

TICKER TOPICS

MENDED HEARTS OF SOUTHERN OREGON – CHAPTER 137

JULY-AUGUST, 2018



VOLUNTEER UPDATE

Lan Roberts just joined our Volunteers and will soon be visiting and conducting tours. Two other members have indicated that they will complete the process, as well.

Volunteer orientation is now only 4 hours and is conducted twice a month... once in the morning and once in the evening.

To become an ARMMC Volunteer sign up at www.asante.org/volunteer. Click the Asante Rogue Regional Medical Center button in the middle of the page.

Remember Mended Hearts motto "It's great to be alive and help others."

LEARN CPR AND HOW TO USE AN AED AT OUR AUGUST MEETING

AED's (automatic external defibrillator) can be found everywhere these days, but how do you use one? It's not difficult and the life you save may be a loved one.

The Medford Fire District will be at our August meeting to teach hands-on CPR and how to use an AED. **Everyone will get a DVD and mannequin to take home.**

We know of a number of people who have been saved because someone was there who knew how to perform CPR and how to use an AED.

Don't miss this opportunity to learn or refresh your skills

You're invited! Tuesday, August 21st, at 5:30 pm in the Smullin Center at ARMMC.



ANNUAL PICNIC WAS TERRIFIC!

Late June is definitely a great time for the Annual Mended Hearts Picnic. The weather was wonderful and we couldn't have had a better time.

We had a great group and it was just a lot of fun. We also had the park to ourselves with most folks on vacation.

If you're available next June, I'd really recommend joining us. The food was good and people actually hung out for longer than scheduled.

DR. ROBIN MILLER PRESENTED A LOT OF NEW INFORMATION

Our May program was another outstanding program with tons of insights on how to keep your heart, brain and gut healthy.

Dr. Robin Miller is an MD who practices Integrative Medicine at Triune Integrative Medicine. If you want more details, look for Dr. Miller's Book – "Healed – Health and Wellness for the 21st Century".

She started by saying that "You are in charge of your

body". 80% of disease is due to lifestyle choices such as what you eat; exercise, not smoking, reducing stress and consuming clean water, air and food.

Dr. Miller spent a few minutes on Blue Zones and The Power of 9 Principles and the related benefits. It's pretty amazing and it's starting in Grants Pass. You can Google it for more information.

Her main talk was on Heart, Brain and Gut. For your heart, she talked about TMAO being a better indicator than cholesterol for predicting stroke and heart disease. It's produced by bacteria in our gut from red meat, egg yolks and farm raised fish. A simple fasting blood sample will tell you if your level is too high. Diet and exercise can help you control it. Grape seed extract and Extra Virgin Olive Oil will help reduce your level.

As far as keeping your brain healthy is concerned, she talked about ways that might actually reverse mild cognitive impairment and early Alzheimer's. Healthy bacteria in your gut lead to healthy microbiome. Prebiotics, probiotics, healthy food and exercise help, too.

Dr. Miller talked about the benefits of folate, mushrooms, coffee, chocolate and lemon balm. The mushrooms that are good are Turkey tail, maitake, colyiceps and lion's mane. Button and Portabella are only good if they are organic and cooked.

A Harvard Medical School study showed that seniors who drank 2 cups of hot cocoa per day had better thinking and memory function. Chocolate should be at least 65% chocolate.

Lemon balm is good for cold sores including being used daily as a preventative measure.

Dr. Miller also discussed genetic testing to determine if you are actually benefited by certain drugs such as statins.

Again, there was way too much great information to include here. Get Dr. Miller's book.

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Visit us at: www.mendedhearts137.org

And check out our Facebook Page:

Facebook.com/Mended Hearts of Southern Oregon

PRESIDENT'S CORNER

As you are, no doubt, aware, Mended Hearts is holding its national education conference in San Antonio this month. The ARPMC Foundation is helping finance 2 of our members to attend the conference. We can't thank them enough. We will now have 2 more people who will see, first hand, how fun and valuable the conferences are. Our chapter will be represented by members Marlyn Taylor, Michelle and Duane Christensen. We will look forward to a report in the coming months on what they learned. There are always new treatments and ideas put forth at the conference each year.

We are hosting a regional meeting in September. The presenters are being finalized and will provide some great information. TAVRs, Peripheral Artery Disease, Diabetes and your heart and cardiac exercises you can do at home will be among the topics covered. We will have roundtable discussions in the afternoon on:

- How to conduct a support meeting or portion of a meeting
- Public Relations for Mended Hearts Chapters
- How to keep your Accredited Visitors and recruit new Visitors.

