



**2022**

# Mended Hearts™ of Whittier **NEWSLETTER**

The red ribbon simultaneously celebrates and mends the heart. It is a symbol of passion, strength, action, and perseverance.



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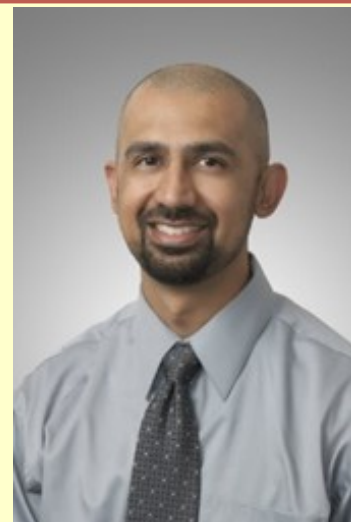
### Our Scheduled Zoom Meeting

**February 16, 2022 at 6 pm**

**Dr. Aditya Ambegaonkar**

**Cardiology Specialist  
will speak about**

**Broken Heart  
Syndrome**



*Broken heart syndrome is a temporary heart condition that's often brought on by stressful situations and extreme emotions*

**Join us to learn more and have your questions answered by "Dr. A" You will also meet patient who has the syndrome.**

**The support group follows the meeting at 7 pm.**



Mended Hearts of Whittier Chapter 351

EMAIL: [MH351@PIHHEALTH.ORG](mailto:MH351@PIHHEALTH.ORG)

CALL: 562-698-0811 EXT: 12368

MAIL TO: **MENDED HEARTS**  
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BRENDA VALENZUELA, MSW**

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[MHI - MENDEDHEARTS.ORG](http://MHI-MENDEDHEARTS.ORG)

Mended Hearts Chapter 351 is inviting you to a scheduled Zoom meeting.

**Feb 16, 2022 at 6:00 PM Pacific Time (US and Canada)**

Join Zoom Meeting from email invite or emailed newsletter.

Click on the this highlighted blue link.

[https://us06web.zoom.us/j/86935983903?](https://us06web.zoom.us/j/86935983903?pwd=NDRUNzJtNnJ4R295bTcwMjBFOEVNUT09)

[pwd=NDRUNzJtNnJ4R295bTcwMjBFOEVNUT09](https://us06web.zoom.us/j/86935983903?pwd=NDRUNzJtNnJ4R295bTcwMjBFOEVNUT09)

If you aren't able to join by the link, sign onto zoom and enter the Meeting ID: 869 3598 3903 and the Passcode: MH351

**No computer...no problem!**

You can dial in the meeting with this phone number and you won't miss a thing.

**+1 253 215 8782 US (Tacoma)**





**Let's have a Valentines Day Brunch with Strawberries and Crème Cheese Crepes ..... from the staff at Mayo Clinic**

**Serves 4**

**Ingredients:**

- 4 tablespoons cream cheese, softened
- 2 tablespoons sifted powdered sugar
- 2 teaspoons vanilla extract
- 2 prepackaged crepes, each about 8 inches in diameter
- 8 strawberries, hulled and sliced
- 1 teaspoon powdered sugar for garnish
- 2 tablespoons caramel sauce, warmed

**Directions**

- Heat the oven to 325 F. Lightly coat a baking dish with cooking spray.
- In a mixing bowl, blend the cream cheese until smooth using an electric mixer. Add the powdered sugar and vanilla. Mix well.
- Spread 1/2 of the cream cheese mixture on each crepe, leaving 1/2 inch around the edge. Top with 2 tablespoons strawberries. Roll up and place seam-side down in the prepared baking dish. Bake until lightly browned, about 10 minutes.
- Cut crepes in half. Transfer to four individual serving plates. Sprinkle each with powdered sugar and top with 1/2 tablespoon caramel sauce. Serve immediately

