in the evening for stroke.

These patterns coincide with changes in factors that can affect cardiovascular function, such as stress hormone levels, heart rate, or activity of the autonomic nervous system.

With heart attacks, the mental stress of getting ready for work could contribute to the higher risk of heart attacks in the morning.

This may vary throughout the week.

"Monday morning is the worst time for heart attacks because it's also the first day of the workweek back at work," said Courtney M. Peterson, PhD, an assistant professor of nutrition at the University of Alabama at Birmingham's Nutrition Obesity Research Center. "This is an example of a combined effect due to the circadian rhythm, or biological clock, and behavior or what's going on with your life," said Peterson.

In another study, researchers found that the increase in the hormone epinephrine after exercise was twice as high at 8:30 a.m. as it was at 4:30 a.m.

Epinephrine plays an important role in the cardiovascular system's response to stress. It causes a number of physiological changes, such as increased heart rate and blood pressure, and more rapid breathing.

This study was done in healthy individuals, but the same research is now being done in people at risk of heart problems, such as older adults and people with obesity or high blood pressure.

Researchers are hoping to discover ways people can stay healthy by harnessing their circadian rhythms.



\*Article taken from

<https://www.healthline.com/health-news/what-is-the-best-time-of-day-to-be-sick#Staying-healthy-with-the-body-clock>

## Grilled Shrimp with Mint Salsa Verde

A tiny dollop of yogurt gives a pleasant, unexpected creaminess to the piquant salsa that is drizzled over grilled shrimp in this attractive entrée.

### Nutrition Facts Per Serving:

Calories: 150,  
Protein: 14 g,  
Fiber: 1 g,  
Added Sugars: 0 g

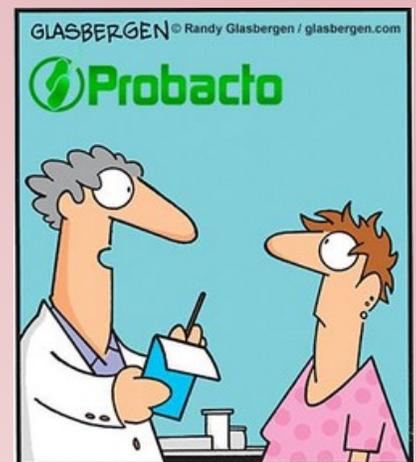


### Ingredients

- 1/2 tablespoon plus 1 teaspoon and 1/2 tablespoon fresh lemon juice, divided use
- 1 teaspoon and 1 tablespoon olive oil, divided use
- 1 medium garlic clove (minced)
- 12 jumbo raw shrimp in shells (21 to 25 count), peeled, rinsed, patted dry
- 2 medium green onions (chopped)
- 3 tablespoons chopped, fresh mint
- 1 tablespoon snipped, fresh cilantro
- 1/2 tablespoon drained capers
- 1/2 tablespoon minced fresh jalapeño, seeds and ribs discarded, or to taste
- 2 teaspoons fat-free, plain yogurt
- 1 teaspoon water
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Cooking spray

### Directions

1. In a small glass baking dish, whisk together 1/2 tablespoon plus 1 teaspoon lemon juice, 1 teaspoon oil, and garlic. Add the shrimp, turning to coat. Cover and refrigerate for 10 minutes, turning once.
2. Meanwhile, in a mini food processor, process the green onions, mint, cilantro, capers, jalapeño, yogurt, water, salt, pepper, remaining 1/2 tablespoon lemon juice, and remaining 1 tablespoon oil for 30 seconds, or until smooth and creamy. Scrape the side once or twice during this process.
3. Preheat a grill pan on medium-high heat. Lightly spray with cooking spray. Remove the shrimp from the marinade. Discard the marinade. Grill the shrimp for 2 to 3 minutes on each side, or until pink and cooked through. Serve with the salsa verde drizzled on top.



"Eating salmon every day is good for your cardiovascular system...especially if you get the urge to swim upstream."

