

Keep on Tick'n

Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.



It's great to be alive...and to help others!
Mended Hearts™
 of Charlotte

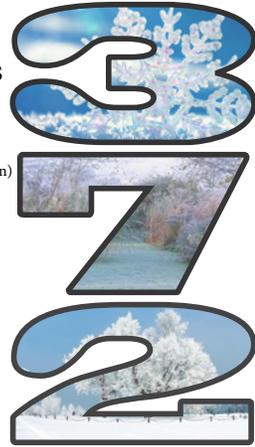
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| Year End | Patient | Cath Lab | Phone | Family | Internet |
|-----------------------|------------|----------|-----------|------------|----------|
| CMC - Main | 300 | 3 | 6 | 43 | 0 |
| CMC - Pineville | 450 | 0 | 15 | 92 | 0 |
| TOTAL FOR 2017 | 750 | 3 | 21 | 135 | 0 |

We support Carolinas HealthCare Systems and we visit:
 (click on the links for maps and information)

[CMC - Main](#)
 1000 Blythe Ave.
 Charlotte, NC 28203

[CHS - Pineville](#)
 10628 Park Road
 Charlotte, NC 28210



National website: <http://mendedhearts.org/> Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

NEW YEAR'S RESOLUTIONS: BREAK OUT INTO SOMETHING NEW

So, everyone resolves to lose weight and stop procrastinating.

Why stick with the obvious? Here are some resolutions that will make 2018 a little more interesting.

1 Master some jokes. Why resolve to be more social if you don't know what to do when you get to the party? Try to find a selection of one-liners that will work in a variety of situations. Find a longish joke that will be suitable to tell at lunch with a friend. Maybe a spicy joke to tell a really good friend. But always have a sweet joke to tell someone's mother.

2 Learn a useful phrase in three languages. Hey, you want to be debonair? Here's your chance. Go for Arabic and Mandarin if you are adventurous. If you want laughs, learn something silly. With one resolution, you tick off 'learn something new.' Done.

3 Learn to juggle. A good party trick that will get everyone else involved and keep you busy while listening to YouTube videos. Hey, you aren't wasting time.

4 Give yourself a big win. The problem with New Year's resolutions is that only 8 percent of resolvers keep their resolutions. That leaves 92 percent feeling like failures. They are resolving the wrong things.

Instead, try something that you have a good chance of accomplishing:

- ♥ Always drink beer during a football game. If you break this resolution, you've probably quit drinking. Win.
- ♥ Spend more money on fun. If you break this resolution, you are saving more money.
- ♥ Never buy another organizational basket. So, if you do break down, you are getting organized.
- ♥ Never go to a gym. No sweat. But if you find yourself sweating, more's all the better.
- ♥ Never become a circus acrobat. Unless you are one now, this is a resolution you can keep. www.pagesmag.com

CURE FOR TYPE 1 DIABETES? NEW BUSINESS AIMS AT TRIALS

A new startup company has raised \$114 million to develop a treatment for type 1 diabetes.

Semma Therapeutics will use the new funding to begin human trials of their stem cell therapy, which has already been tested on animals.

Semma plans to use stem cells to make beta cells, which manage blood sugar. In type 1 diabetes, the body's immune system attacks cells that are responsible for sensing glucose in the blood. Today, management of diabetes, both type 1 and type 2, is done through insulin. However, this new effort would effectively cure type 1 diabetes by replacing the beta cells in the body, which would start the production of insulin.

Diabetes affects more than 300 million Americans. About 1.25 million have type 1.

These new beta cells would be built from embryonic stem cells. Embryonic cells have the potential to become

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<http://www.opm.gov/combined-federal-campaign/>

DON'T DRINK TOO MUCH COFFEE!

Many people rely on a daily dose of caffeine to get their day started, but according to the Mayo Clinic, there are risks associated with drinking too much coffee too often.

When used in moderation, caffeine is prized for its ability to help people stay alert. Once the intake surpasses about 400 milligrams, about four cups of brewed coffee, however, users might experience more harm than good.