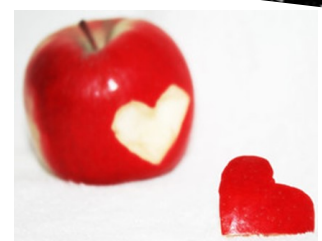
**Nutritional analysis per serving size ; 1/2 Crepe** Total carbohydrate 17 g - Dietary fiber 0.5 g – Sodium 161 mg Saturated fat 4 g - Total fat 7 g - Trans fat Trace – Cholesterol 37 mg – Protein 3 g - Monounsaturated fat 0.5 g Calories 143 - Total sugars 11 g - Added sugars 7 g



Dietitian's tip: Using whipped cream cheese in these crepes instead of regular cream cheese saves one-third of the calories, fat and sodium. The recipe works with other berries as well as stone fruit such as sliced peaches or apricots.



*Ideas to make Valentine's Day special ...*







### Presidents Note ... **HAPPY HEART MONTH!**

We want to thank each and every one of you for allowing us to support you and your family through these very difficult times. We had to cancel our group meetings at the hospital in March 2020, and started Zoom meetings in the fall so we can all share our stories & smiling faces, the things we miss most! The Zoom meetings are getting more popular and even if you call in, you can hear our **amazing speakers**. **Zoom meetings** will continue and you will know as soon as the hospital allows us to meet in person.

The Covid Crisis is still looming over our heads, plus the flu and colds...we're all are waiting to see what will happen next. A positive note in all of this, Mended Hearts is here to support you and our community. We have restaurant fundraisers planned, the next is **Panera Bread**. The flier is attached. You can order online with code PRFUND or walk in. The manager shared that you can bring you flier, show it from your phone or if you forget, tell them when you order & checkout you are there for Mended hearts fundraiser. You can call friends to meet there, meet in the park and have fun together.

*Here is a picture submitted for PIH social media for heart month and to MHI. Pictured Left to Right: Marcela Cueto-Sanchez, Visitor; Eddie Rodriguez, Communications; Vivian Rice, Social Secretary; Constance Evans, President/ARD/ Visitor; Michael Candelaria, Public Relations; Marilyn Schirmer, Treasurer. Not pictured is Mike Sanchez, Vice President; Yolie Zaragoza, Visiting Chair; Johnny Lemucchi, Public Relations.; Teri Beyer, Liaison; Lupe Morales, Liaison.*

### **Broken Heart Syndrome** by Mayo Clinic Staff

Broken heart syndrome is a temporary heart condition that's often brought on by stressful situations and extreme emotions. The condition can also be triggered by a serious physical illness or surgery.

People with broken heart syndrome may have sudden chest pain or think they're having a heart attack. Broken heart syndrome affects just part of the heart, temporarily disrupting the heart's usual pumping function. The rest of the heart continues to work properly or may even squeeze (contract) more forcefully.

The symptoms of broken heart syndrome are treatable and reverses itself in days or weeks. Broken heart syndrome may also be called:

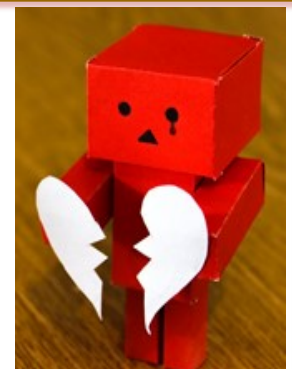
- Stress cardiomyopathy
- Takotsubo cardiomyopathy
- Apical ballooning syndrome

Symptoms of Broken heart syndrome can mimic a heart attack and may include: Chest pain and shortness of breath Any long-lasting or persistent chest pain could be a sign of a heart attack, so it's important to take it seriously and call 911 or emergency services if you have chest pain.

When to see a doctor - If you're having any chest pain, a very rapid or irregular heartbeat, or shortness of breath after a stressful event, call 911 or emergency medical assistance immediately.

What causes it - the exact cause of broken heart syndrome is unclear. It's thought that a surge of stress hormones, such as adrenaline, might temporarily damage the hearts of some people. How these hormones might hurt the heart or whether something else is responsible isn't completely clear.

