

Mended Hearts, Inc.

Greater Rochester Chapter 50

"Heart Beat of Rochester"

www.mendedheartsrochester.org

SEPTEMBER MEETING

- Monday, September 15th 2008 (Third Monday in Sept.)
- Henrietta Ambulance Facility 280 Calkins Rd. 14623
- 7:15pm
- Speaker: Gerald Steven Ginsberg, M.D. He is a clinical instructor in medicine at the U of R School of Medicine and Dentistry
- Topic: Metabolic Control in the Patient with Diabetes

OCTOBER MEETING

- Tuesday, October 7th 2008 (First Tuesday in October)
- Lunch @ the Yacht Club and a cruise on the Canandaigua Lady
- Meeting at noon—more details on p. 10

SUNSHINE MAY BE NATURE'S DISEASE FIGHTER

Medical researchers are homing in on a wonder drug that may significantly reduce the risk of heart disease, cancer, diabetes and many other diseases – sunshine.

A study released today found that men who are deficient in the so-called sunshine vitamin – vitamin D – have more than double the normal risk of suffering a heart attack.

Just last week, another study found that low levels of vitamin D increase the risk of diabetes, and a study last month linked deficiencies to an increased risk of dying from breast cancer.

The findings join a growing body of evidence indicating that an adequate level of the vitamin, which many people can get from 20 minutes in the sun, is crucial to maintaining good health.

Not every scientist agrees that vitamin D is so crucial to well-being, and there is controversy about what should be considered an adequate level of the compound in the blood. But sentiment is gradually shifting toward a higher intake.

"We don't have a cause and effect relationship here yet" proving that higher doses of vitamin D prevent such diseases, said biochemist Hec-

(Continued on page 3)



*We ask for blessing, 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 for wisdom that we
may use all your gifts well.*

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

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HEART IMAGING TOOL UNDER THE MICROSCOPE

Usefulness of CTA Screening Unknown in People With No Symptoms

The death of newsman Tim Russert last month from a massive heart attack raised interest in new technologies that may better identify people at risk for life-threatening cardiac events.

A test that one expert calls "the iPod of medical imaging" is emerging as an important tool for visualizing plaque buildup in patients with known coronary artery disease.

But a new study offers little support for the use of computed tomography angiography (CTA) as an early screening tool for people with no symptoms of

artery disease, such as chest pain or an abnormal stress test.

And researchers conclude that the safety of CTA must be established before the test can be recommended for the routine screening of people with no symptoms.

CTA-associated radiation exposure has been linked to an increase in the lifetime

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HEART IMAGING TOOL UNDER THE MICROSCOPE

(Continued from page 1)

risk of cancer, especially in women and young people.

"CTA has promise, but at present we simply don't have the data to confirm its usefulness and safety in an asymptomatic population," study co-author Hyuk-Jae Chang, MD, PhD, of South Korea's Seoul National University Bundang Hospital, tells WebMD.

CTA-Detected Plaque

Also known as multislice computed tomography or 64-slice CT, CTA screening is being prematurely marketed to the public as a screening tool for low-risk populations, even though there are no guidelines recommending its use for this purpose, Chang says.

"Everyone wants the latest technology, and this is something like the iPod of medical imaging," says cardiologist Ann F. Bolger, MD, of the University of California, San Francisco. "Unfortunately, the technology is only as useful as the science behind it."

In one of the first studies to examine the value of CTA for identifying coronary artery disease in presumably low-risk populations, Chang and colleagues followed 1,000 asymptomatic people without established artery disease for about a year and a half following CTA screening.

Although the test did identify significant and severe plaque buildup in 5% and 2% of the people, respectively, the

sample size was too small and the follow-up too short to determine the value of CTA screening in people without symptoms, Chang says.

The researchers plan to follow 5,000 asymptomatic patients for five years following CTA screening.

"We do not yet have the data to show that the risks outweigh the benefits in this population, but we also don't have the data to show that the benefits outweigh the risks," Chang says. "So we must wait."

Radiation Risk a Concern

One big problem with the test is that it is not clear what the findings mean in patients with few risk factors for heart Diseases, Bolger tells WebMD.

"If you don't see coronary disease, is that person off the hook, and if you do see it does that mean that the person will have a coronary event in a year, or two, or five?" she says. "We can't answer these questions yet."

This, combined with a cost of anywhere from \$500 to \$1,500 per scan, and the radiation risk identified in earlier studies, makes it too soon to recommend CTA for the routine screening of asymptomatic people, she says.

The American Heart Association came to the same conclusion in a recently published statement on the use of new noninvasive techniques to measure arterial plaque, finding that CTA should not be used to screen for coronary artery disease in people with no evidence

of disease.

But Bolger says it is only a matter of time before researchers gain a better understanding of the role of CTA and other new-generation tests designed to identify people at risk for heart attacks and strokes.

"With every year that goes by our understanding about these tests and how to use them gets better," she says.

