

**Summer
2020**



Mended Hearts™
of Boise Chapter 380

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

President's Message



We're Still Here to Help

The last few months have been challenging to everyone. Yet those with heart conditions can be the most at risk. Remember Mended Hearts is here for you as we deal with the long-term solution to this virus. All of us have been under a new set of social rules during this year. A lot of "can not's", like social events, meetings, religious services, and shopping to name a few. I hope you are keeping in contact with your health care professionals, taking your medications, and keeping ongoing communication with friends and family. Remember reducing your risk of cardiovascular issues starts with you.

The most troubling fact about heart patients is that people fail to take their medications, do not stay current with examinations, avoid seeing the dentist twice a year, neglect their vision which will increase their risk of falls, and do not make simple goals.

Every 40 seconds someone in the United States has a heart attack. There are many simple ways to protect yourself from the risk of cardiac disease and avoid being another statistic.

What are those simple goals?

- ♥ Stop smoking. This includes cigars and vaping. If you live with a smoker speak to them about stopping.
- ♥ Lower your cholesterol. This involves staying active and eating a Mediterranean diet that will support reducing fat deposited inside your coronary arteries.

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Save the Dates!

MENDED HEARTS MONTHLY MEETING

Mended Hearts Chapter 380 monthly meetings have been cancelled due to the Coronavirus (COVID-19). Notification of the next scheduled meeting will be provided through a separate mailing when authorization to hold meetings once again has been granted by the National Mended Hearts organization. We are sorry for the inconvenience, and we miss seeing everyone.

CARDIAC REHAB EDUCATION SESSIONS (at St. Luke's Cardiac Rehab Conference Rm):

Mended Hearts Chapter 380 cardiac rehab education sessions have been cancelled due to the Coronavirus (COVID-19). Notification of the next scheduled session will be provide through a separate mailing when authorization to hold sessions once again has been granted by St. Luke's Hospital.

Other Activities :

No other activities are planned at the current time. Anyone having questions about future activities may contact any of the chapter officers or board of directors (see back page of this newsletter).

Broccoli and Cheese Egg White Scramble on Whole-Wheat English Muffin

Ingredients

- ♥ 1 1/2 cups finely chopped fresh or frozen (thawed) broccoli florets
- ♥ 1/4 cup water
- ♥ 8 extra-large egg whites or 1 1/4 cups egg white substitute
- ♥ 1/2 cup skim milk
- ♥ 1/4 teaspoon ground black pepper
- ♥ 2 whole-wheat English muffins, split and toasted
- ♥ 1/4 cup shredded, fat-free cheddar cheese

Servings 4

Directions

Finely chop broccoli. Coat a large nonstick sauté pan with cooking spray; warm over medium-high heat.

Add broccoli and water; stirring frequently, cook until broccoli is limp, around 4 to 5 minutes. Remove from heat and transfer broccoli to a dish.

In a bowl, add egg whites, milk, and pepper. Whisk together to combine.

Split and toast each English muffin; set aside.

Meanwhile, use a paper towel to wipe the sauté pan

clean. Coat again with cooking spray and warm over medium-high heat. Add egg whites and use a spatula to stir eggs constantly until whites are almost firm, just a few minutes. Stir in cooked broccoli and cheese; remove from heat.

To serve, place each English muffin half onto a plate. Divide egg mixture between each muffin, piling high



with eggs. Serve with a fork and knife.

Nutrition Facts

Calories	139
Total Fat	1.0 g
Saturated Fat	0.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	0.2 g
Cholesterol	1.9 g
Sodium	338 mg
Total Carbohydrate	18.0 g
Dietary Fiber	3.1 g
Sugars	5.3 g
Protein	15.3 g

Recipe from American Heart Association:

<https://recipes.heart.org/en/recipes/broccoli-and-cheese-egg-white-scramble-on-whole-wheat-english-muffin>

Membership in Mended Hearts and Mended *Little* Hearts now is about how you can help improve the lives of heart patients and their families, beginning with your own.

We are now offering a free membership level. This was created so that money will not be a barrier to engaging with Mended Hearts and Mended *Little* Hearts and receiving access to resources and information. When you join at this level, you become part of something bigger, and you help us give voice to the many issues heart patients face throughout their lifespan. You also learn about the many educational opportunities Mended Hearts and Mended *Little* Hearts provide. Finally, you join the ***nation's largest cardiovascular disease peer-to-peer support network*** and help us support even more people.

Mended Hearts and Mended *Little* Hearts provide educational programs, peer-to-peer support programs, heart disease awareness campaigns, and we advocate for heart patients big and small every opportunity we can. We need your support to do this.