Recipe found at

<https://recipes.heart.org/en/recipes/grilled-shrimp-with-mint-salsa-verde>

## Crunchy Cucumber-Dill Salad

- 1 Tbsp. fresh lemon juice
- 2 tsp. olive oil, extra virgin
- 1/4 tsp. pepper
- 2 cucumbers
- 1/2 small red onion
- 1 Tbsp. fresh, chopped dill (or 1 teaspoon dried)

### Directions

In a small bowl, whisk together lemon juice oil and pepper. Peel cucumbers, and slice in half lengthwise. Thinly slice halves into half-moon shaped pieces and place in a medium bowl. Thinly slice onion and add to bowl. Sprinkle dill on top of cucumber mixture. Add lemon juice mixture and toss well to coat. Cover and chill 1-2 hours and serve.



## Heart disease deaths in middle-aged women on the rise

Death rates from heart disease are rising for middle-aged adults — white women, in particular — according to a report released Wednesday by the Centers for Disease Control and Prevention.

The increase comes after more than a decade of decreasing death rates from heart disease for this age group. In fact, for other age groups — namely, those 20 to 44, and 65 and up — heart disease death rates did not increase.

Middle-aged adults are “losing ground,” said Dr. Sharonne Hayes, a cardiologist at the Mayo Clinic in Minnesota, who was not involved with the CDC report. And this is not the first time such findings have been reported; there have been hints for years.

“We’ve got to stop patting ourselves on the back” about the decreasing rates of heart disease deaths, Hayes told NBC News. “We’ve taken our feet off the gas pedal.”

The report, published by the CDC’s National Center for Health Statistics, found that heart disease death rates decreased for all adults ages 45 to 64 fell by 22 percent from 1999 to 2011, from 164.3 deaths per 100,000 people to 127.9 deaths per 100,000 people.

That positive trend, however, started to reverse from 2011 to 2017, when death rates increased by 4 percent.

While more research is needed to fully understand why heart disease death rates are rising in middle-aged adults, there are likely several factors at play, Hayes said.

Rates of risk factors, including obesity, a sedentary lifestyle, and diabetes, are going up. In addition, a lack of access to insurance, coupled with rising costs of medical care, can hit this age group particularly hard, Hayes said.

Unlike adults ages 65 and up, who have access to Medicare, and younger adults, who may still be on their parents’ insurance

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## One-Pot Meal: Easy Potato Hash

The beauty of this recipe is that it’s easy to customize based on what you have on hand. [Kathleen Meehan, R.D.](#), cuts the cook time in half by using leftover roasted potatoes whenever possible. You can also add or swap any vegetables you like.

**Serves:** 1

**You’ll need:**

- 1 tablespoon olive oil
- 1 medium Yukon Gold potato, cut into ½-inch cubes
- ¼ teaspoon paprika, curry powder, or cumin
- Pinch Salt and pepper
- ½ cup cherry tomatoes, halved
- 2 scallions, whites and greens, sliced
- 2 large eggs

**What to do:** Preheat oven to 400°F. Meanwhile, heat olive oil in a small cast-iron skillet over medium heat. When the oil is hot but not smoking, add potato and paprika, and season with a pinch of salt and pepper.

Place the skillet in the oven to bake for 20 minutes, or until potato has started to soften.

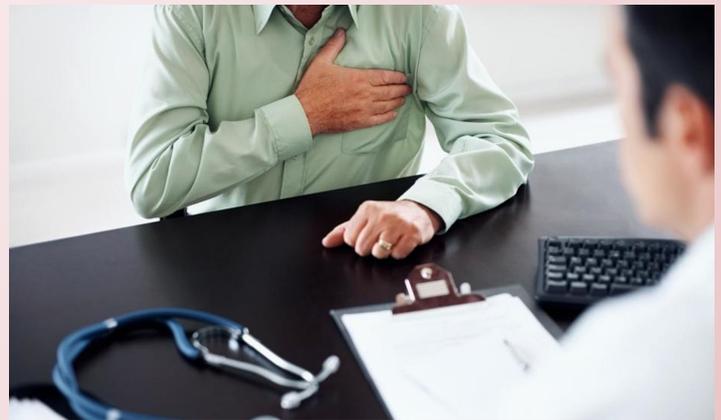
Add cherry tomatoes and scallions to the skillet, and toss to combine. Crack eggs on top, and season with another pinch of salt and pepper. Bake 10 to 15 minutes more, until potatoes are cooked through and eggs are set.