American Heart Association past president Robert Bonow, MD, agrees. Bonow calls CTA "a very exciting technology," but he tells WebMD that its safety and effectiveness for identifying coronary artery disease in asymptomatic populations remains to be determined.

A professor of medicine at Northwestern University, Bonow is also the chief of cardiology at Northwestern Memorial Hospital.

"Other (new-generation) tests that involve much less radiation are showing a lot of promise, so we will just have to see," he says.

By Salynn Boyles
WebMD Health News
July 22, 2008

SURGIVERSARIES

SEPTEMBER

Carl Brant
Brent Gosson
Jack Kessler
Lawrence Mastin
Gerard Roncinske
William Servis
William Smith
Cliff Squier
Ron Tuttle
Lloyd Walker

OCTOBER

Robert Brown
Robert Kraus
Suzanne McNamara
Irene Wojciechowski

Mended Hearts
"Dedicated to inspiring
hope in heart disease
patients and their
families"



HEARTBEAT OF ROCHESTER

The "HEARTBEAT of ROCHESTER" is the bimonthly periodical from the Mended Hearts, Inc., Rochester NY Chapter #50. Chapter #50 is a nonprofit service organization of Mended Hearts, Inc., Dallas, Texas, which is dedicated to alleviating the stress and trauma associated with heart disease and surgery. This periodical is issued free of charge to heart patients and to members of the Chapter #50 Mended Hearts Inc. Permission is granted for anyone to reprint any portion of this newsletter.

SUNSHINE MAY BE NATURE'S DISEASE FIGHTER

(Continued from page 1)

tor DeLuca of the University of Wisconsin, who was the first to demonstrate how the vitamin interacts with the endocrine system, which manages the body's hormonal balance.

But the links are so suggestive "that we have to pay attention to keeping blood levels up where they will protect," he said. Until the protective effect is proved, he added, "what's wrong with keeping an adequate level of vitamin D in the blood in case it is?"

Until recently, vitamin D was viewed primarily as a protective agent against diseases of the bone, such as osteomalacia (known as rickets in children) and osteoporosis. Current recommendations for the vitamin are based on preventing these disorders and call for a relatively small intake – a minimum of 400 international units, or IUs, per day, and perhaps twice that for the elderly, who may not get outdoors as often.

The vitamin is produced from natural precursors in the body by exposing skin to ultraviolet B in sunlight. Caucasian sunbathers can get 20,000 IUs in 20 minutes at noon in summer. But any further exposure simply damages skin.

Darker-skinned people need three to five times the exposure to produce the same amount. Sunblock interferes with production by screening out ultraviolet light. The primary sources of vitamin D in the diet are milk, which is fortified to yield about 100 IUs per glass, and oily fishes, which have a high content. To have an adequate intake, most people must take supplements or spend more time in the sun – a recommendation that dermatologists generally oppose because of the risk of skin cancer.

Current guidelines call for blood levels of about 30 nanograms per milliliter. By that definition, perhaps 10% to 15% of white people in the U.S. and 50% of the black population is deficient in summer, with the levels rising in winter when there is less sunlight.

Many researchers now say that we should be striving for average blood levels of 50 to 60 nanograms per milliliter, at which level the bulk of the U.S. population would be considered deficient.

Most researchers in the field now take supplements of at least 1,500 IUs per day. Most recommend taking no more than 4,000 IUs because of potential toxicity.

Experts attribute the vitamin D deficiency, in part, to modern lifestyles, which have taken people off the farm and into offices and factories. Video games and computers have brought children indoors from the playing field, minimizing their exposure to sunlight. Fear of cancer and increasing use of sunblock may also have contributed.

In the new analysis, Dr. Edward Giovannucci of the Harvard School of Public Health and his colleagues studied 18,225 men enrolled in the Health Professionals Follow-Up Study, a subgroup of a much larger ongoing study. The men all submitted blood samples when they enrolled in the study, mostly in 1993 to 1995, and the samples were stored.

In 10 years of follow-up, the team identified 454 men who had a heart attack. They carefully matched these men with about 900 other study members who did not have an attack, then measured vitamin D levels at study entry.

They reported in the current issue of the Archives of Internal Medicine that men with blood levels below 15 nanograms per milliliter had 2 1/2 times the risk of having an attack or dying. When they controlled for all other possible factors, such as hypertension, obesity and high lipid levels, the risk was still twice as high as it was for the controls.

Men with levels between 15 and 29 nanograms per milliliter also had an increased risk. Unfortunately, Giovannucci said, there were not enough men in the group with levels above 35

nanograms per milliliter to determine whether higher levels are more protective.

The findings are "not out of left field," he said. Many epidemiological studies have found a higher rate of heart attacks at higher latitudes, lower altitudes and in winter – all of which correlates to decreased exposure to sunshine.

About 869,000 Americans die of heart disease each year, according to the American Heart Assn.

"They certainly have made the link between diabetes and cardiovascular disease," said Dr. Mason Weiss, a cardiologist at Centinela Hospital Medical Center in Inglewood, who was not involved in the study. "Now the research must be on what the mechanism is."