To join Mended Hearts or Mended Little Hearts go online to: <https://mendedhearts.org/connect/member-enrollment/>

Mended Hearts Mission Statement: “To inspire hope and improve the quality of life of heart patients and their families through on-going peer-to-peer support, education, and advocacy.”



Vision Statement: “To be the premier nationwide resource and peer-to-peer support network for all heart patients and families affected by Heart Disease across the life span.”

About Mended Hearts: “Mended Hearts is a national and community-based non-profit organization that has been offering the gift of hope to heart disease patients, their families and caregivers. To offer this hope Mended Hearts provides a variety of programs.”

The Non-Profit number for ***Mended Hearts Chapter 380*** is: ***45-4381348***

Losing Sleep

In October 2004, John Vosberg called his girlfriend, Dianne, to cancel their date. “I won’t be able to see you this weekend. I’m in St. Cloud Hospital. I had a heart attack.”

John had arrived at the hospital just in time to save his life. Some arterial plaque had ruptured, blocking an artery, and a stent was inserted to hold the vessel open.

Eight years later, Dianne — now John’s wife — urged him to see a doctor about a different issue: his snoring and daytime sleepiness. “On my drive to work, I struggled to stay awake,” says John, who lives in Pine City, Minnesota, and is an active member of Mended Hearts Chapter 10 out of St. Cloud (the “Granite City Beaters”). While watching evening television, he needed a “pre-bed nap.”

John underwent an overnight sleep study that measured his brain waves, eye movements, blood oxygen levels, breathing, heart rate and blood pressure. Two hours into the test, an attendant noted that John had severe sleep apnea, interruptions in his breathing during sleep. She connected him to a continuous positive airway pressure (CPAP) machine, which delivers a constant stream of air through a facemask. “I couldn’t believe how much better I felt in the morning,” he says.

Later, while visiting his doctor to get his own CPAP machine, John joked, “there are only two ways that I’m leaving here: with my machine or a police escort.”

He ultimately received a heart transplant in 2016. Now 61 years old, his new heart and CPAP machine have given him a new lease on life.

John’s sleep apnea and heart disease may seem unrelated, but experts suspect a connection. A 2017 review of recent research published in the journal *Circulation* found that sleep apnea may be associated with an increased risk for coronary heart disease, heart failure, stroke and atrial fibrillation. Experts believe that untreated sleep apnea may increase the risk of dying from heart disease as much as fivefold, and research continues to shed light on the connection.

“Obstructive sleep apnea is characterized by snoring, stopped breathing and periods of obstruction,” says Susan Redline, MD, MPH, the senior physician in the Division of Sleep and Circadian Disorders at Brigham and Women’s Hospital and the Peter C. Farrell Professor of Sleep Medicine, Harvard Medical School. “Those periods of obstruction reduce oxygen delivery to the heart muscle, which may predispose people to having arrhythmias or subclinical ischemia [inadequate blood supply].”

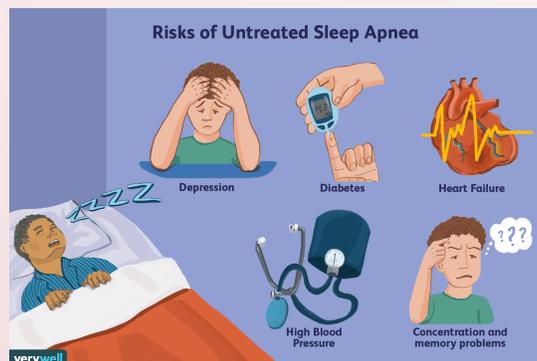
People with sleep apnea are actually 45 percent more likely than their peers to develop high blood pressure. During periods of obstruction, as blood oxygen levels drop, the body releases epinephrine (also called adrenaline), a stress hormone. When this happens repeatedly, adrenaline levels remain high, which may lead to high blood pressure.

“One of the limitations of CPAP treatment for sleep apnea is that not every patient can successfully use the therapy,” says Doug McEvoy, M.D., of Flinders University of South Australia, the study’s principal investigator. “We found in the study that average use of the treatment at night was just 3.3 hours.” There was evidence, however, that patients who could use the CPAP for more than four hours a night appeared to have a reduced risk of stroke.



Signs of sleep apnea include loud snoring, gasping or choking while sleeping, abrupt awakening during the night, fatigue or extreme daytime sleepiness, insomnia and a frequently dry or sore throat. If you think you may be suffering from sleep apnea, don’t ignore the signs.