We will start promoting the September meeting in early August after the dust clears from the national conference.

The programs we have had this year have all be absolutely outstanding. Our VP, Michelle Christensen, has scheduled some great presenters. We can glean so much valuable information from these educational presentations. We will also have more sharing time in the months to come. Take advantage of these opportunities.

I hope I see you often.

Chris Kloek

ANTIBIOTICS AND KIDNEY STONES

Since the 1970s, the prevalence of kidney stones has risen 70 percent. According to a study in the Journal of the American Society of Nephrology, the connection could be exposure to antibiotics.

Reviewing health records in the UK, researchers found that exposure to any of five classes of antibiotics increased the risk of kidney stones. Broad-spectrum penicillins increased the risk by 27 percent. Sulfa drugs more than doubled the risk, according to the New York Times. Other antibiotics that increased risk: Cephalosporins, fluoroquinolones and nitrofurantoin.

Researchers speculated that the cause could be interaction of antibiotics with gut bacteria.

Dr. Robin Miller talked about the importance of healthy bacteria in one's gut. She gave us a lot of valuable information on how to maintain healthy bacteria in our gut.

It's interesting that Mended Hearts provided this information right after Dr. Miller's presentation.

NEW SHINGLES VACCINE OFFERS RELIABLE PROTECTION

Shingrix, a newly approved shingles vaccine, is recommended for all healthy adults age 50 and older, according to the Centers for Disease Control and Prevention. Even if you had a shingles vaccination of Zostavax, the vaccine in use since 2006, you should get two shots of Shingrix, six months apart.

It also doesn't matter if you have had shingles or if you do not know if you had chicken pox or not. The CDC recommends you get the new shingles shot.

On the other hand, you should not get the vaccine if you have tested negative for immunity to varicella zoster, the shingles virus. If you test negative, you should get the chickenpox vaccine.

If you have the first of the two Shingrix shots, and you have an allergic reaction, do not get the second.

Two doses of Shingrix in adults ages 50 to 69 was 97 percent effective in preventing shingles and protection remained strong four years later.

The most common side effects are pain, redness, and swelling at the injection site, muscle pain, tiredness, headache, shivering, fever, and upset stomach. Vaccination with Shingrix may not protect all individuals.

Ask your healthcare provider about the risks and benefits of Shingrix. Only a healthcare provider can decide if Shingrix is right for you.

Typically, this vaccine costs more at a clinic than it does at a pharmacy. Check around for the best price and find out what your insurance coverage will be.

HEART, DIABETES NOT AFFECTED BY EGGS, STUDY FINDS

Even eating 12 eggs per week doesn't affect cardiovascular health or create risks for people with pre-diabetes and type 2 diabetes, a study has found.

The study published in the American Journal of Clinical Nutrition found that cholesterol, blood sugar, and blood pressure were not affected by a diet including one to 12 eggs per week.

This finding contradicts research accepted since the

You are invited to join Mended Hearts of Southern Oregon any 3rd Tuesday of the Month (except December) at 5:30 pm in the Smullin Education Center. The Smullin Center is a separate building between the parking structure and the hospital.

We have coffee, tea and hot chocolate along with some sort of snack that is heart healthy.

We look forward to seeing you there.

1970s that linked eggs to higher cholesterol, diabetes and heart disease. Since that time people have been advised to eat no more than four eggs per week. However, researchers today have a greater understanding of the effects of cholesterol.

The new study by the Sydney University Boden Institute of Obesity, Nutrition, Exercise and Eating Disorders studied two groups of volunteers with pre-diabetes or type 2 diabetes. The first group could eat two eggs each week. The second could eat a dozen eggs per week. For the first three months, all volunteers maintained their weight. During the next three months, all were asked to lose weight. In the final six months, all chose their own weight goals.

During each phase of the study, volunteers were tested for negative markers for diabetes or cardiovascular risk. No adverse markers were found. Weight loss outcomes were found to be identical for low egg eaters and high egg eaters.

Nick Fuller, who led the study, said that while eggs themselves are high in dietary cholesterol, consumption of eggs has little impact on the levels of cholesterol in the blood.

VISITING REPORT

April: Mended Hearts Visitors made 66 visits to 47 patients. Visitors were Bill Newell, Chris & Nancy Kloek, Jack Hafner, Kellie Hill and George Brown.

March: Mended Hearts Visitors made 67 visits to 50 patients. Visitors were John Refsnider, Duane Noon, Jack Hafner, Chris & Nancy Kloek, Bill Newell, Murrit Davis, and Duane & Michelle Christensen.

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