Giovannucci speculated that several mechanisms could be responsible. Previous studies have suggested, for example, that low vitamin D levels lead to a buildup of calcium in atherosclerotic plaques on the walls of arteries, increasing the risk of heart attacks.

It could also affect blood pressure, or even have a direct effect on functioning of heart muscles, making them more susceptible to arrhythmias.

"We obviously need to understand the mechanism better," he said. "But that requires randomized trials, which is a big undertaking."

Weiss joined the growing chorus of researchers calling for changes in federal guidelines to reflect the new data.

"The next time they review the daily requirements, they should look at all these articles," he said. Increasing the recommended intake of vitamin D "could have a significant health benefit" and would be a cost-effective change.

By Thomas H. Maugh II

June 10, 2008

MENDED HEARTS 65TH ANNUAL CONVENTION



Hi to all!

This year the convention was held in Hartford over Memorial

Day Weekend. It was our first convention. We met lots of new people from different Chapters all over the country. Everyone was ready to share and anxious to learn.

During the five days of the convention there were eleven workshops offered with a variety of topics. To name a few: Patient Advocacy, CPR, Nutrition, working with HIPPA, and Learning to use the web. There were also workshops for visitors, officers and caregivers.

There was a different guest speakers at all of luncheons and dinners that we attended. My favorite guest speaker was Wayne Sotile, Ph.D. He has written two books and his web site is www.Sotile.com. Check it out! He spoke about how important our own attitude is in dealing with our health. He also spoke about coping, relationships and their importance, depression and how to deal with it, and sex after heart surgery. He was absolutely wonderful.

Last but not least every morning water aerobics and a fitness stroll were offered. We heard from other participants at the conference that the class were really fun. Bob and I took advantage of the little spare time we had and part-took in a little sightseeing. We went to the Colonial

Wetherfield and Foxwoods Resort and Casino. Hartford is a very beautiful historical community.

Mended Hearts 56th annual conference was great fun for all who attended. At the last luncheon it was announced that next years convention will be held in Orlando, Florida from June 6th thru June 10th. With help from a few grants our Chapter will receive this year and God willing Bob and I hope to be attending this fabulous conference next year. Hope to see some of you there as well.

Sincerely,
Jackie and Bob Joyal

MIND EXERCISES IMPROVE MEMORY

Memory improvement through mental and mind exercise

Exercise your mind as well as your body. Mind exercises can help you retain and improve your mental capacity, possibly delaying or preventing old-age dementia.

Are there mental exercises we can do to stay sharp mentally as we age? Or are we destined to mentally deteriorate as a natural and unavoidable result of living too long? Is an instance of loss of short term memory a precursor to Alzheimer's and dementia? Fortunately, there are mind exercises we can do to sharpen and retain our mind's capabilities and avoid mental deterioration.

I had a high school math teacher who would preface the start of class problem-solving by saying something like, "Lets do some mental gymnastics." Although we moaned and groaned in typical teenager fashion, we quickly became energized and involved in the problem he presented.

It turns out this teacher might have been way ahead of his time and was doing us a big favor. Researchers tell us that mental gymnastics, consciously exercising our mental facilities, are exactly what we should do to remain sharp as we age.

Losing mental acuity can be frightening. You've probably had the experience of

walking purposefully into a room only to arrive and realize you have no idea what you came for. And admit it, your next thought was that was the first step toward Alzheimer's disease.

Now we know that "use it or lose it" applies not only to physical capability, but also to mental competence. Research is showing that there are steps we can take to sustain and even improve our mental acuity. Just as we build muscle through physical exercise, we build brainpower through mental exercise.

It turns out that the 30 minutes of physical activity we do each day (we are doing that aren't we?) not only builds a healthy heart, it builds a healthy brain too. So the first step in keeping sharp mentally is exercise; 30 minutes a day of active exercise, such as housework, walking, gardening, or aerobics pays off with a healthier body and mind.

In addition to physical exercise, add some mental exercise to each day. Though researchers don't fully understand the mechanism at this time, mental activity does appear to help people retain mental sharpness. The commonly held belief that we lose brain cells as we age has been disproved. It simply isn't true. What seems to be true is that our brains get rusty with disuse, just as our muscles wither without exercise.

Personal development is the commitment to be the best you can be. Staying sharp mentally is certainly an important component of personal development. Your daily to-do list should include healthy eating, physical activity, and mental gymnastics.

Some possible mental gymnastics to consider are:

- Personal Development's weekly Mind Exercise mind teaser
- Personal Development's weekly Sharpen Your Mind series
- Crossword puzzles
- The number puzzle Sudoku
- Scrabble, which combines social interaction and mental exercise
- Learn something new, such as a craft, a new computer tool, a second language, etc.
- Read books on topics that cause you to think, such as other religions, different cultures, philosophy, mystery stories.
- Limit TV to those few shows that cause you to think about them afterward. Lost is an example (did they actually survive the plane crash?)