“The stress of not getting one’s rest definitely takes a toll on one’s body,” says John Vosberg. “I truly believe I wouldn’t be here now if I didn’t have this (CPAP) machine. If someone’s a loud snorer, if they don’t have a lot of energy, they should do the sleep study. You’ll get better rest, you’ll have more energy, and it could save your life.”



Checklist for Older Adults and Those with Underlying Health Conditions

If a COVID-19 outbreak happens in your community, it could last for a long time. Public health officials might recommend steps you and others in your community can take to help slow the spread of COVID-19 and reduce its impact.

If you are an older adult, you are at higher risk for serious COVID-19 illness. It is very important for you to take the following steps to stay healthy.

Protect yourself and others

Listen to your local news to stay informed and up to date about COVID-19 in your community.

Take everyday actions during the COVID-19 pandemic to protect yourself and others:

- ♥ Stay home as much as possible.
- ♥ Avoid close contact with people who are sick, even inside your home.
- ♥ Avoid all cruise ships and unnecessary air travel.
- ♥ Cover coughs and sneezes with a tissue or the inside of your elbow. Then wash your hands.
- ♥ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ♥ Clean your hands often, especially when you must leave your home.
 - Wash your hands with soap and water for 20 seconds.
 - If you don't have soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol.
- ♥ Clean and disinfect surfaces and things you touch often, such as tables, chairs, doorknobs, light switches, elevator buttons, handrails, countertops, remote controls, shared electronic equipment, shared exercise equipment, handles, desks, phones, keyboards, toilets, faucets, and sinks. Use a disinfectant that is effective against the virus that causes COVID-19.
- ♥ Pay attention to your local news and follow the steps from your local health officials.
- ♥ If you have caregivers, ask them to check their temperature daily and monitor for COVID-19 symptoms. If they have symptoms, ask them to not come to your home and to notify you if they develop a fever or have other symptoms of COVID-19.



Make a plan for if you get sick:



- ♥ Know how to stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, and community health workers if you become sick.
- ♥ Determine who can care for you if you have a caregiver who gets sick.
- ♥ Ask your healthcare provider about obtaining extra medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a while.
- ♥ If you cannot get extra medications, consider using mail-order for your medications.
- ♥ Be sure you have over-the-counter medicines and medical supplies (masks, thermometer, tissues, etc.) to treat your symptoms and monitor yourself for signs of severe illness. Talk to your healthcare provider about any other medical supplies you may need to keep in your home.

- ♥ Have at least a two-week supply of household items and groceries on hand so that you will be prepared to stay at home.
- ♥ Consider ways of getting medications, food, and mail brought to your house by family, friends, or businesses.
- ♥ Have a plan for someone to care for your dependents and pets if you get sick.

What to do if you get sick with COVID-19

- ♥ Stay home except to get medical care:
- ♥ Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care.
 - Do not leave your home, except to get medical care.
 - Do not visit public areas.

- Stay at least 6 feet away from other household members, especially if they are elderly or have underlying medical conditions that might put them at higher risk for severe COVID-19 illness.
- ♥ Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- ♥ Wear a cloth face covering over your nose and mouth if you must be around other people or animals, including pets (even at home). Avoid touching the front of the face covering when you are wearing it, and wash your hands before putting the cloth face covering on and after you remove it. Cloth face coverings should not be worn by anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the cloth face covering without assistance.
- ♥ Stay in touch with your doctor. Call your doctor before you get medical care.
- ♥ Avoid public transportation, ridesharing, or taxis unless it is necessary to seek medical care.

Monitor your symptoms.

- Symptoms of COVID-19 include:
- ♥ Fever, cough, and shortness of breath but you could have other symptoms, too.
 - ♥ Other symptoms might include chills, muscle pain, sore throat, or new loss of taste or smell.
 - ♥ Trouble breathing
 - ♥ Persistent pain or pressure in the chest
 - ♥ New or worsening confusion
 - ♥ Inability to wake or stay awake
 - ♥ Bluish lips or face

* This list does not include all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Trouble breathing is a more serious symptom that means you should call 911 or go to the emergency department right away.

