



Fall/Winter Issue

HAPPY HOLIDAYS

Nov/Dec 2020

CANCELLED UNTIL FURTHER NOTICE Due to COVID 19

**You are invited to join
Mended Hearts of
Southern Oregon any 3rd
Tuesday of the month
(except June &
December) at 5:30 p.m. in
the Smullin Education
Center. The Smullin
Center is a separate
building between the
parking structure and the
hospital. Mended Hearts
is open to the public.**

Inside this issue:

Flu Shots	1
American Diabetes Month	1
Baked Pears & Apples	2
Turkey Stuffing	2
Covid 19 & the Heart	3
Hosting a Virtual Thanksgiving	4
Chapter Officers	4
Future Meetings	4

Time to Get Your Flu Shot

This year it's more important than ever to get your flu shot. In a normal flu season, heart patients are at a greater risk of developing serious complications from the flu. This year, with COVID-19 putting people with underlying health conditions at risk, heart patients and caregivers of those with congenital heart defects (CHDs), need to be even more vigilant when it comes to protecting their health and the health of their loved ones.

For more information on how to protect yourself during flu season, visit <https://www.cdc.gov/flu/about/keyfacts.htm>

American Diabetes Month: Researchers work to improve current diabetes treatment options

Diabetes is one of the world's most common chronic diseases, affecting about 463 million adults worldwide—number that is expected to increase to 700 million by 2045, according to the International Diabetes Federation.

About 90 percent of these cases are type 2 diabetes, according to Nature Reviews Endocrinology. Patients with type 2 diabetes are resistant to the effects of insulin, a hormone that regulates blood sugar, or do not produce enough insulin to maintain normal blood sugar levels, according to the Mayo Clinic.

Patients who are unable to regulate their blood sugar with diet and exercise alone are usually prescribed metformin, which lowers blood sugar. However, about 30 percent of patients with type 2 diabetes do not respond to metformin and are vulnerable to other complications while their blood sugar remains elevated, according to Science Daily. Between 20 and 30 percent of patients experience side effects that are difficult or impossible to tolerate, according to Genome Web.

Swedish researchers have identified biomarkers that can show in advance, via a simple blood test, how a patient will respond to metformin, according to Science Daily. The researchers hope that this research can be further developed to help inform prescribing decisions for health care providers so patients can receive appropriate medications immediately, according to Science Translational Medicine, a publication of the American Association for the Advancement of Science.

Further research is needed before a blood test goes into wider use for diabetic and pre-diabetic patients, however. The next step for the researchers: A larger clinical study with 1,000 patients from around the world, according to Science Daily.

Mended Hearts Resource Center—Mended Hearts—1500 Dawson Road, Albany, GA 31707

Mended Hearts Dues

Local Chapter Dues are due!
Due amounts are Single \$20.00 or Family \$40.00. Dues can be sent to: Nancy Kloek at 1363 Bonita Ave., Medford, OR 97504.

National dues can be paid at www.mendedhearts.org. Look for the Renew Membership tab after logging into the member's page.

Join Mended Hearts Today

Membership is about how you can help improve the lives of heart patients and their families, beginning with you own. To find out more, contact **Nancy Kloek, Treasurer (541) 973-9639**

"You Are Not Alone"

Hope and encouragement are just a phone call away. If you or your family would like to talk with one of our Mended Hearts Visitors, please call **Mike Gary, Visiting Chair (541) 582-8070**.

Board Members

Jack Hafner

Bill Newell

Darleen Walsh

Carolyn Callahan

Chris Kloek

Chairpersons

Visiting: Mike Gary

Calls: Nancy Clark

Membership: Vacant

Social Media: Vacant

Web Admin: Jeff Roberts

Future Chair Positions

Summer/Holiday Events

Fundraising

Chapter NewsletterEditor: Debbie Gary/
Michelle Christensen

"Alex won for the scariest costume.
He wasn't wearing a mask."

BAKED PEARS AND APPLES

This delicious dessert uses honey and the natural flavors of seasonal apples and pears to satisfy any sweet craving without the guilt.