By: personaldevelopment.suite101.com

PRESIDENT'S CORNER

Well, it's hard to believe that summer is almost over! It's been a busy time for your Board members. Jackie Joyal sent out a questionnaire to help us know how to proceed with your chapter and get some more of you involved in the organization and meetings. This past year we had very low attendance at many of our meetings. Are you too busy to attend meetings or don't they appeal to you? Let us know if you haven't done so already. Jackie and Bob Joyal and Gene Binder all went to the MH conference in May in Hartford, CT. We will give you an update in the next couple of newsletters.

N Y State Senator Jim Alesi's grant came through as did N Y State Assemblyman Joseph Morelle's grant. Chapter 50 is so grateful for their support. Part of their funds will go to help defray the cost of the conference for Jackie, Bob and Gene. Our new banner for Fairs that we attend, postage, printing, phone, hospital pamphlets and our new website are just some of the things that are paid for by these grants. If you haven't visited our website please do so: www.mendedheartsrochester.org

It's great!!

There were the usual festivals in town and now that summer is almost over

MARK YOUR CALENDAR

Senator Jim Alesi's 19th Annual Family Health & Fitness Fair will be Thursday, Oct. 16th, at the Dome Center in Henrietta. This is upstate New York's largest free health fair.



there are still a few more to try and get to. Last year Larry and I went to the Cuba Garlic Festival – very tasty. This year it will be Sept 13 and 14th. I just heard about the Letchworth Park Arts and Craft show and sale held over Columbus Day week end, Oct 11th-13th. It will be a beautiful time of year to enjoy the colors at Letchworth too. Of course there is the Naples Grape festival Sept 27th & 28th too.

Yours truly also was at the conference but just for a very short time as I had this Niagara Falls of a nosebleed and had to go home before the festivities even began. Last month our cat Callie had to be put to sleep. She was 23 and was unable to use her hind legs anymore. We had to hold her as she ate and help her into her litter box. It tore Larry and me apart to have to bring her to the vet and end her life. Even though she was 23 and lived a long life for a kitty, I can't tell you how much it hurt to do that. If you've ever had a pet I'm sure you know what I'm talking about. It's still hard to come downstairs in the morning and not see her waiting for me or come in from a trip without her here to greet me. There's no one to sit on my lap. She never cared what I wore, never held a grudge (well not for more than an hour) and never criticized anything I did. People ask me if I will adopt another needy kitty – that's so hard to say because as of today the pain is still here and I don't know if my heart could stand to go through the sadness again.



Sharon Feldman

Well, not to end on a sad note just wanted you to let you know that our September meeting will be very interesting. Dr. Ginsberg will be speaking on the topic of diabetes. Many of our members have the double whammy of heart disease and diabetes. So come and bring your questions too. Dr. Ginsberg's father was a member of Mended Hearts many years ago. Our October meeting will take place earlier in the month so that we can take a cruise on the Canandaigua Lady before it stops for the season. We will be getting together with our Canandaigua satellite members for the boat trip and also lunch, so plan on joining us for a lovely afternoon.

We all wish Carrie Breitkopf a speedy recovery. I think that Carrie has been a member here the longest and probably goes back to our beginning.

Sharon

Mended Hearts Education Support Group in Canandaigua! Is offering education and support to individuals living with heart disease, their families and the Canandaigua Community in the effort to help manage and prevent heart disease.

Topic: Periodontal Health and Your Heart!

Presenter: Geoffry E. Hallstead, DMD

When: Thursday, September 11, 2008

@ 7:00 PM

Where: RG&E Family Room

(in the M.M. Ewing Continuing Care Center)

Thompson Health
350 Parrish Street
Canandaigua, NY 14424



SAFE EXERCISE FOR HEART DISEASE PATIENTS

If you have a loved one who's recently been diagnosed with heart disease or had heart surgery, the doctor probably told you that exercise is an important part of keeping the condition under control. But is it safe for him to keep exercising like he has been, or does your loved one need to make some changes? And what exercises are best?

Here are some things to discuss with the doctor:

- Medication changes. New medications can greatly affect your response to exercise; your loved one's doctor can tell you if his normal exercise routine is still safe.
- Heavy lifting. Make sure that lifting or pushing heavy objects and chores such as raking, shoveling, mowing, or scrubbing aren't off limits. Chores around the house can be tiring for some people; make sure your loved one only does what he's able to do without getting tired.
- Safe exercises. Get the doctor's approval before you let the patient lift

weights, use a weight machine, jog, or swim.

General Workout Tips for Heart Disease Patients:

- Be sure any exercise is paced and balanced with rest.
- Avoid encouraging isometric exercises such as push-ups and sit-ups. Isometric exercises involve straining muscles against other muscles or an immovable object.
- Don't let the patient exercise outdoors when it is too cold, hot, or humid. High humidity may cause you to tire more quickly; extreme temperatures can interfere with circulation, make breathing difficult, and cause chest pain. Better choices are indoor activities such as mall walking.
- Make sure your loved one stays hydrated. It is important to drink water even before you feel thirsty, especially on hot days.
- Extremely hot and cold showers or sauna baths should be avoided after exercise. These extreme tem-

peratures increase the workload on your heart.