Per Serving: 359 Calories; 24g Fat, 16g Protein; 21g Carbohydrate; 2g Dietary Fiber; 424mg Cholesterol; 155mg Sodium.



## Avoid These Heart Hazards

Heart disease is the leading cause of death for both men and women in the United States, causing about one in every four deaths. While some risk factors are out of your control—like family history—there are choices you can make to improve your heart health, and this includes knowing what *not* to do. Make sure you're avoiding these seven bad habits to keep your heart going strong for years to come.



- 1. Smoking** - Even occasional smoking harms nearly every organ in your body, including your heart. The chemicals in cigarettes damage how your cardiovascular system functions, which increases your risk of atherosclerosis, a disease in which a waxy substance called plaque builds up in your arteries, causing them to narrow and harden. This is known to cause coronary heart disease, which often ends in heart attack and death. Know that no matter how long you've been smoking, quitting will benefit your heart.
- 2. Maintaining Extra Weight** - Being overweight is linked to several factors that heighten your risk for heart disease, including high blood pressure. To maintain a healthy weight, try to stick to the USDA Dietary Guidelines' recommendation that half of each meal be fruits and veggies. Scramble a little spinach into morning eggs, for example, or mix vegetables into your pasta. If you're struggling, seek out a dietician who specializes in helping people revamp their diets for better heart health.
- 3. Overloading on Certain Meats** - There is evidence showing that a high intake of red and processed meats, like sausage and bacon, increases your risk of cardiovascular disease. Studies have shown that the more of these meats you eat, the higher your risk of developing heart problems. However, this doesn't mean you have to cut out these foods all together. Instead, think like the Harvard School of Public Health recommends, and treat red meat like lobster—an occasional indulgence to enjoy.
- 4. Drinking Soda** - Soda puts your heart at risk, too. One study followed 2,500 people for 10 years and found that those who regularly drank diet soda were more likely to experience a stroke or heart attack and die from vascular disease—even after researchers controlled for factors like smoking, exercise, sodium intake and high cholesterol. Sugary soda is potentially damaging, too. Research has shown that people consuming too much added sugar, like that in soda, have a higher risk of dying from cardiovascular disease.
- 5. Drinking Alcohol Excessively** - While a daily glass of red wine has health benefits, excessive alcohol is linked to cardiovascular problems. Drinking more than three drinks per day can have a toxic effect on your heart, leading to high blood pressure, an enlarged and weakened heart, and a higher level of fat stored in your body. A good rule of thumb (and heart): Have no more than one drink per day for women, and no more than two for men.
- 6. Sitting for Hours** - Regularly sitting for multiple hours at a time can increase your risk of a heart attack or stroke, even if you exercise regularly. Research has linked prolonged sitting with obesity, higher blood pressure, and an increased likelihood of death from cardiovascular disease and cancer. Experts think the lack of activity affects the levels of fats and sugars in your blood. You can counteract this risk by moving whenever you can, taking walks around the office, or even using a standing desk.
- 7. Ignoring Your Sleep Quality** - Snoring can be a sign of sleep apnea, a disorder in which your breathing starts and stops throughout the night. This causes sudden drops in your oxygen levels, which spikes blood pressure and strains your heart. If you wake up with a hoarse throat, or your partner reports heavy snoring, bring it up to your doctor. Your time sleeping matters, too, as research has shown a link between sleep deprivation and cardiovascular problems. Remember to aim for eight hours each night.

Continued from Page 1 (President's Message)

should be limited to two or three strength-training sessions a week. Always consult your doctor when starting any exercise program.

Burn excess calories, have fun, maintain and improve your fitness, all add up to better health benefits. Why not find out how changes and planning your summer events can do more to insure your healthy, long term lifestyle. What can you do today to make a plan work for you?

Ray Trapp, President

Continued from Page 4 (Meet our Guest Speaker– Dr. Eric Lowry, DDS)

following description: The Benefits of Xylitol Gum--Xylitol gum helps inhibit cavity-causing bacteria. Xylitol is the perfect sweetener for chewing gum because the bacteria living on our teeth cannot digest it and it interferes with how they hold onto our teeth. This means they starve and die off rather than produce acid that causes tooth decay or they just get washed away. Xylitol gum can also help remineralize teeth and help relieve dry mouth. Xylitol is described as a natural sweetener processed from corn cobs and birch trees and is not an artificial sweetener. Dr. Lowry said Trident puts out a Xylitol gum. Chewing one third of a piece of Trident will stimulate the salivary glands.