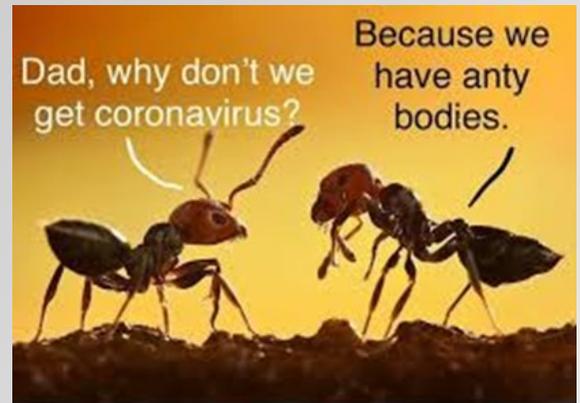
- ♥ Follow care instructions from your healthcare provider and local health department. Your local health authorities may give you instructions on how to check your symptoms and report information to them.
- ♥ When to seek emergency medical attention:
- ♥ Look for emergency warning signs* for COVID-19. If you have any of these signs, call 911 or go to the emergency room right away. Do not delay. Emergency departments have measures in place to keep you safe if you need emergency care.
- ♥ Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care and may have COVID-19.

You may feel increased stress during this pandemic.

- ♥ Fear and anxiety can be overwhelming and cause strong emotions. Learn about stress and coping. If you are feeling overwhelmed, unsafe, or need immediate help, you can call:
 - 911
 - Disaster Distress Helpline: 1-800-985-5990, or text TalkWithUs to 66746
 - National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or [Lifeline Crisis Chat](#)
 - National Domestic Violence Hotline: 1-800-799-7233
 - Veteran's Crisis Line: 1-800-273-TALK (8255)
 - SAMHSA's National Helpline: 1-800-662-HELP (4357) for mental and/or substance use disorders.

Develop a Care Plan.

- ♥ A care plan summarizes your health conditions, medications, healthcare providers, emergency contacts, and end-of-life care options (for example, advance directives). When you develop your care plan, talk with your doctor and, if needed, ask for help from a family member or home nurse aide.
- ♥ A care plan can benefit you beyond the current pandemic. You can update your care plan every year or any time you have a change in your health or medications. Having a care plan can help you avoid emergency room visits and hospitalizations, better manage your medical care, and improve your quality of life.



Summer fruit gratin

Serves 6.

Ingredients

For the filling:

- ♥ 1 pounds cherries, pitted and halved
- ♥ 4 cup(s) mixed stone fruit, such as nectarines, peaches and apricots, peeled, pitted and sliced
- ♥ 1 tablespoon whole-wheat flour
- ♥ 1 tablespoon turbinado sugar or firmly packed light brown sugar

For the topping:

- ♥ 1/2 cup(s) old-fashioned rolled oats
- ♥ 1/4 cup(s) almonds, sliced
- ♥ 1 tablespoon whole-wheat flour
- ♥ 2 tablespoon sugar, turbinado (raw) or firmly packed light brown sugar
- ♥ 1/4 teaspoon ground cinnamon
- ♥ 1/8 teaspoon ground nutmeg
- ♥ 1/8 teaspoon salt
- ♥ 2 tablespoon walnut oil or canola oil
- ♥ 1 tablespoon dark honey

Instructions

Preheat the oven to 350°F (180°C). Lightly coat a 9-inch (23-cm) square baking dish with cooking spray. In a bowl, combine the cherries and stone fruits. Sprinkle with the flour and turbinado sugar and toss gently to mix.

To make the topping, in another bowl, combine the oats, almonds, flour, turbinado sugar, cinnamon, nutmeg, and salt. Whisk to blend. Stir in the oil and honey and mix until well blended.

Spread the fruit mixture evenly in the prepared baking dish. Sprinkle the oat-almond mixture evenly over the fruit. Bake until the fruit is bubbling and the topping is lightly browned, 45-55 minutes. Serve warm or at room temperature.

Nutritional Information

Calories: 224 Total fat - 8g Saturated fat: g Sodium: 52mg
Total Carbohydrate: 38g Dietary fiber: 5g Protein: 4g



From: <https://diet.mayoclinic.org/diet/recipe/summer-fruit-gratin>

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.

Your heart has four valves — the aortic, mitral, pulmonary, and tricuspid valves. These valves have small flaps that open and close every time your heart beats. They help move blood through your body and keep it flowing in the right direction.

Sometimes, though, heart valves fail to work properly. Some people are born with defective valves; others develop complications over time as a result of things like age or infection. The heart valve opening may be too narrow, allowing less blood to flow through. One common, yet serious, example of this is aortic stenosis, where the narrowed aortic valve opening restricts blood flow through the aorta to the rest of the body. In other cases, the valve may not fully close, allowing blood to leak back into the heart chambers. Both of these situations cause the heart to work harder, reduce the amount of fresh blood in circulation, and may lead to more serious problems if left untreated.