Ingredients

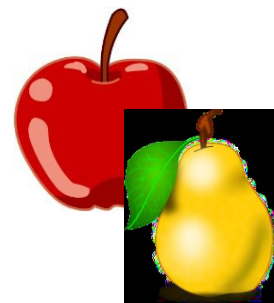
4 small Granny Smith or Golden Delicious apples or pears

1/4 cup unsalted, unroasted almonds

2 tablespoons dried cranberries or raisins (no-sugar-added)

1/2 teaspoon cinnamon

2 tablespoons honey

**Directions**

Preheat oven to 400 degrees F.

Cut 1/4 inch off the top of the apples or pears, save the tops.

Using a spoon or paring knife, core out the apples or pears, leaving a bottom/base intact. Chop almonds.

In a small bowl, combine almonds, cranberries and cinnamon, stir gently.

Drizzle with honey and stir until almonds and cranberries are coated.

Spoon almond mixture into apples or pears and replace tops.

Fill a small baking dish with 1/4 inch of water, place apples or pears in dish and cover with loosely tented foil. Bake 30 minutes. Remove foil and bake an additional 15 minutes until apples or pears are tender and lightly golden.

Source: <https://recipes.heart.org/en/recipes/baked-apples-and-pears-with-almonds>**TURKEY STUFFING (Low Sodium)****Number of Servings: 8****Ingredients:**

6 cups of cubed bread (no salt-toasted, about 8 slices)

1/2 cup unsalted butter

1/2 tablespoon sage

2 cups chopped onion

1/2 teaspoon thyme

2 cups chopped celery

1/2 teaspoon pepper

2 cups chopped mushrooms

1 tablespoon savory

2 cups chopped apple

2 teaspoons garlic powder

1/2 cup chopped pecans

1 cup apple juice

Directions:

1. Sauté cubed bread, butter, onion, celery, mushrooms, apples and pecans.

2. Add the savory, sage, thyme, pepper, garlic powder, and apple juice.

3. Bake in a pan at 350 degrees for 20 to 30 minutes.

Nutritional Information per serving:

Calories: 276

Total Carbohydrates: 27 g

Fat: 8 g

Protein: 5 g

Cholesterol: 31 mg

Sodium: 33 mg

Potassium: 320 mg

Source: aahfnpatienteducation.com

How does COVID-19 affect the heart?

Dr. Leslie Cooper, M.D./Cardiology / Mayo Clinic

The effects of COVID-19 on the lungs are wellknown. As the COVID-19 pandemic continues, more information is becoming available about the role the virus, called SARS-CoV-2, has on the heart. "Individuals with known cardiovascular disease are at an increased risk of more severe complications from respiratory viral illnesses, including the flu and COVID-19," says [Dr. Leslie Cooper](#), chair of the Department of Cardiology at Mayo Clinic. "We know that during severe SARS-CoV-2 infection, heart function may decrease. Sometimes this decrease is a consequence of the systemic inflammatory response to infection, and occasionally, in some people, because of direct viral infection in the heart."

Two main cardiac issues

According to Dr. Cooper, there are two dominant cardiac issues related to COVID-19: [heart failure](#), when the heart muscle doesn't pump blood as well as it should, and arrhythmias, or [abnormal heart rhythms](#), that can be related to the infection or to the effect of medications used to treat the virus. Heart failure can develop due to a systemic inflammatory response to the infection, high lung pressures from lung damage, or occur from heart inflammation known as [myocarditis](#). "For many people who present with heart failure in the context of COVID-19 infection, we don't know if the heart failure is related to myocarditis or to a response to systemic inflammation from COVID-19," says Dr. Cooper. For older patients, with existing coronary artery disease or hypertension, it is likely heart failure resulting from the increased demand placed on the heart and the body's already decreased cardiac reserve capacity, he says. In younger patients, it's likely primary myocarditis caused by the virus.

Medication concerns

There has been some debate as to whether medications used to support blood pressure may increase a person's risk for heart failure. "It is unclear if medicines used to support blood pressure are actually leading to some of the deterioration in heart function," says Dr. Cooper. "but right now, there is no evidence that the commonly used medications for any cardiovascular disorders in the United States will put you at heightened risk of contracting for contracting COVID-19 or the consequences of infection." Dr. Cooper advises people to continue their medication, unless their physician has directed them otherwise.