- Have your loved one steer clear of exercise in hilly areas. If he must walk in steep areas, ask him to slow down when going uphill to avoid working too hard. Have him monitor his heart rate closely.

If the patient's exercise program has been interrupted for a few days (for example, due to illness, vacation, or bad weather), ease him back into his routine. He should start with a reduced level of activity, and gradually increase it until he's back where he started.

WebMD does not provide medical advice, diagnosis or treatment.



NEW STEPS TOWARD GROWING HEART CELLS

Scientists have successfully grown "master" heart cells in a test tube and used them to significantly improve ailing heart function in mice. It's an achievement that's being lauded as another promising milestone in the quest toward cardiovascular regenerative medicine.

Researchers across the globe have been trying to coax stem cells into viable heart cells that can be used to repair or replace damaged cardiac tissue. Stem cells are the earliest precursors to cells; they have the potential to develop into a variety of different kinds of cells. A growing body of medical evidence suggests that embryonic stem cells may ultimately allow for the creation of functional heart tissue for transplants.

Now a team of U.S., Canadian, and British researchers led by Gordon Keller of the department of gene and cell medicine

at Mount Sinai School of Medicine in New York reports success in growing three types of human heart cells from laboratory cultures derived from embryonic stem cells.

The human heart comprises three distinct cell types: cardiomyocytes, endothelial cells, and vascular smooth muscle cells. Each type of cell plays an important part in the makeup of functioning heart tissues.

Keller's group created the so-called master heart cells by adding a mix of growth factors and other development-related molecules to the laboratory dishes containing the stem cells at key times during the experiment. By timing these steps correctly, the researchers encouraged the cells to grow into ancestors, or "progenitors," of the three specific heart cell types.

When the team transplanted a combina-

tion of the three lab-grown heart cells into mice with simulated heart disease, their heart function improved. Researchers say their success offers hope to those aiming to develop stem cell biology techniques for the treatment of damaged human hearts.

Keller and colleagues believe that individual types of specific heart cells could be produced by isolating particular types of progenitors, an accomplishment that will help promote further understanding of heart development.

The researchers published their findings in the April 23 issue of *Nature*.

**By Kelli Miller Stacy
WebMD Health News
April 23, 2008**

VISITING CHAIRMAN'S REPORT

It's now mid-August and, hopefully we'll have lots more summer weather (but, drier, please).

Almost all of our hospital visitors need to attend a reaccreditations seminar, and I'm trying to arrange for a meeting room for September 6th or 13th. I'll let all of our visitors know as soon as I've secured a room, but, in the meantime, please try to keep those dates open (both Saturday in the a.m.). Our hospital visiting program is doing

very well. In fact, we're on a pace to do about 500 more visits than we did in 2007. Between Strong and Rochester General, we're averaging about 156 visits per month. Keep up the good work, Visitors. On August 8th, Sharon and I went to St. Joseph's Hospital in Syracuse for an accreditation class for 3 new and one current hospital visitor. Apparently, St. Joseph's is quite an active heart hospital in that city. Their volunteer office and nursing staff seem to be very pro Mended Hearts, offering good support for our visitors.

Be well, everybody, and I hope to see lots of new and old members on September 15th.

Respectfully,
Harvey Steron
Chapter 50 Visiting Chairman



OTHER HEART-HEALTHY STRATEGIES



De-emphasize salt. This will help your loved one control his or her blood pressure.

Encourage exercise. The human body was meant to be active. Exercise strengthens the heart muscle, improves blood flow, reduces high blood pressure, raises HDL cholesterol ("good" cholesterol), and helps control blood sugars and body weight.

Encourage hydration. Water is vital to life. Staying hydrated makes you feel

energetic and eat less. Encourage your loved one to drink 32 to 64 ounces (about one to two liters) of water daily (unless he or she is fluid restricted).

Reviewed by the doctors at The Cleveland Clinic Heart Center.

Edited by Cynthia Haines, MD
WebMD, October 2005.

MAKING A DIFFERENCE



The American Cancer Society's "2008 Making Strides Against Breast Cancer Walk", will take place at Frontier Field, Sunday Oct 5th. Registration will be at 9am. The walk begins at 10 am. For more information call the Cancer Society at 288-1951.

MENDED HEARTS IN CANANDAIGUA!

What initially was a small, Cardiac Rehabilitation Scholarship program has grown into a significant outpatient service. The Cardiac Rehabilitation Department at Thompson Health, in Canandaigua, New York, would like to share our story of a creative program which supports increased patient participation. This program offers individuals who are financially unable to afford this outpatient program, the opportunity to participate.