Heart valve disease can be tricky. Occasionally, individuals with heart valve disease have no symptoms at all, and some may have symptoms that are so subtle or develop so gradually, they hardly notice them.

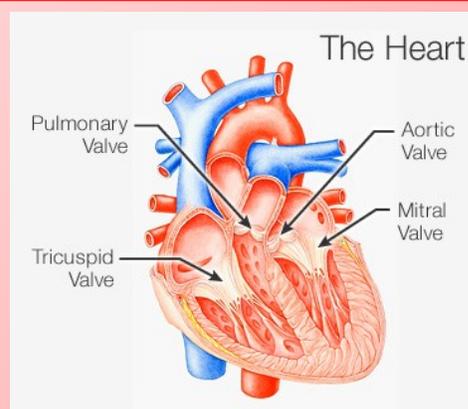
Signs and Symptoms of Heart Valve Disease

- ♥ **Murmur:** This is the most common reason heart valve disease may be expected, and your doctor will likely be the one to discover it. It simply means that an unusual noise, often a whooshing or swishing sound, is heard when listening to your heart with a stethoscope.
- ♥ **Heart palpitations:** Your heart may feel like it's racing or skipping a beat. People often describe it as a fluttering or "flip flop" sensation.
- ♥ **Shortness of breath:** You may feel like you can't catch your breath or take in a full breath. You may also feel uncomfortable when lying down, but able to breathe easier if you prop yourself up with pillows.
- ♥ **Fatigue or difficulty maintaining regular activity:** Everyone has days where they feel extra tired, but if you find yourself exhausted all of the time or don't have the stamina to do the things you normally do, this could be a concern.
- ♥ **Swelling in the lower extremities and abdomen:** Your feet, ankles, legs, and abdomen may appear puffy or bloated due to fluid retention.
- ♥ **Lightheadedness:** You may feel dizzy or faint when you stand up or move.
- ♥ **Chest pain:** You may experience discomfort or pressure in your chest, especially with activity.

Keep in mind that all of these symptoms may also occur for reasons other than heart valve disease, and some of them may be harmless. But it is always a good idea to visit your doctor if you notice any of these developing or worsening.

Making a Diagnosis

There are a number of exams and tests your doctor may perform to determine if you have heart valve disease: physical exam, echocardiogram, MRI or magnetic resonance imaging, EKG or electrocardiogram, cardiac catheterization, and/or chest X-ray



"Yes! That was very loud Sir, but I said I wanted to hear your HEART!"

Treating Heart Valve Disease. Management of heart valve disease can range from simple to complex:

- ♥ **Lifestyle Changes:** Make healthy changes to prevent further damage to your heart. Engage in regular exercise as directed by your doctor. Stop smoking. Try to reduce stress. Avoid fat- and cholesterol-laden foods.
- ♥ **Medication:** Your doctor may order medication to lower your blood pressure and cholesterol. Anticoagulants to prevent the formation of blood clots are also frequently prescribed. You may require an anti-arrhythmic medication to keep your heart pumping at a normal rhythm.
- ♥ **Valve Repair:** Sometimes your valve can be repaired by adding tissue, removing tissue, or widening the opening of the valve. For some patients, this can be done using a minimally invasive procedure with a long, flexible cardiac catheter. But for others, more extensive

Guacamole Deviled Eggs

Deviled eggs always bring a crowd-pleasing touch to start a meal or small party. Using guacamole as the base is a heart-healthy way to indulge in deviled eggs, as avocado subs for the majority of egg yolk in this recipe.

Ingredients:

- ♥ 9 large eggs
- ♥ 1 medium avocado (halved, pitted)
- ♥ 2 tablespoons fat-free sour cream
- ♥ 1 1/2 teaspoons lime juice
- ♥ 1 to 2 Italian plum (Roma) tomatoes, seeded and finely chopped (about 1/3 cup)
- ♥ 1/4 cup finely chopped scallions
- ♥ 1/4 teaspoon salt
- ♥ 1/8 teaspoon ground black pepper
- ♥ 1 to 2 teaspoons finely chopped jalapeño
- ♥ Dried or chopped fresh cilantro for garnish (optional)



Directions:

- ♥ Make the hard-boiled eggs: Fill a large pot with water, add all the eggs, and bring mixture to a boil over high heat. As soon as the water begins to boil, cover with a lid, remove pot from the heat, and let eggs sit for 10 minutes. Drain water and transfer eggs to a bowl of cold water to cool.
- ♥ When the eggs are cool enough to handle, remove the shells. Slice each egg in half lengthwise. Remove the yolks, adding just 2 whole egg yolks into a medium bowl. Save the remaining 7 egg yolks for another time or discard. Place the egg white halves onto a platter.
- ♥ Slice the avocado in half and remove the pit. Use a spoon to scoop the avocado's flesh into a bowl. Use a fork to mash the egg yolks and the avocado together. Stir in the sour cream and lime juice.
- ♥ Remove the seeds from the tomatoes with a spoon and discard; finely chop the tomato, along with finely chopping the scallions. Add both to the mashed avocado, along with salt, pepper, and optional jalapeno. Stir together to combine.
- ♥ Spoon the guacamole into each egg white half, dividing the mixture between all 18. Garnish with a sprinkle of dried or fresh chopped cilantro, if desired. Serve.