Side effects of excessive use can include headaches, irritability, nervousness, insomnia, irregular heartbeat, upset stomach, and more depending on the person. Some people can be more sensitive to the effects as well, and these symptoms might present themselves with even light or moderate consumption. Likewise, a sudden increase in the amount consumed can cause harmful effects even in people that haven't noticed any problems in the past. Interactions with certain drugs, like ephedrine or echinacea, can increase the effects of caffeine and lead to more severe health risks like heart attack, seizure, or stroke.

Despite the fact that caffeine is often used to help wake people up in the morning, it can also work against a tired individual by disrupting their sleep cycle. Excess consumption, or consuming caffeine late in the day, can delay sleep or limit its therapeutic value. Repeating this cycle for long enough can result in a cumulative sleep debt that starts to cause issues with daytime alertness and focus. Limiting consumption to the morning hours is one of the best ways to help avoid this problem.

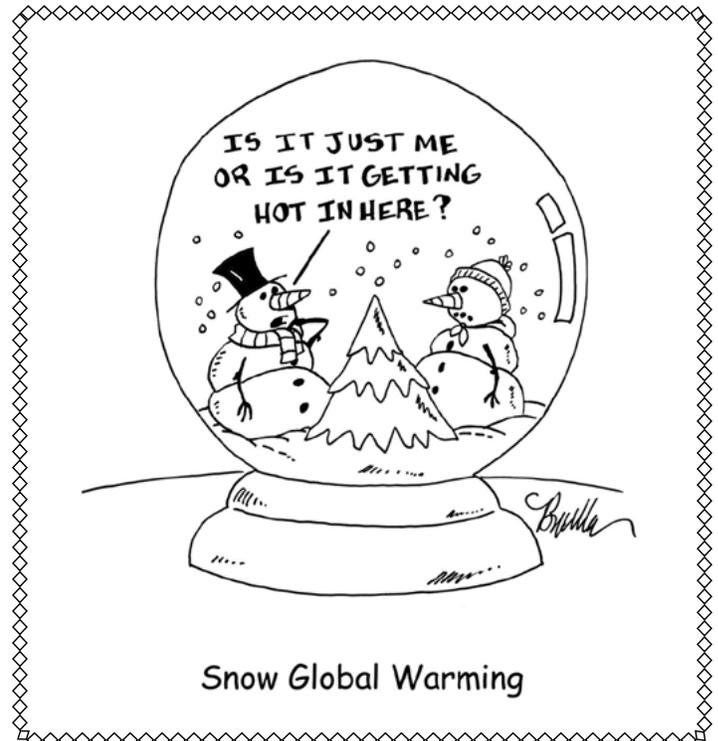
Experts say that even the worst side effects of caffeine aren't typically life-threatening, but according to USA Today, it is possible to have too much. It is estimated that a lethal dose of caffeine could be found in somewhere between 50 and 100 cups of coffee, depending on weight, so it is unlikely for a coffee drinker to be in any real danger. If a person is consuming the raw, powdered form of caffeine, however, then as little as a teaspoon could kill. www.pagesmag.com

Diabetes continued from page 1

any type of cell found in the body. In this new method, embryonic cells are exposed to growth factor to make them grow into beta cells, according to Business Insider.

Semma would take the newly grown beta cells and insert them into an implant about the size of a plastic bandage. The implant could then be placed under the patient's skin. Since the cells stay in the device, they wouldn't interact with the immune system which might kill them. However, they would spark the production of insulin to control blood sugar.

This cell therapy could reach far into medical treatment, creating all sorts of regenerative medicine. www.pagesmag.com



Snow Global Warming

Cinnamon and blood sugar

Researchers are studying the spice cinnamon to see if it helps control blood sugar, as folk treatments suggest.

A review of 11 trials of cinnamon supplements in people with type 2 diabetes found that people using the supplements -- while taking prescribed diabetes medications -- showed some small improvement in blood sugar levels.

However, researchers stress the findings are not conclusive since other factors, such as exercise, cinnamon quality, and adherence to medications were often not accounted for.

