



Winter/Spring Issue

SPRING IS COMING

March/April 2021

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.**

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Installation of Local Chapter Officers

Elections for our local chapter officers were facilitated at our monthly meeting in January 2021. Elected officers include:

President—Marlyn Taylor. Marlyn was installed at our February chapter meeting to serve a two-year term of office (2021-2023).

Vice President—Michael Gary. Michael will continue to serve a second term of office (2021-2023).

Secretary—Debbie Gary. Debbie will continue to serve a second term of office (2021-2023).

Treasurer—Darleen Walsh. Darleen was installed at our February chapter meeting to serve a two year term of office (2021-2023).

We appreciate Marlyn, Michael, Debbie and Darlene's willingness to serve as chapter officers. Thank You!!!!!!



Save the Date!

MHI International Conference June 2023

We are excited to announce that MHI will be hosting an International Conference open to members, family & friends and medical professionals from June 23rd through the 28th, 2023 in Albany, GA. Plans are top secret (for now) but guaranteed to be informative, exciting and fun! This conference is being designed for MH and MLH alike. Hear the latest about CHD and CVD across the life span. You'll have the chance to see friends you may not have connected with in years, and have the opportunity to meet new ones. It will be an opportunity to learn and share for everyone.

Mended Hearts Dues

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 your own. To find out more, contact Darleen Walsh, (541) 295-5727

"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

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/
Marlyn Taylor**Don't Miss a Beat****Know the signs of a heart attack in Women****By Lawrence Varga**

A heart attack occurs when one or more of the arteries that feed the heart with blood and oxygen gets completely blocked by a clot or plaque. This means that the affected parts of the heart will soon die if not treated in time at a hospital.

Of significance for women, according to the Heart & Stroke *2018 Heart Report*, is that early signs of a heart attack are missed in 78% of women, and their heart attacks are more fatal. This is due to the fact that the majority of heart research has been focused on men. Blood tests and electrocardiograms sometime come out as normal because they were designed more for men's hearts. This leads to an inaccurate diagnosis of anxiety or heartburn.

Some of the signs of a heart attack are often the same for men and women, and may include chest and/or upper body discomfort, sweating, shortness of breath, nausea and/or lightheadedness.

However, women can have a heart attack without chest pressure. They may also experience the following symptoms:

- * Pressure or pain in the lower chest, jaw or upper abdomen.
- * Dizziness or faintness
- * Upper back pressure
- * Extreme Fatigue

These symptoms, without crushing chest pain, could be early signs that can occur weeks before an actual heart attack. When these signs occur, it's best to chew 160 milligrams of aspirin and call 911.

Until more heart research on both sexes is funded, women-especially those with a family history of heart disease-need to be mindful of their symptoms because they know their bodies best. If something really doesn't feel right, women have to be more persistent with their doctors. Whether you're a man or woman, loving your heart isn't always easy to do, but it's well worth it.

Source: Costco Connection February 2021**HEALTH NOTES**

Some heart devices may fail near iPhone 12 The new iPhone 12 has many good features, but one could be dangerous for people with pacemakers or defibrillators.

Apple recently updated its support documents to say that its magnetic charging system can cause electromagnetic interference, according to Komando.com.

Its magnetic charging system is called MagSafe and it uses a ring of magnets on the phone's back to snap onto a wireless charger. The magnets keep the charger in the right position. However, the magnets can interfere with medical devices if they come into close contact.

Heart Rhythm Journal reported that doctors in Michigan held an iPhone 12 near an implanted cardioverter defibrillator. The defibrillator entered a suspended state, a sign of interference that could mean the medical device was no longer pumping blood through the body. Both doctors and Apple advise keeping the iPhone and MagSafe accessories at least six inches, and preferably 12 inches away from your device. .

Arthritis? Muscle aches? Try this new pain reliever

The FDA has approved a new over-the-counter topical gel for pain in muscles from arthritis or muscle aches and sprains.

Sold as Voltaren Arthritis Pain, the gel is a topical nonsteroidal anti-inflammatory drug (NSAID) called diclofenac.

The American College of Physicians and the American Academy of Family Physicians recommend this topical NSAID as an early pain treatment.

The advantage of a topical gel is that lower levels of the drug enter the bloodstream. This might well be a safer way to relieve pain. NSAIDs, such as ibuprofen and naproxen, reduce inflammation and relieve pain for conditions such as arthritis, but they are thought to increase the risk of heart attack, heart failure and stroke. In fact, in case you haven't noticed, there is a warning on the labels of these drugs that says exactly that.

Cardiologists recommend taking the smallest possible dose of an NSAID for the shortest possible time, according to The Harvard Heart Letter.

Most NSAIDs can cause the kidneys to hold salt and water, raising blood pressure, so consistent, long-term use is discouraged. They are also implicated in changes in the lining of blood vessels, suggesting they might increase the chance of stroke.

Only the NSAID aspirin is recommended for longer term use in certain cases. In low doses, aspirin is helpful for those who have had a stroke or heart attack related to blood clot. For them, the low-dose aspirin helps to discourage the formation of clots.

If a doctor has not recommended low-dose aspirin, avoid taking it routinely. Aspirin can cause bleeding, particularly in the gastrointestinal tract.

Mended Hearts—Chapter Newsletter Feb 2021



Alternative uses for hand sanitizer

Got buckets of hand sanitizer around? You're not alone. And most of us (thankfully) don't need our 2020 supply levels. But what can we do with it aside from sanitizing our hands? Here are some ideas:

- * Clean your glasses.
- * Remove stains. The alcohol works well at removing blood, ink, or drink stains. Remember to dab, not rub. You can also pre-treat stains with a bit of sanitizer.
- * Clean your table or desk. Use a clean cloth and wipe down the surface. Do the same for your filthy keyboard.
- * Remove stickers. Price tags are notorious for leaving a sticky substance behind. Hand sanitizer to the rescue!
- * Ease the itch of mosquito bites.
- * Clean your phone screen.
- * Polish silver. Now that company's coming, squirt some hand sanitizer on a soft cloth and polish the silver.
- * Try it in place of deodorant.
- * Clean your iron or the hairspray on your mirror.
- * Remove permanent marker from a whiteboard.
- * Remove nail polish.

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

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

Phone:
(602) 568-8095 President
(541) 582-8070 Vice-President

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

Officers:

President: Marlyn Taylor
(602) 568-8095
mhmarlyn@earthlink.net

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

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

Treasurer: Darleen Walsh
(541) 295-5727
grzhtr@msn.com

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

March: TBA

April: TBA

May: TBA

Visiting Report

Due to Covid 19 we have not been able to visit patients in the hospital since March 2020.

We are currently calling heart surgery patients. During the months of January and February 10 calls were made.

We will continue with this system into 2021 until accredited visitors have been given the okay to return to the hospital to visit with patients in person.