Quick Tips

- ♥ Cooking Tip: The seeds of the tomato are removed and discarded; otherwise, the liquid makes the guacamole too runny.
- ♥ Keep it Healthy: Using just a couple of egg yolks versus them all, whether in this recipe or one for scrambled eggs, is a good way to get a hint of the yolk without all the saturated fat.
- ♥ Tip: For a pro look, scoop the guacamole into a Ziploc bag. Use scissors to carefully snip a side corner and squeeze guac through the corner into swirls for a more decorated deviled egg.

Serves 9.

Nutrition: Calories: 71 Fat: 4.4g Cholesterol: 41.9g Sodium: 129mg Carbohydrates: 3.3g Protein: 4.9g

From American Heart Association: <https://recipes.heart.org/en/recipes/guacamole-deviled-eggs>

Snacking with Less Sodium

- ♥ Carrots and hummus.
- ♥ Berries and Greek yogurt.
- ♥ Peanut butter and banana.
- ♥ Unsalted trail mix.
- ♥ Air-popped popcorn.
- ♥ Unsalted edamame (steamed or dry-roasted)
- ♥ Smoothies made with yogurt or nut butters.
- ♥ Low sodium cheese with bell pepper slices.
- ♥ 100% fruit juice
- ♥ Sugar-free ice pops

HEART-HEALTHY
SNACKS



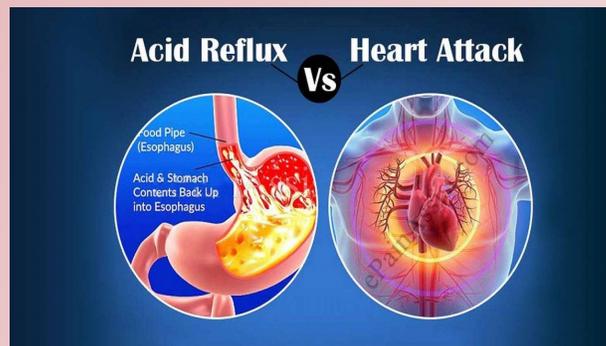
By Mayo Clinic Staff

Severe heartburn and heart attack can be hard to tell apart. Understand how they typically differ, and learn when to get immediate help.

You've just eaten a big meal and feel a burning sensation in your chest. Heartburn, right? Probably, but there's a chance the chest pain is caused by reduced blood flow to your heart (angina) or an actual heart attack.

How much do the symptoms of heartburn and heart attack overlap?

Heartburn, angina and heart attack may feel very much alike. Even experienced doctors can't always tell the difference from your medical history and a physical exam. That's why, if you go to the emergency room because of chest pain, you'll immediately have tests to rule out a heart attack.



What's the best thing to do if you have chest pain and you're not sure what's causing it?

If you have persistent chest pain and you aren't sure it's heartburn, call 911 or emergency medical help.

Call your doctor if you had an episode of unexplained chest pain that went away within a few hours and you did not seek medical attention. Both heartburn and a developing heart attack can cause symptoms that subside after a while. The pain doesn't have to last a long time to be a warning sign.

What is heartburn?

Heartburn is discomfort or actual pain caused by digestive acid moving into the tube that carries swallowed food to your stomach (esophagus).



Typical features of heartburn include:

- ♥ Starts as a burning sensation in the upper abdomen and moves up into the chest.
- ♥ Usually occurs after eating or while lying down or bending over.
- ♥ May awaken you from sleep, especially if you have eaten within two hours of going to bed.
- ♥ Is usually relieved by antacids.
- ♥ May be accompanied by a sour taste in your mouth — especially when you're lying down.
- ♥ May be accompanied by a small amount of stomach contents rising up into the back of your throat (regurgitation).

What signs and symptoms are more likely to occur with a heart attack than with heartburn?