In June of 1996, our Cardiac Rehabilitation Department celebrated our first "Walk and Smell The Roses" fund raiser. This activity offered a Walk through some of the most beautiful and historic areas of our community. The central location for the walk was the grounds of the Sonnenberg Garden and Mansion, a State His-

toric Park, located in Canandaigua. Our initial walk raised three thousand dollars for our scholarship fund. This year we raised approximately fourteen thousand dollars! These funds are used entirely to help cardiac patients offset their co-payments in Cardiac Rehabilitation. At present, more than forty percent of our patients would not be able to attend our Cardiac Rehabilitation program if we did not offer this support. Every June, our patient population has the opportunity to give back to the scholarship fund by contacting sponsors and by participating in the walk. They also assist in the preparation and organization of the walk. Their interest and support of this program have been extraordinary! This has increased awareness of the Cardiac Rehabilitation program in the community. We celebrated the twelfth anniversary of this

Rose Walk in June, of this year. This year Jim Fralick and Gene Binder supervised a table at the Walk with Mended Hearts information and were available to discuss the invaluable activities of the organization. Much of the preparation, sponsor support and energy to accomplish this achievement is the result of volunteer time given by our staff.

This program is truly one of the ways we have "raised the bar" at Thompson Health and the Cardiac Rehabilitation department. We are very proud of this innovative program and wish to share our success with others.

Provided By: Thompson Health's Cardiac Rehabilitation Department



FISH OIL AND THE HEART

Three new studies add strongly to the growing evidence that consumption of fish and fish oil supplements can reduce death from heart disease.

In the April 10 issue of the *Journal of the American Medical Association*, investigators from the Harvard School of Public Health reported that women who consumed more fish and fish oil (omega-3 fatty acids) significantly reduced their risk of heart disease. In this study, among 85,000 women enrolled in the Nurses' Health Study, those who ate fish 2 to 4 times per week reduced their risk of heart disease by 30%, compared to women who rarely ate fish.

Similarly, in a study published in the April 11 issue of the *New England Journal of Medicine*, investigators from Massachusetts General Hospital reported that men in the Physicians' Health Study (men who had no evidence of prior heart disease) who consumed omega-3 fatty acids had a

significantly reduced risk of sudden death.

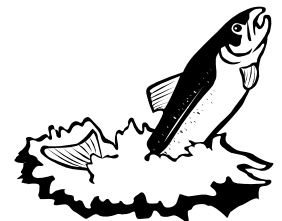
And finally, investigators from Italy reported this week in *Circulation* that consuming 1 gram per day of omega-3 fatty acid supplements resulted in a significantly reduced risk of sudden death among survivors of heart attacks.

While a major benefit of fish oil in these studies appears to be a reduction in sudden death from cardiac arrhythmias, omega-3 fatty acids also appear to reduce triglyceride levels, reduce blood pressure, and stabilize the blood clotting mechanisms. Thus, there are several pathways in which fish oil can potentially benefit the cardiovascular system. The evidence that omega-3 fatty acids benefits the heart, thanks to these three studies, is now nearly irrefutable, and will no doubt become widely accepted by the medical community. (The American Heart Association, however, is waiting for yet more evidence before

changing its official recommendations.)

Omega-3 fatty acids are most plentiful in darker, fatty fish such as mackerel, sardines, and salmon. If individuals take the new evidence regarding fish oil to "heart," we are very likely to see a shortage of affordable sources. (People might also want to keep in mind that there is some concern about the level of mercury in certain fish. The FDA last year said that pregnant women should not eat some kinds of fish - king mackerel being one of them - because of the risk of mercury toxicity to the fetus.) Fortunately, scientists are avidly attempting to devise a means of synthesizing omega-3 fatty acids so that we are not completely reliant on marine vertebrates.

By Richard N. Fogoros
About.com
Nov. 2003



HONEY MUSTARD SALMON

Ingredients:

- 2 tablespoons snipped fresh dill weed or 1 teaspoon dried, crumbled
- 2 tablespoons Dijon mustard or any other good quality mustard
- 1 tablespoon honey
- 6 salmon fillets (about 4 ounces each)
- Vegetable oil spray (optional)

Preheat grill on high or preheat broiler to 450° F.

In a small bowl, whisk together dill weed, mustard, and honey.

Rinse salmon and pat dry with paper towels. Brush mustard mixture all over flesh of salmon.

If broiling fish, spray a baking sheet with vegetable oil spray. Put fish side down on grill or baking sheet. Grill or broil about 6 inches from heat for about 6 minutes, or until fish is barely translucent at its thickest part and sides are beginning to flake when tested with a fork. Fish will cook a little more after you remove it from the heat.

Nutritional Facts (per serving): Calories 152, Protein 23g, Carbohydrates 4g, Cholesterol 84g, Total Fat 4g (sat. 1g, poly. 1g, mono. 2g), Fiber 0g, Sodium 177mg

This dish is elegant enough for company, quick enough for a "desperation dinner," and convenient enough for any cook. You can put it together at the last minute or assemble it in the morning so it's ready to cook when you are.