A temporary squeezing (constriction) of the large or small arteries of the heart may play a role. People who have broken heart syndrome may also have a change in the structure of the heart muscle.



**Continued on Page 6**

## Chapter #35 1 Board Members

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**PIH Good Samaritan** - Coming 2022

**Mascot** - Makena

### Mended Hearts Mission

Our mission is to “Inspire hope and improve the quality of life for heart patients and their families through ongoing peer-to-peer support, education & advocacy!”

## How music can help heal a Broken Heart

### What song makes your heart pound?

Do you get breathless from  
"Total Eclipse of the Heart?"

Does Whitney Houston's cover of  
"I Will Always Love You" get you going?

Or maybe you're old school and nothing makes  
your pulse race quite like the final movement of  
Beethoven's Symphony No. 9.



Whatever your preference, humans have always felt an innate connection between music and their hearts. And according to Scientific American, that ancient instinct is helping modern physicians diagnose and treat today's cardiac patients.

Heart rhythm disorders, such as arrhythmia and atrial fibrillation, create complex tones that are audible through the stethoscope. *In an article for the Lancet, nephrologist Michael Fields* describes how he uses musical analogies to teach cardiac auscultation to medical students. According to Fields, describing heart tones in musical terms is a useful tool to help new physicians acquire this notoriously difficult skill.

According to Frontiers in Physiology, another group of researchers used a scene from a movie that pairs high tension with a fast-paced musical score to study how strong emotions influence heart cells. Their data may explain how extreme stress can contribute to serious cardiac arrhythmias.

According to Scientific American, cardiac patients can also benefit from music-based interventions to help them recover from surgery, lower stress and help reduce blood pressure and heart rate. Some studies have found that patients who listen to relaxing music after heart attacks experienced decreased strain on heart and lungs.

While music therapy for heart patients is still an emerging area of study, the early results are promising, according to St. Luke's Health. And even though more research is needed and music alone cannot treat cardiovascular diseases, there's no real risk attached to spending 30 minutes a day relaxing with your favorite tunes



**The Share Your Heart™ Campaign** was designed to show that instead of being defeated by heart disease, people impacted by heart disease can, and do, use their experience to improve the lives of others. They support and raise awareness in their hospitals and in their communities.

You can share your story or photo to give support to heart patients and to their families. Everything you do to support them, brings healing!

Visit [Mendedhearts.org](http://Mendedhearts.org) to see the details of the Photo Contest, the Essay Contest, and other useful information.



### Virtual reality allows surgeons to walk through the human heart

When Brayden Otten was born, his tiny heart, about the size of a walnut, couldn't effectively pump his blood.

A team of surgeons at Cincinnati Children's Hospital Medical Center managed to save his life with some workarounds to help his blood circulate, but even then, they knew those solutions were not perfect or permanent. Brayden enjoyed a relatively normal childhood, according to the Cincinnati Enquirer, but his doctors knew that without further interventions, heart failure was inevitable. And so at 12, Brayden found himself back in the operating room, but this time, his surgeons had a new and exciting tool in their arsenal: virtual reality (VR).

Brayden's medical team worked with a 3D medical imaging specialist to create a model of Brayden's heart that allowed surgeons to "walk" into his heart instead of relying on images and a 3D-printed model. According to Brayden's surgeon, instead of reprinting the model every time he wanted to change his plan, he simply had to hit reset and he could dive in again.

### Optical and Otherwise

- Across**
1. Doctrines
  5. Use a keyboard
  9. Madison Avenue award
  10. In the center of
  11. Kind of market
  12. Like some drinks
  13. Relating to bone marrow
  15. Kitchen meas.
  16. Of or relating to the law
  22. Snack often twisted apart
  23. Small horse
  24. Withdraw gradually
  25. Sea eagle
  26. Flees
  27. Neptune's realm

- Down**
1. Missile
  2. Swing around
  3. Gentle
  4. Answers
  5. Vents on cars
  6. Village People hit

1	2	3	4		5	6	7	8
9					10			
11					12			
13				14				
			15					
16	17	18			19	20	21	
22					23			
24					25			
26					27			

