

# Keep on Tick'n

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



**Mended Hearts**<sup>™</sup>  
of Charlotte

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

Volume 8 - Issue No. 2

February 2018

Chapter #372

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

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>

## ONE SHOT COULD SOMEDAY REDUCE HEART ATTACK RISK

Gene therapy might lead to a one-time vaccine-like treatment that would permanently lower bad cholesterol and reduce the risk of heart attack by as much as 88 percent.

Heart disease is currently responsible for about one in every four deaths in the United States, adding up to more than 600,000 deaths each year.

According to the Harvard Stem Cell Institute, however, new genome research shows great promise of permanently reducing the risk of heart attack.

Work on this project first started in France in 2003 when researchers discovered that a specific gene in the liver, PCSK9, seemed to be responsible for cholesterol regulation. Some families with a mutation of this gene had very high cholesterol and were very likely to have early heart attacks.

Meanwhile, in Texas, another research group identified a population that had a different kind of mutation of PCSK9 -- this time a very good mutation. This mutation produced the opposite effect. People with the mutation have very low levels of low-density lipoprotein (LDL or bad) cholesterol levels. What's more, they were significantly less likely to have a heart attack.

A recently developed gene editing technology called CRISPR/Cas9 allowed these researchers to alter the PCSK9 gene in mice to convert it to the good version that would potentially help them live longer. This change caused the liver to stop producing a particular protein that would prevent the removal of cholesterol in the bloodstream. It also solved the problem that traditional cholesterol drugs have - they don't last very long. Rather than constantly having to get shots or take medicine to reduce cholesterol, scientists hypothesize that it may be possible to have a lifetime change in effect with just one application. [www.pagesmag.com](http://www.pagesmag.com)



## NEW SMOKE PROBLEM DOESN'T INVOLVE TOBACCO

As states join the movement to legalize marijuana, apartment tenants have begun to have a new problem: The smell of smoke. And it's not from cigarettes.

Apartment owners have been fielding complaints from tenants that they are coping with the unwanted smell of pot from their neighbors.

While cigarettes have long been considered impolite in buildings, the same isn't true for marijuana.

But the new legal smokers can be polite and do some things to mitigate the smell of their favorite weed:

Use a doob tube. This is easy to make. Just stuff a toilet paper tube with dryer sheets, then simply exhale the weed smoke through it.

Get an air purifier. These devices do some good at eliminating smoke smells and tend to prevent smoke from clinging to curtains and furniture.

Ventilate. Open a window (although this technique Ventilates continued on page 3

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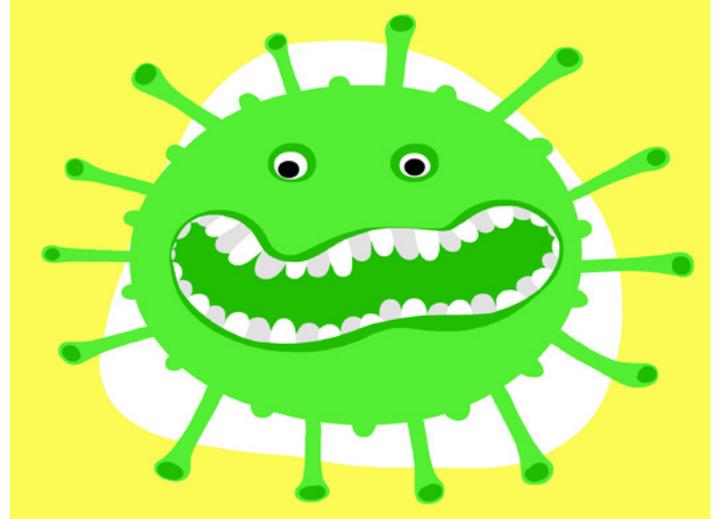


## SUPERBUGS HAVE A NATURAL ENEMY

The looming scourge of the superbug -- bacteria that antibiotics can't kill -- threatens to bring back the era of death by infection.

But there is hope on the horizon.

Superbugs will be responsible for over 10 million deaths per year globally by the year 2050, according to the BBC. Even as recently as 2014, around 700,000 deaths can be blamed on infections that couldn't be cured with modern antibiotics. The World Health Organization classifies these bugs as an imminent threat to human health.



According to a Time Magazine special report, one treatment currently being researched attacks these superbugs from a completely different angle. This method requires using bacteriophages, or phages, to destroy the bacteria.