Biphosphonates are a class of drugs which prevent loss of bone density, thus helping to strengthen the bone around the teeth. Oral Fosamax, Actenol, Boniva and Reclast are the prescribed medications. These can cause blood vessels to shrink which affects healing from dental procedures. Some people receive IV biphosphonates to strength their bones.

This was an information-packed presentation and we appreciate Dr. Lowry's willingness to share his expertise.

Submitted by Pat Toshcoff

Continued from Page 6 (Long-Term Antibiotic Use May Up Women's Odds for Heart Trouble)

"previous studies have shown a link between alterations in the microbiotic environment of the gut and inflammation and narrowing of the blood vessels, stroke, and heart disease."

Study first author Yoriko Heianza is a research fellow at Tulane University. She noted that as the women in the study aged, "they were more likely to need more antibiotics, and sometimes for longer periods of time, which suggests a cumulative effect may be the reason for the stronger link in older age between antibiotic use and cardiovascular disease."

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## 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/>

**President** – Ray Trapp 208-939-0300 [raywini1@outlook.com](mailto:raywini1@outlook.com)

**VP & Outreach Coordinator** – Dennis Shiedlak 208-577-8350  
[adshiedlak@gmail.com](mailto:adshiedlak@gmail.com)

**Treasurer & Webmaster** – Becky Newberry 208-695-7047  
[semgoddessid@gmail.com](mailto:semgoddessid@gmail.com)

**Secretary** – Pat Toshcoff 208-376-4783 [ctosh34@hotmail.com](mailto:ctosh34@hotmail.com)

**Co-Visiting Chairs** - Chris Catherman 208-761-2014  
[bugbutts@cableone.net](mailto:bugbutts@cableone.net) and Jack Marr 229-269-8161  
[jack\\_marr@hotmail.com](mailto:jack_marr@hotmail.com)

**Hospitality Chair** – Cyndi Guarino 208-860-6353  
[cbaxter55@hotmail.com](mailto:cbaxter55@hotmail.com)

**Member Correspondence Secretary** – Wini Trapp 208-939-0300  
[raywini1@hotmail.com](mailto:raywini1@hotmail.com)

**Mended Hearts Courier** - Fred Bernier 208-867-1913  
[fred9625@cableone.net](mailto:fred9625@cableone.net)

**Program Committee** - Wilson Miller 208-724-5843  
[i4nvl@aol.com](mailto:i4nvl@aol.com); Pat Toshcoff 208-376-4783  
[ctosh34@hotmail.com](mailto:ctosh34@hotmail.com)

**Members at Large** – Kelly Clifton 424-323-7476  
[Clifton032071@gmail.com](mailto:Clifton032071@gmail.com); Mary Ellen & Stan Voshell 208-377-5734  
[mevoshell@msn.com](mailto:mevoshell@msn.com)

**Newsletter Editor** - Bruce Parks 909-816-9712

**St Luke’s MH Liaison** – Amber Schwehr, RN & Clinical Educator  
208-831-1583 [schwehra@slhs.org](mailto:schwehra@slhs.org)

**Mended Little Hearts Liaison** – Julie Du Bois, RN 208-860-6984  
[dubois@slhs.org](mailto:dubois@slhs.org)

**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

### Mar-May 2019 Year to Date

Hospital Visits:	312	586
Follow-up Calls:	237	390

### Welcome our newest Mended Hearts Members:

Connie Freeman in May  
Barney Skogerson in March

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 Hedy	Chris Toshcoff
Jewel Magney	Mary Ellen Voshell
Wilson “Bill” Miller	Marcia Warne

## NEW - Newsletter by email Renewal Policy

Mended Hearts Chapter 380’s policy for keeping subscribers on the mailing list will now be two (2) years. If subscribers wish to continue receiving quarterly newsletters for an additional 2 years, they will need to confirm this with an email to [mendedheartsofboise@gmail.com](mailto:mendedheartsofboise@gmail.com). This is a free subscription and subscribers may *unsubscribe* at any time. NO response from a subscriber after the 2-year limit has passed, signifies cancellation.