Recipe and insert by: American Heart Association Meals in Minutes Cookbook

SEVEN STEPS TO GOOD NUTRITION

So what path do you take? To keep it simple, the American Heart Association has developed some basic dietary guidelines to reduce blood cholesterol and prevent or control high blood pressure.

1. Eat at least six servings of grain products and starchy vegetables daily.
2. Eat at least five servings of fruit and vegetables daily. Include at least one serving of citrus fruit or a high in vitamin C and one serving of dark green, leafy vegetable or

deep yellow vegetable.

3. Eat no more than 6 ounces (cooked weight) of lean meat, seafood, or skinless poultry per day. Have at least two servings of fish per week.
4. Include two or more servings of fat-free and low-fat dairy products daily if you are an adult. Children and adolescents should have three or four servings.
5. Choose a diet low in saturated fat, trans fat, and cholesterol and moderate in salt (sodium) and sugar. Eat no more than 10 percent of

your calories as saturated fat. Limit yourself to less than 300mg of cholesterol and less than 2,400mg of sodium daily.

6. If you drink, limit yourself to one drink per day if you are a woman and two drinks if you are a man.
7. Balance food intake with physical activity to achieve and maintain a healthful weight.

Tips by: American Heart Association Meals in Minute Cookbook



HOW MUCH IS IN A SERVING?

When trying to coordinate an eating plan that's good for the heart, it may help to know how much of a certain kind of food is considered a "serving." The following table offers some examples. heartdisease.about.com

SERVING SIZES		
Food/amount	Serving/exchange	The size of
1 cup cooked rice or pasta	2 starch	tennis ball
1 slice bread	1 starch	compact disc case
1 cup raw vegetables or fruit	1 cup raw vegetables or fruit	baseball
1/2 cup cooked vegetables or fruit	1 fruit or vegetable	cupcake wrapper full or size of ice cream scoop
1 ounce cheese	1 high-fat protein	pair of dice
1 teaspoon olive oil	1 fat**	half dollar
3 ounces cooked meat	1 protein	deck of cards or cassette tape
3 ounces tofu	1 protein	deck of cards or cassette tape
** Remember to count fat servings that may be added to food while cooking (oil for sautéing, butter or shortening for baking)		

EAT RIGHT NEWS - CRANBERRY JUICE FIGHTS HEART DISEASE



Vigorous exercise and moderate alcohol consumption are two ways to raise heart-healthy HDL cholesterol. Joe Vinson, Ph.D., a chemistry professor at the University of Scranton in Pennsylvania, also found that

drinking three glasses of cranberry juice a day for a month boosted people's HDLs by an average of 10 percent, which in turn lowers heart-disease risk by 40 percent. Vinson suggests low-calorie cranberry juice, which

contains 45 calories and 11 grams of sugar per 8 ounces, compared with 144 calories and 34 grams of sugar in the regular variety.

Shape
By: Carol Potera

CANADAIGUA LADY PADDLEBOAT TRIP

The "Lady" is a proud successor to locally famous steamboats that operated on the Finger Lakes between 1820 and 1930. The Sixty-ton Mississippi style paddlewheel presents a nostalgic decor accented with teak and oak woods, brass fixtures, draperies and carpeting that calls to days of yesteryear.

Lake tours on the Canandaigua Lady begin as soon as you leave the dock. Pulling away, the dominant view changes from North to South looking down the length of Canandaigua Lake. Canandaigua Lake is 16 miles long and approximately 1 mile wide. The Finger Lakes were formed by glaciers, which is why they run North-South. The rule of thumb for glacial lakes is "the higher the hills, the deeper the water". At its deepest point, Canandaigua Lake is 283 feet deep.

A popular point of interest at the north end of the lake is "Squaw Island". In the early 1700's women and children of a native American settlement (on what is today's city of Canandaigua) sought shelter there from the burning of their village. An Army commander named Sullivan was ordered by General George Washington to destroy the Seneca Indian villages and people in retaliation for their support of the British during the Revolution. Squaw Island is the smallest state-managed land in New York State.

The western shore of Canandaigua Lake was the first to be developed. In 1788 property on the lake sold for \$1.50 per acre. It is now some of the most expensive lakefront property in the United States.

On the east side of the lake the Canandaigua Lady will pay it's respect to The "Onnalinda"-- the largest of the lake

steamers that could carry 600 passengers or an equal load of cargo and that sank after being dismantled and set ablaze in 1913. Through the clear lake water you can see this steamboat's remains resting on the lake bottom. The "Lady of the Lake" which was primarily an excursion steamboat sank near the Canandaigua Pier and can be seen on a clear day if you know where to look. At one time there were 19 steamboats that operated as the primary means of transportation, as there were no roads along the lake at the time.

Excerpt created from:
www.steamboatlandingonline.com



OCTOBER MEETING—TUESDAY OCTOBER 7TH

For October's meeting we are daring to try something new! Please come join us for an afternoon of pure enjoyment.