Phages are nature's bacteria fighter, and there are estimated to be around 10 million trillion different phages throughout the world. Phages work by injecting their DNA into a bacterial cell, where it replicates until the bacteria bursts open and dies. Phages are unique in that each strain seems only to attack a particular type of bacteria. This means that treatment with phages will leave the beneficial bacteria intact within the body and just single out the dangerous kind.

Using phages to attack bacteria is not a new idea. They have been used to treat infections throughout the world for nearly a century, but it has had a reputation as an unsafe and clunky treatment. New advances in medical knowledge and technology, however, have shown that this therapy can be a useful cure for cases in which antibiotics have failed, and it remains a promising solution to the impending superbug threat because there is a nearly limitless supply of different phages to use against the bacteria. [www.pagesmag.com](http://www.pagesmag.com)

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



## BROKEN HEARTS ARE A REAL MEDICAL ISSUE

If you have a heart, it will be broken, the bards say.

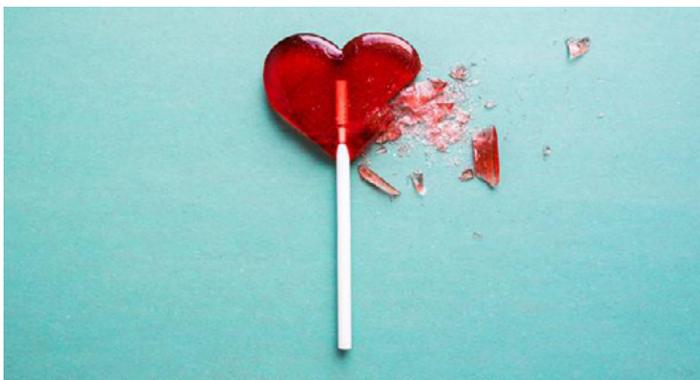
Sadly, the doctors say a broken heart can actually be an illness.

According to Harvard Medical School, broken-heart syndrome, also called takotsubo cardiomyopathy, was first identified several decades ago in Japan. Although rarely diagnosed, it is most commonly seen in older women.

Patients experience a dramatic stressor in their lives (death, violence, or fear). The event causes a surge in hormones such as adrenaline. These hormones can stun the heart and lead to irregularities of the heart's proper functions. The left ventricle in the heart weakens and balloons outward in a strange shape that looks like a Japanese octopus trap (a tako-tsubo). When a patient has this feature and no blocks in the coronary arteries, doctors can distinguish the disorder from a heart attack.

For the patient, it feels like a heart attack with chest pain and shortness of breath.

Medical professionals thought for many years that takotsubo sufferers could recover in about a month without any long-term repercussions but recent research published in the Journal of the American Society of Echocardiography has shown that it can have an impact for years after the initial event. These patients exhibited lingering signs that were very similar to those found in people with chronic heart failure - a condition that involves heart muscle death and does not currently have a reliable cure. [www.pagesmag.com](http://www.pagesmag.com)



Ventilate continued from page 1

does tend to allow the smell to waft through apartment courtyards.)

Switch to edibles. This is better for the lungs and has no smell at all.

Try vaping. No smell clings to your body and what smell there is doesn't come from the end of the lighted roll.

At least light a candle. This won't eliminate the smell, but it could make it more tolerable.

Be polite: Don't smoke in halls or indoor public areas. [www.pagesmag.com](http://www.pagesmag.com)

STENT PATIENTS SHOULD BEWARE OF SLEEP APNEA, STUDY WARNS

Obstructive sleep apnea, the most common type of sleep problem, has long been linked to coronary artery disease, stroke and other heart-related problems.

A new study takes these findings further, linking OSA to blood clot formation in stents in heart patients.

The condition, called stent thrombosis, is a life threatening problem.

Writing in the August 2017 issue of BMC Cardiovascular Disorders, researchers found that patients with OSA had a 7.34 times greater risk of stent thrombosis than patients without OSA.

People with OSA frequently snore and gasp for breath during sleep. They can be excessively sleepy during the daytime and have insomnia at night. They also have frequent incidents of nightmares.

OSA affects the cardiovascular system by disrupting the balance of clotting and anticlotting factors, leaving the person predisposed to blood clotting, according to Duke Medicine.

OSA increases the risk of stroke for both men and women, but men with OSA have double or triple the risk.

OSA is a treatable condition. Continuous Positive Airway Pressure (CPAP) is one treatment.

