Keep on Tick’n

It’s great to be alive…and to help others!

Mended Hearts of Charlotte

Keep on Tick’n

Volume 8 - Issue No. 1
January 2018
Chapter #372

Mended Hearts Regional Officers

William (Bill) Carter	 Bill Voerster
Regional Director	 Assistant Regional Director
Mid-Atlantic Region	 Mid-Atlantic Region
wmcarter1939@gmail.com	 mendedheartsbillv@gmail.com
C: (803) 270-2496	 C: (704) 310-8354

It’s great to be alive…and to help others!

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

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

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...
The CFC is the world’s largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. When donating, specify our Mended Hearts ID number [#27430].

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.

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.

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.

Snow Global Warming

www.pagesmag.com
100 YEARS OF INSULIN TREATMENTS SAVE COUNTLESS LIVES

The disease diabetes has been identified for thousands of years, but only in the last 100 has there been a truly life-saving treatment: Insulin.

Insulin was discovered in 1921 at the University of Toronto.

Its discovery was one of the most sensational developments in medicine, effectively treating a disease that relentlessly reduced millions to blindness, coma and death. In his book, The Discovery of Insulin, author Michael Bliss writes that the first attempts to use insulin on comatose diabetics created what seemed to be a miracle: Comatose patients awoke and returned to life.

Until insulin was identified, there were many different types of treatment, all mainly useless. The most effective was an extreme diet. Patients managed to live a few years longer after starting the diet, but ultimately died of starvation. Doctors who used the diet in the 1920s were later reminded of their patients when they saw pictures of inmates at Nazi death camps. Some people managed to live on the diet long enough to raise a child, for example. But even one morsel off the diet could kill them. Bliss gives the example of a messenger boy who managed to exist on the diet until one day he couldn't resist picking and eating a handful of cherries. He was dead in a week.

It is generally agreed that insulin was first identified by Dr. Fred Banting, but many years of research before and after by many other scientists and doctors contributed to making insulin a reality.

Making it readily available was another problem. Insulin could not have been provided in quantities for the thousands, if not millions, of people who desperately needed it without the participation of drug companies such as Eli Lilly and Connaught Laboratories, to name just two.

During the time insulin was known but could not be manufactured in sufficient quantities, patients died, knowing a treatment existed but that it just could not be made fast enough. www.pagesmag.com

SUPPORT GROUP & MEETINGS SCHEDULE

PINEVILLE - JANUARY 11, 2018

MAIN - FEBRUARY 8, 2018

Mended Hearts Prayer

by Herbert G. Maedl

We ask for your blessings Lord.
We ask for strength
That we may pass it on to others.
We ask for faith
That we may give hope to others.
We ask for health
That we may encourage others.
We ask, Lord, for wisdom
That we may use all your gifts well.

Remember to go to: smile.amazon.com and select Mended Hearts!

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. (Please pick us!!!)

ACTIVE ACCREDITED VISITORS:
Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families:

John Bertrand  Gregg Bonar
Kent Clow  Laura Diviney
Judy Duke  Andy Graven
Joel Nachman  Sandara Scherrman
Bill Voerster  Bruce White

CHAPTER 372 OFFICERS
President: Kent Clow, (980) 333-2715, kent.clow@att.net
Vice President: Andy Graven, (704) 554-6607, agraven@carolina.rr.com
Communications Chair: Reita Pendry, (704) 532-6232, rpendry@bellsouth.net
Secretary & Editor: Christine Jordan, (704) 491-2684, cleosmom@hotmail.com

STANDING COMMITTEE CHAIRPERSONS
Mid-Atlantic Assistant Regional Director:
Bill Voerster (704) 310-8354

100 years of insulin treatments save countless lives

The disease diabetes has been identified for thousands of years, but only in the last 100 has there been a truly life-saving treatment: Insulin.

Insulin was discovered in 1921 at the University of Toronto.

Its discovery was one of the most sensational developments in medicine, effectively treating a disease that relentlessly reduced millions to blindness, coma and death. In his book, The Discovery of Insulin, author Michael Bliss writes that the first attempts to use insulin on comatose diabetics created what seemed to be a miracle: Comatose patients awoke and returned to life.