We will commence our monthly meeting at the Canandaigua Yacht Club around noon. There we will enjoy lunch and lighthearted conversation focused around our Chapter. After indulging in a wonderful lunch we will experience an afternoon cruise on The Canandaigua from 2:30 -4:00pm.

The cost for both events is \$25.00 for members and \$30.00 for non members. This fee covers your lunch and the cruise. If you are interested in car pooling let me know on your registration slip or call. **Please make the check payable to Mended Hearts Chapter 50.** Do not hesitate and R.S.V.P. by September 30th. We look forward to all that attend. This is a great opportunity for members to bring interested non members. What better way to meet new people that can help support others through the many

ups and downs of living with heart disease. *Please fill out the registration form below and return it with payment to 65 Erie Drive - no later then Sept. 30th.* Once again hope to see you all there!



Start at: Eastview Mall Victor, NY 14564

1. Head southeast on Eastview Mall toward RT-96 S - 0.4 mi
 2. Turn right at RT-96 S - 0.6 mi
 3. Turn left to merge onto I-490 E - 0.3 mi
 4. Take the exit toward I-90 E/New York State Thruway E Partial toll road - 0.2 mi
 5. Keep left at the fork, follow signs for Albany/I-90 E and merge onto I-90 E/New York State Thruway E Partial toll road - 4.0 mi
 6. Take exit 44 to merge onto RT-332 toward Canandaigua Partial toll road - 9.4 mi
 7. Turn right at Parrish St - 0.4 mi
 8. Turn left at CR-16/W Lake Dr Continue to follow CR-16 - 1.5 mi
- Arrive at: Canandaigua Yacht Club 3524 W Lake Rd, Canandaigua, NY 14424**

Name(s) _____ No. of people _____

Menu choice for _____

Cobb Salad Haddock French Sliced Sirloin of beef w/au jus

Menu choice for _____

Cobb Salad Haddock French Sliced Sirloin of beef w/au jus

Each lunch comes with: starch, vegetable, roll/butter, coffee/tea, cookies/ice cream

Please mail check to: 65 Erie Drive, Fairport NY 14450, Attn: October Meeting, Make checks payable to: Mended Hearts Chapter 50.

The Mended Hearts, Inc. / Greater Rochester, NY Chapter 50

Founded 1951 * Incorporated 1955

MEMBERSHIP APPLICATION RENEWAL

Mr./Mrs./Ms. _____ Date ___ / ___ / ___
 Address _____ Phone _____ Birthday ___ / ___ / ___
 City _____ State _____ Zip _____
 Name of Spouse _____ Birthday ___ / ___ / ___ Anniversary ___ / ___ / ___
 Type of Procedure _____
 Date of Procedure ___ / ___ / ___ Hospital _____ Surgeon _____

Membership Type (circle one)	Application Dues	Annual Renewal
Individual	\$22 (National \$17 + Chapter \$5)	\$17
Family	\$31 (National \$24 + Chapter \$7)	\$24
National Life (Individual)	\$155 (National \$150 + Chapter \$5)	\$5 (Chapter)
National Life (Family)	\$217 (National \$210 + Chapter \$7)	\$7 (Chapter)

Please mail this application and your check made out to Mended Hearts, Inc., Chapter 50, to:

Robert P. Joyal, Treasurer
65 Erie Dr.
Fairport, NY 14450

You must be a member of the National Organization to be a Chapter Member

I/We (spouses are always welcome) would like to be part of Mended Hearts effort as checked off below:

- Telephone Hospitality Visiting Communications/Publicity
 Newsletter Program Membership Historian
 Fifty-fifty American Heart Association Sunshine

WHO WE ARE...

Mended Hearts, a national nonprofit organization affiliated with the American Heart Association, has been offering the gift of hope to heart dis-

ease patients, their families and caregivers for more than 50 years. Total membership is over 17,500.

Mended Hearts began in 1951 when Dr. Dwight Harken,

Chief of Cardio Thoracic Surgery at Brigham Hospital in Boston, saw a need for a support group to help his patients after they had undergone heart surgery. The Greater Rochester Chapter 50 was

established in 1966.

Mended Hearts brings together patients, spouses, family, and medical professionals to form a network of caring



MENDED HEARTS OF ROCHESTER ACKNOWLEDGES THE GENEROUS SUPPORT OF:

A great big thank you to New York State Senator Jim Alesi and New York State Assembly member Joseph Morelle. Your support is greatly appreciated and will go to helping us educate the public about living with heart disease.



Mended Hearts - Chapter 50 would like to express its sincere thanks to the "Rochester Heart Institute" – an integral part of Rochester General Hospital for their generous assistance in printing our newsletter!



Mended Hearts - Chapter 50 Wishes to thank Lori's Natural Foods for supplying the organic apples we serve at our monthly meetings!

The Mended Hearts, Inc.
Chapter 50 of Greater Rochester
Editor
65 Erie Drive
Fairport NY 14450

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It's Great to be Alive -- and to Help Others



Mended Hearts

Chapter 50 - Rochester, NY

It's great to be alive and to help others

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