The new study also suggests that in stent surgery on OSA patients, cleaning out plaque before inserting a stent might reduce rates of later thrombosis. The researchers also advised using the largest stent possible and following up with the most potent antiplatelet drugs to inhibit clots. [www.pagesmag.com](http://www.pagesmag.com)



We say goodbye to one of our friends and a former Mended Hearts Regional Director, Gerald H. Kemp, Jr. 82, who passed away on Tuesday, January 9, 2018.

Thank you friend!



SUPPORT GROUP & MEETINGS SCHEDULE

MAIN - FEBRUARY 8, 2018

PINEVILLE - MARCH 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

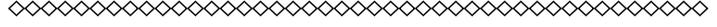
That we may give hope to others.

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](http://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, Sandra Scherrman, Bill Voerster, Bruce White



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## SECRET SAUCE: SRIRACHA SPICES UP STEAK AND PEPPERS

The wildly popular Sriracha hot sauce will put some spice into your Valentine dinner.

Sriracha is the 80-year-old invention of a Thai cook, Thanom Chakkapak, who limited the secret sauce to family and friends until her friends demanded more. She then manufactured the sauce, quickly making it the most popular sauce in Thailand.



According to Community Table, the sauce was unknown in the West until a Vietnamese immigrant marketed his own version of the sauce through Huy Fong Foods with the famous rooster logo.

Today, its fame is widespread and you can find it on the shelves of nearly any grocery store.

Its name is pronounced See-rah-jah, as if the syllables were separate words.

This recipe for flank steak and peppers from emeals.com showcases the flavors of Sriracha. Experiment with the sauce, since it is spicy.

## SRIRACHA STEAK AND PEPPERS

### Ingredients

- 1/2 pound flank steak
- 1/2 teaspoon pepper
- 4 teaspoons toasted sesame oil
- 1 red bell pepper (or any color), thinly sliced
- 1 cup thinly sliced green onions
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon water
- 1 1/2 teaspoons Sriracha hot sauce
- 1 1/2 teaspoons cornstarch

### Instructions

Thinly slice beef across the grain; sprinkle with pepper. Heat 2 teaspoons oil in a large wok or nonstick skillet over high heat. Add beef to pan, and cook 3 minutes or until browned. Remove from pan. Heat 2 teaspoons oil in same skillet over medium-high heat. Add bell pepper, green onions and garlic; cook 3 minutes or until tender. Whisk together soy sauce, water, Sriracha and cornstarch in a small bowl until blended. Add beef and sauce mixture to pan. Bring to a boil and cook 1 to 2 minutes, stirring constantly, or until sauce is thickened.

[www.pagesmag.com](http://www.pagesmag.com)



**EAT RED** for American Heart Month

While red meat can increase your risk of cardiovascular disease, there are tons of red plant foods that'll keep your heart healthy!

 <b>Tart Cherries</b> <small>NUTRIENT:</small> <b>Vitamin A</b>	One cup of tart cherries has 39% of your daily vitamin A.
 <b>Tomatoes</b> <small>NUTRIENT:</small> <b>Lycopene</b>	Tomatoes are high in lycopene, a powerful antioxidant.
 <b>Red Lentils</b> <small>NUTRIENT:</small> <b>Protein</b>	Just one cup of red lentils has 18 grams of protein.
 <b>Beets</b> <small>NUTRIENT:</small> <b>Betaine</b>	Beets contain betaine, a compound seen to protect blood vessels from artery-clogging plaque.
 <b>Strawberries</b> <small>NUTRIENT:</small> <b>Vitamin C</b>	One cup of whole strawberries provides 141% of your vitamin C intake.
 <b>Kidney Beans</b> <small>NUTRIENT:</small> <b>Fiber</b>	You can get 44% of your daily amount of fiber with one cup of kidney beans.
 <b>Red Potatoes</b> <small>NUTRIENTS:</small> <b>B-6 &amp; Potassium</b>	Get 30% of your daily B-6 and 46% potassium in a single, large red potato.

#EatRed • [PhysiciansCommittee.org/HeartHealth](http://PhysiciansCommittee.org/HeartHealth) PhysiciansCommittee  
for Responsible Medicine



"We're looking for someone who can hunt, gather and collate."



### HAPPY BIRTHDAY

REITA PENDRY  
CHRIS JORDAN

### SURVIVERSARY

REITA PENDRY  
JARED STEELE  
BRUCE WHITE