Long-term heart health issues

Since COVID-19 is new, there is little data available regarding long-term cardiovascular issues as a result of the virus. Research has already begun at Mayo Clinic, says Dr. Cooper. "We need to determine the long-term effects of COVID-19 at both a population health level and individual level," says Dr. Cooper, adding funding from the American Heart Association and National Institutes of Health is spearheading research related to COVID-19's cardiovascular impact.

Staying heart-healthy

"We know this is a stressful time for everyone because of the economic and social impact of this disease, even if you don't have it yourself," says Dr. Cooper. "And that can put people at heightened risk for all sorts of stress-related illnesses." For those with known heart issues – whether high blood pressure or other disease – stay focused on good heart health practices. "Taking care of yourself, being vigilant with hand hygiene, trying to maintain an exercise regimen if you had been before, eating well, are key to maintaining health," he says. He adds that while we're also being instructed to avoid large group gatherings and maintain social distancing, build in time to stay connected – which will keep your heart emotionally healthy. "Maintaining social contact through the internet or through the telephone is really important so we don't lose contact and become depressed or otherwise isolated."

Be mindful of emergencies

"Shortness of breath is very common, and only a minority of people today will actually have COVID-19 infection who develop shortness of breath," says Dr. Cooper. "Now, as before, if people develop chest pain or shortness of breath, they should seek medical attention by calling their health care provider or, if it's severe, 911 for assistance."

Check with the [CDC](#), for the latest updates on the COVID-19 pandemic. For more information and COVID-19 coverage, go to the [Mayo Clinic News Network](#) and [mayoclinic.org](#).

**Mended Hearts of
Southern Oregon
Chapter #137**

Email: mhso137@gmail.com
Website: www.mendedhearts137.org
Facebook.com/Mended Hearts of
Southern Oregon

Phone:
(541) 601-6222 President
(541) 582-8070 Vice-President

**It's Great to Be Alive and Help
Others**

Officers:

President: Michelle Christensen
(541) 601-0062
Michellechris575@gmail.com

Vice-President: Mike Gary
(541) 582-8070
preschoolteach345@yahoo.com

Secretary: Debbie Gary
(541) 326-2741
preschoolteach345@yahoo.com

Treasurer: Nancy Kloek
(541) 973-9639
kloeknc@charter.net

Chapter Meetings

In person meetings and patient visiting have been suspended until further notice. due to COVID 19.

The health and safety of our members, heart patients, families and caregivers is important to our local chapter..

We are now facilitating our monthly meetings virtually via ZOOM. Meeting log in information is sent through emails. Due to security we are unable to post log in information for monthly meetings on any public forum.

If you have an email address not on record, please email to Debbie Gary. at preschoolteach345@yahoo.com

Future Meetings/Education

Nov:: TBA
Dec: No Meeting
Jan: Chapter
elections

Hosting a Virtual Thanksgiving—

You're putting on a show; so you should think like a television producer

Take Hosting Seriously. "it sounds ridiculous, but ZOOM calls aren't all that different from late-night talk show segments," TV producer Marc Liepis, who has overseen specials for John Legend and Questlove. "They're conversations, but they also have a degree of preparation to them." **Share a detailed plan.** What's the start time? When should everyone have their turkey ready? Who should speak and in what order? Keep in mind that attention spans are shorter online At our first ZOOM comedy show, we gave each performer 10 minutes," says producer Marianne Ways, who has worked with Jim Gaffigan and Janeane Garofalo. We wound up cutting it to five."

Stay Steady. "It's jarring to see people walking around on-screen" Ways says. Her stand-up became sit-down shows. **Stage a run-through.** Hold a sort of rehearsal, especially with participants who are less tech savvy so they feel comfortable on Thanksgiving. "When producing a talk show interview, the unexpected stuff is also the best stuff," Liepis says. "Preparation and a host who is quick on their feet allows for that to happen."

Source: by Whitney Matheson, AARP Magazine—October/November