The researchers concluded that the spice deserved more research but stressed that there is no evidence that cinnamon alone can control type 2 diabetes.

The review was published in the Journal of the Academy of Nutrition and Dietetics. www.pagesmag.com



THE HUMBLE EGG

TRY THIS SLOW SCRAMBLE FOR A CREAMY DELIGHT

Let's first get the bad PR out of the way: Eggs won't raise your risk of stroke, heart attack or heart failure, according to the Tufts University Health & Nutrition Letter.

Eggs got a bad rap during the last 20 years because it was thought that they significantly raised levels of cholesterol. Current research shows that saturated fat is the primary culprit in heart disease risk, according to Live Science.

Eggs are high in cholesterol (186 milligrams total with 184 of that in the yolk), but they're low in saturated fat (1.6 grams in the yolk).

People who eat a healthy diet, rich in fiber, vegetables, and fruits, can safely eat an egg each day, writes dietitian Katherine Tallmadge.

That brings us to a very common recipe: scrambled eggs. You see them in different forms depending on who's cooking: Flat as a pancake, lumpy and rubbery, or the dreamy creamy.

Here's how to make the perfect scrambled eggs that are soft and creamy.

The key is cooking them long and slow, according to The Kitchen. Set the heat on a very low setting and plan to let the eggs slowly transition from liquid to solid over about 10 to 15 minutes. Stir frequently to make the eggs

end up with small curds that have the texture of ricotta cheese.

LOW AND SLOW CREAMY SCRAMBLED EGGS

- 2 or more large eggs
- 1 teaspoon butter
- 1/4 teaspoon salt
- Pepper to taste
- 1 Tablespoon cream
- chopped herbs (optional)

Warm your pan on the stove over low heat before putting anything in it. Then put in the butter and let it melt. Whisk eggs in a bowl, vigorously enough that the whites and yolks are mixed and frothy.

Add salt, pepper, and cream. Whisk to mix. Add herbs if desired.

Pour eggs into the pan in a thin layer and cook slowly for 10 to 15 minutes.

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ALL ABOUT EGGS

How long to keep them

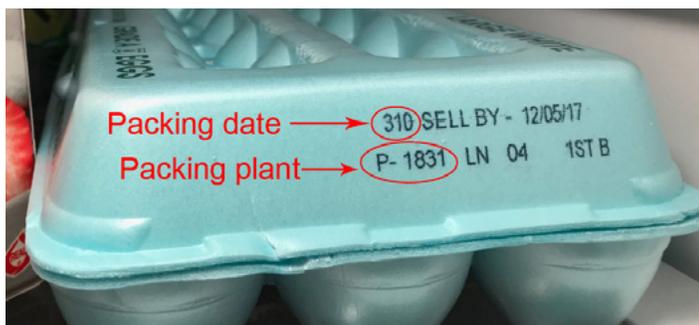
Eggs in the shell are safe to eat up to five weeks after the sell-by date, found on the short end of the carton.

Numbers on the carton

The carton information contains the packing date and the plant number.

The three digit number in the middle tells you the Julian packing date. Julian dates count the days by number. On January 1 the Julian date is 001. On December 31, the Julian date is 365.

The Plant number is also on the carton. This is a four-digit number beginning with the letter P. You



should be able to look up the plant at the following link:

https://apps.ams.usda.gov/plantbook/Query_Pages/plantbook_query.asp

However, in a recent test of the link, no plant number returned a valid result. This may be fixed in the future.

Egg grades

The carton could also have the egg grade, but not necessarily. If you don't see it on the carton itself, a USDA shield may appear on the carton specifying the grade.

Grade AA: Egg white is thick and firm. Yolks are high, round and practically free from defects. Clean, unbroken shells.

Grade A: Whites are reasonably firm. Yolks are high, round and practically free from defects. Clean, unbroken shells.

Grade B: Whites may be thinner. Yolks may be wider and flatter. Shells unbroken, but may show slight stains.

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HAPPY BIRTHDAY

BILL VOERSTER 1/18
JARED STEELE 1/29

SURGIVERSARY

CALVIN CALDWELL
JAMES DUNN



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