7. Dock
8. Small whirlpool
14. Hallucinogen
16. Bloodhound feature
17. Fertilizer chemical
18. Paper purchase
19. Reactor part
20. Writer Quindlen
21. Cleaning cabinet supplies

S	V	E	S		S	M	V	L
N	E	R	N		N	A	N	W
Y	N	O	P		O	E	O	R
L	I	C	A		L	I	D	J
			P		S	T		
Y	R	V	L		L	U	L	M
D	I	C	E			L	L	B
D	A	M	I			O	L	C
E	T	Y	P			S	S	I

The headline is a clue to the answer in the diagonal.

With VR, his surgeons were able to plan a procedure that would have otherwise required several surgeries and increased the risk of complications and other surprises. Brayden himself was able to explore the virtual operating room, the tools that would be used, and take a walk inside his own heart. The procedure itself, which took 12 hours, went perfectly, and Brayden's recovery is going well. While the use of 3D VR in cardiothoracic surgery is still somewhat new and surgeons are still experimenting with the best applications, preliminary data is promising. One study, published in the European Heart Journal in 2020, suggests that the immersive technology is more useful in preoperative planning than flat two-dimensional images.

Cardiothoracic surgery, the study authors note, has become incredibly complex over the decades and a surgeon must think in three dimensions to effectively plan and perform complicated procedures.

According to the **Vanderbilt University Medical Center**, very few pediatric cardiac surgery centers currently use virtual reality, but mounting evidence of its benefits will likely translate into broader availability at more hospitals.

A literature review published in the **Annals of Thoracic Medicine** concluded that even though virtual reality is off to a promising start in the field of cardiothoracic surgery, more research and refinement are still needed to fully understand all the applications.

Article from Pages.com





**Mended Hearts**

**Associate Membership is free !**

**Our families need support and so does our chapter!**

**Join our team and show your support for the great work we do.**

**Become a volunteer !**

**There are many ways to help!**

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Evans, Constance

Heider, Daniel

Hubaud, Lou

Killian, Henry (family)

Mgrdichian, Jon

Pino, Louis & Madelaine

Rice. Vivian

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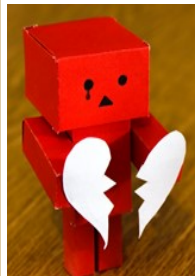
**Broken Heart Syndrome**

**by Mayo Clinic Staff**

**Broken heart syndrome** is often preceded by an intense physical or emotional event. For example, an acute illness (such as an asthma attack or COVID-19 infection), major surgery or a broken bone can lead to broken heart syndrome. Anything that causes a strong emotional response, such as a death or other loss, or a strong argument may trigger this condition.

**Rarely, use of certain drugs may lead to broken heart syndrome**, including: Emergency medications used to treat severe allergic reactions or severe asthma attacks; Some medications used to treat anxiety; Nasal decongestants; Illegal stimulant drugs, such as methamphetamine and cocaine.

**Always tell your health care provider** about the medications you take, including those bought without a prescription. When starting a new medication, talk to your provider about the potential risks and side effects.



**How is broken heart syndrome different from a heart attack?**

Heart attacks are generally caused by a complete or near complete blockage of a heart artery. In broken heart syndrome, the heart arteries are not blocked, although blood flow in the arteries of the heart may be reduced.

**What are the known risk factors for broken heart syndrome:** Sex. Broken heart syndrome is more common in women than in men. Age. It appears that most people who have broken heart syndrome are older than 50. A previous or current mental health disorder. People who have anxiety or depression may have a higher risk of broken heart syndrome.

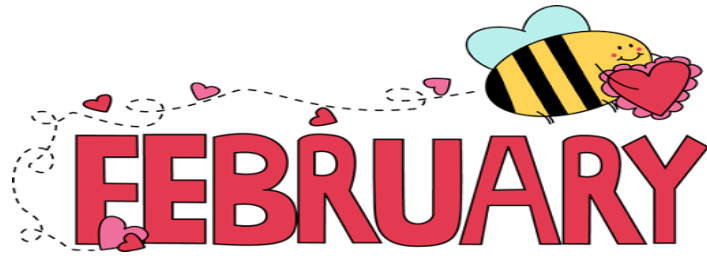
**Complications are rare.** Broken heart syndrome can cause death. However, most people who have broken heart syndrome quickly recover and don't have long-lasting effects.