The "textbook" heart attack involves sudden, crushing chest pain and difficulty breathing, often brought on by exertion. Many heart attacks don't happen that way, though. The signs and symptoms of a heart attack vary greatly from person to person. Heartburn itself can accompany other symptoms of heart attack.



Typical heart attack signs and symptoms include:

- ♥ Pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back
- ♥ Nausea, indigestion, heartburn or abdominal pain
- ♥ Shortness of breath
- ♥ Cold sweat
- ♥ Fatigue
- ♥ Lightheadedness or sudden dizziness

The most common symptom of heart attack for both men and women is chest pain or discomfort. But women are more likely than men to experience some of the other symptoms, such as jaw or back pain, shortness of breath, and nausea or vomiting. Heart problems are more common among people who have high blood pressure, diabetes or high cholesterol. Smoking and being overweight are other risk factors.

Can other digestive symptoms cause chest pain?

A muscle spasm in your esophagus may cause chest pain similar to that of a heart attack. The pain of a gallbladder attack also can spread to your chest. With gallbladder disease, you may notice nausea and an intense, steady ache in the upper middle or upper right abdomen — especially after a fatty meal. The pain may shift to your shoulders, neck or arms. Again, if you are not sure seek medical attention immediately.

Meet the Apple Family

We've all heard the saying "an apple a day keeps the doctor away" – and for good reason. With only about 80 calories in a small apple, they also contain healthy nutrients like fiber, vitamins and minerals. When it comes to cooking, apples have many uses— a delicious addition to both sweet and savory recipes.

Here are the most popular types of apples:

- ♥ **Braeburn:** Red-orange color with a touch of yellow. Crisp, juicy and sweet with a hint of spice. Great for snacking and salads.
- ♥ **Cortland:** Red color with some green. Sweet with a little bit of tart flavor, not as crisp as other apples. Good for snacking, salads and baking.
- ♥ **Empire:** Dark red color. Juicy, crisp with a sweet-tart flavor. Good for any type of dish.
- ♥ **Fuji:** Red and yellow color. Firm and very sweet. One of the most popular apples that are delicious to eat raw.
- ♥ **Gala:** Red color with yellow throughout. Crispy, juicy and very sweet. Another popular apple that's best eaten raw.
- ♥ **Golden Delicious:** Light yellow color. Sweet and crisp. Good for snacking and baking.
- ♥ **Granny Smith:** Light green color. Very tart and firm. An excellent baking apple!
- ♥ **Honey Crisp:** Light red color with yellow background. Crispy, juicy and sweet. A new variety that's quickly become a popular snacking apple. Also good for salads and applesauce.
- ♥ **Jazz:** Red color with some yellow background. Sweet and tart, very crisp. A great snacking apple.
- ♥ **Jonagold:** Red color with light yellow top. Firm, juicy and sweet-tart flavor. Great for both eating raw and baking.
- ♥ **McIntosh:** Deep red color. Tart, juicy and very soft texture. Best eaten raw or to make applesauce.
- ♥ **Pink Lady:** Light red-pink color. Juicy and tart with a bit of sweetness. Best for eating raw.
- ♥ **Red Delicious:** Shiny, dark red color. Heart shaped with knobs or "feet" at the bottom. Sweet and juicy – one of the most well-known apples. Best eaten raw.
- ♥ **Rome Beauty:** Bright red color. Firm with a touch of tartness. Not great for eating raw, best for baking.



Appetizing apple ideas:

- ♥ Snack on apple slices with peanut butter (compare labels to find one without added salt or sugars).
 - ♥ Make applesauce by cooking chopped apples with cinnamon and nutmeg.
 - ♥ Make a salad with chopped up apples, walnuts, balsamic vinegar and spinach.
 - ♥ Add diced apples to your homemade turkey meatloaf.
 - ♥ Mix canned, low sodium tuna with chopped apples, celery and ¼ teaspoon or less Dijon mustard for a sandwich or salad.
 - ♥ Slice thin and layer apples with low sodium turkey, low fat, low-sodium cheese and lettuce on a whole wheat tortilla wrap.
- ♥ Blend chopped apple, frozen banana, low fat, no added sugar vanilla yogurt and orange juice for a refreshing smoothie.
 - ♥ Stuff an apple (with core removed) with raisins, cinnamon and oats. Cover with foil and bake at 325 degrees F for 45-55 minutes.