Until insulin was identified, there were many different types of treatment, all mainly useless. The most effective was an extreme diet. Patients managed to live a few years longer after starting the diet, but ultimately died of starvation. Doctors who used the diet in the 1920s were later reminded of their patients when they saw pictures of inmates at Nazi death camps. Some people managed to live on the diet long enough to raise a child, for example. But even one morsel off the diet could kill them. Bliss gives the example of a messenger boy who managed to exist on the diet until one day he couldn't resist picking and eating a handful of cherries. He was dead in a week.

It is generally agreed that insulin was first identified by Dr. Fred Banting, but many years of research before and after by many other scientists and doctors contributed to making insulin a reality.

Making it readily available was another problem. Insulin could not have been provided in quantities for the thousands, if not millions, of people who desperately needed it without the participation of drug companies such as Eli Lilly and Connaught Laboratories, to name just two.

During the time insulin was known but could not be manufactured in sufficient quantities, patients died, knowing a treatment existed but that it just could not be made fast enough. www.pagesmag.com

SUPPORT GROUP & MEETINGS SCHEDULE

PINEVILLE - JANUARY 11, 2018

MAIN - FEBRUARY 8, 2018

Mended Hearts Prayer

by Herbert G. Maedl

We ask for your blessings Lord.
We ask for strength
That we may pass it on to others.
We ask for faith
That we may give hope to others.
We ask for health
That we may encourage others.
We ask, Lord, for wisdom
That we may use all your gifts well.

Remember to go to: smile.amazon.com and select Mended Hearts!

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. (Please pick us!!!)

ACTIVE ACCREDITED VISITORS:
Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families:

John Bertrand  Gregg Bonar
Kent Clow  Laura Diviney
Judy Duke  Andy Graven
Joel Nachman  Sandara Scherrman
Bill Voerster  Bruce White

CHAPTER 372 OFFICERS
President: Kent Clow, (980) 333-2715, kent.clow@att.net
Vice President: Andy Graven, (704) 554-6607, agraven@carolina.rr.com
Communications Chair: Reita Pendry, (704) 532-6232, rpendry@bellsouth.net
Secretary & Editor: Christine Jordan, (704) 491-2684, cleosmom@hotmail.com

STANDING COMMITTEE CHAIRPERSONS
Mid-Atlantic Assistant Regional Director:
Bill Voerster (704) 310-8354

100 years of insulin treatments save countless lives

The disease diabetes has been identified for thousands of years, but only in the last 100 has there been a truly life-saving treatment: Insulin.

Insulin was discovered in 1921 at the University of Toronto.

Its discovery was one of the most sensational developments in medicine, effectively treating a disease that relentlessly reduced millions to blindness, coma and death. In his book, The Discovery of Insulin, author Michael Bliss writes that the first attempts to use insulin on comatose diabetics created what seemed to be a miracle: Comatose patients awoke and returned to life.

Until insulin was identified, there were many different types of treatment, all mainly useless. The most effective was an extreme diet. Patients managed to live a few years longer after starting the diet, but ultimately died of starvation. Doctors who used the diet in the 1920s were later reminded of their patients when they saw pictures of inmates at Nazi death camps. Some people managed to live on the diet long enough to raise a child, for example. But even one morsel off the diet could kill them. Bliss gives the example of a messenger boy who managed to exist on the diet until one day he couldn't resist picking and eating a handful of cherries. He was dead in a week.

It is generally agreed that insulin was first identified by Dr. Fred Banting, but many years of research before and after by many other scientists and doctors contributed to making insulin a reality.

Making it readily available was another problem. Insulin could not have been provided in quantities for the thousands, if not millions, of people who desperately needed it without the participation of drug companies such as Eli Lilly and Connaught Laboratories, to name just two.

During the time insulin was known but could not be manufactured in sufficient quantities, patients died, knowing a treatment existed but that it just could not be made fast enough. 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.

HAPPY BIRTHDAY
Bill Voerster 1/18
Jared Steele 1/29

SURGIVISSARY
Calvin Caldwell
James Dunn

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:

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.

www.pagesmag.com