**Other possible complications of broken heart syndrome include:**

- Backup of fluid into the lungs (pulmonary edema)
- Low blood pressure (hypotension)
- Irregular heartbeats (arrhythmias)
- Heart failure
- Blood clots forming within the heart due to the weakened heart muscle

**Broken heart syndrome may occur again after another stressful event.** However, the odds of this happening are low.

**Prevention** - To prevent another episode of broken heart syndrome, many health care providers recommend long-term treatment with beta blockers or similar medications that block the potentially damaging effects of stress hormones on the heart. Some people who have chronic stress may have an increased risk for broken heart syndrome. Taking steps to manage emotional stress can improve heart health and may help prevent broken heart syndrome.

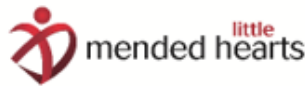


Sun Mon Tue Wed Thu Fri Sat

		1	2	3	4	5
6	7	8	9	10	11 10 am Board meeting	12
13	14	15	16 6-8 pm Speaker / Support ZOOM Meeting	17	18	19
20	21	22	23 PANERA Fundraiser 4 pm to 8 pm	24	25	26
27	28		Whittwood Mall Whittier			

**"Grace is a power that comes in and transforms a moment to something better."**

**- Caroline Myss**



The Mended Hearts, Inc.  
 International Headquarters and Resource Center  
 1500 Dawson Road  
 Albany, GA 31707  
 Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

NEW MENDED HEARTS  NEW MENDED *LITTLE* HEARTS  RENEWAL DATE \_\_\_\_\_

Name (Mr./Mrs./Ms.) \_\_\_\_\_ Chapter/Group 351 Member-at-large \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City / ST / Zip \_\_\_\_\_ I want to be a MH support volunteer:  Yes  No

Email address \_\_\_\_\_ I am interested in CHD Parent Matching:  Yes  No

(Please check all that apply) I am a  Heart Patient  Caregiver  CHD Parent  Physician  RN  Healthcare Employee

OPTIONAL INFORMATION: Race:  Caucasian;  Black;  Asian;  Am. Indian;  Other \_\_\_\_\_ Gender:  Male  Female

**Membership Levels:** All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP	FAMILY MEMBERSHIP
<p><b>Associate Member --- FREE</b></p> <ul style="list-style-type: none"> <li>* Can attend any chapter meeting for MH or MLH</li> <li>* Can join online communities</li> <li>* Can access Member Portal</li> <li>* Receives the National e-newsletter</li> </ul>	<p>For members of one household with one mailing address only</p> <p><b>Family Membership --- \$40 annual donation</b></p> <ul style="list-style-type: none"> <li>* All of the benefits of an Associate Membership, PLUS</li> <li>* <u>One year</u> annual subscription to Heartbeat magazine (\$30 value)</li> <li>* Membership Cards for all members of the family</li> <li>* 2 Car Decals – Select ___ MH or ___ MLH</li> <li>* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.</li> </ul>
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**ALL Donations are tax deductible**

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Membership Level \_\_\_\_\_ \$ \_\_\_\_\_

Chapter Name: Chapter 351 Whittier, CA

Additional tax-deductible Donation to \_\_\_\_\_

Amount: \$ \_\_\_\_\_

Mended Hearts Mended *Little* Hearts \$ \_\_\_\_\_

**TOTAL TO NATIONAL \$ \_\_\_\_\_**

**TOTAL TO CHAPTER \$ \_\_\_\_\_**

**\*\*Please note: To be a member of a Mended Hearts Chapter or Mended *Little* Hearts Group, you must be a member of The Mended Hearts, Inc.**