Continued from Page 1 (President's Message)

- ♥ Manage your blood pressure. To support this goal cut down on salt and excess sodium. Lose excess weight by following a plant-based diet and adopting regular cardio and weight training exercise. This can help drive down high blood pressure.
- ♥ Get your sleep. Not getting sufficient sleep, poor sleep quality and bad sleep habits can raise the risk of heart issues. Six to nine hours seem to be a good goal. Consult with your doctor for a review of what is right for you and suggested actions.
- ♥ Lower your stress. We all have personal issues including financial and health problems. Stress can cause inflammation in your body and can raise your blood pressure. Try mind-body support such as yoga, set aside at least a day per week for a hobby, try a meditation class, or visit an alternative lifestyle wellness clinic.

These are simple goals and all of them require you to establish realistic expectations. Stay informed/focused with easy daily goals. Do not forget to include some satisfaction in your daily activities. Feel good about your plan and believe in yourself, it will reduce added stress.

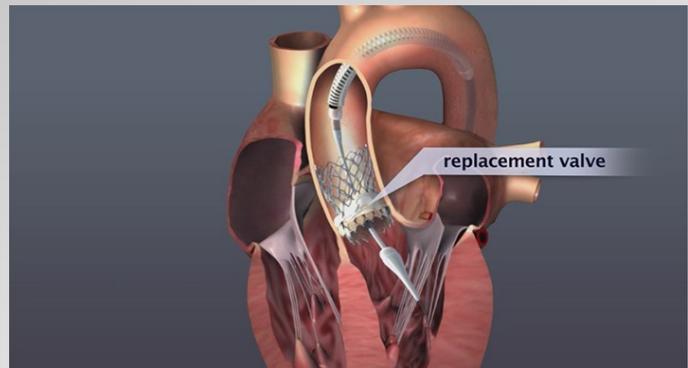
When it comes to your health, you are in control, but you have your Mended Heart family here to support you. It is a journey not a sprint. The Mended Heart web site has tools, articles, chat rooms, etc.; all available to support your vision of a healthy life. Chapter 380 may not be able to gather in meetings, but we are all available to keep you connected and informed through people that are dedicated to help you through this journey. Our contact numbers and e-mail are all on the back of this newsletter. Know that we have the desire to address issues together.

Ray Trapp, President

Continued from Page 7 (Could You Have Heart Valve Disease)

surgery is needed.

- ♥ Valve Replacement: If the valve is too damaged, it may require replacement with a man-made or a biological valve made from a pig, cow, or human heart tissue. Similar to valve repair, depending on the individual patient factors, valve replacement may be done via traditional surgery or using a less invasive method. For example, transcatheter aortic valve replacement (TAVR) was recently approved for aortic stenosis patients who have a low, intermediate, or high risk of complications from traditional surgical aortic valve replacement (SAVR). Patients who undergo TAVR generally have less risk of infection, less pain, and shorter hospitalizations than those with open-heart surgery.



Finding out you have a disease that affects your heart can be scary. But many people continue to live long and full lives with heart valve disease as a result of lifestyle changes and medical treatments including medications and surgery. It is important to see your doctor regularly to be monitored for changes along the way.

From: <https://www.healthgrades.com/right-care/aortic-valve-replacement/could-you-have-heart-valve-disease?tpc=advances-in-aortic-stenosis?cid=63emHLN051820CAR>



HeartGuides Patient and Family Education The Journey to a Healthy Heart Starts Here

The Mended Hearts *HeartGuides* is an innovative, informative resource for heart patients and their families, friends, and caregivers. The Mended Hearts *HeartGuides* 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 *HeartGuides* 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
National – www.mendedhearts.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.

VISITOR and CALLER'S CORNER

Hospital visits have been suspended until further notice. We will update our visiting record when we once again are able to make visits. This may include virtual visits as appropriate.

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 or jack_marr@hotmail.com.

Accredited Visitors/Callers:

Fred Bernier	Becky Newberry
Chris Catherman	Tom & Evalyn Nichols
Kelly Clifton	Bruce Parks
Bob Courval	Jim & Marilyn Pettingill
Odee Gordon	Dennis & Adrienne Shiedlak
Cynthia Guarino	Chris & Pat Toshcoff
Bill Hielscher	Mary Ellen Voshell
Chris Hill	Ray & Wini Trapp
Jack Marr	Marcia Warne

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 or call: (208) 706-7056

Please NOTE: During the current Coronavirus pandemic, we have temporarily suspended our monthly meetings. We will resume our meetings when safe to do so. In the meantime, if you have any questions please feel free to contact any of our members listed on this page or leave a message at (208) 706-7056 and someone will get back to you

Newsletter by email Renewal Policy

Mended Hearts Chapter 380 will send the newsletter to subscribers for two (2) years. Those wishing to continue may request to do so by emailing 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.