



Mended Hearts[®] of Whittier, CA NEWSLETTER



2024 Edition



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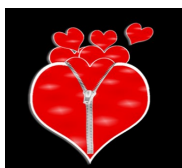
 Mended Hearts of Whittier Chapter 351

**Mended Hearts
Mary M Amato
Student Education
Award for 2023
was presented to
Tiffany Wong.
Congratulations!**



Welcome to Mended Hearts!

We currently have 156 members in our Chapter.351, who enjoy emotional support, friendship building, and fun filled events!



Welcome

Quint, Al
Rivera, Edward
Rivera, Yzabelle

Presidents Report

We have an announcement to make about our meetings, due to low attendance, we have cancelled speaker meetings at PIH Health until further notice. Our support group meetings will be at our restaurant fundraisers, which are well attended! We will set a time for us to meet or you can meet other friends and enjoy on your schedule. Most fundraisers are all day and you are welcome to go whenever you want.

Our next fundraiser is planned for July 18th at our favorite **LAZY DOG** restaurant in Downey. Look for the flier in this newsletter.

Last year we had a nice turnout for lunch, we enjoyed great food and great friends! They have a menu for your dog too so you know my Makena & Malani will be there! **Call us if you have any questions.**

Watch for our next fundraiser in the newsletter and in your emails.

2024 Mended Hearts Awards Presentation was on June 21, 2024.

The Mary M Amato Student Education Award was presented to our very own **Tiffany Wong**, She has been volunteering at PIH Good Samaritan Hospital since January 2022, while pursuing a medical career at USC. She just graduated in June 2024, with a B.A. in Health and Human Sciences. Currently, Tiffany is working in a Cardiology office, shadowing the doctor and gaining more knowledge before pursuing graduate school to become a Physician Assistant/Physician Associate and specialize in cardiology. Tiffany started volunteering at PIH Good Sam two years ago, and has over 380 hours of service. Tiffany was excited to learn about the new Volunteer Ambassador program and took on the role of **Lead Volunteer** in the cardiac unit, Tiffany helped establish the brand new program, assist with support for patients, develop marketing tools and training other volunteers. Her work is invaluable! She joined our Board of Directors to assist with special projects.

Tiffany has gone beyond her role in support of MHI Chapter 351 by fundraising for her chapter during the World of Support fundraiser and raising over \$1,000.00. She also belongs to the USC Trojans Card Club on campus, who raises funds for local charities and our chapter was a recipient

Chapter 351 is very blessed to have such a committed volunteer and we applaud her for her Award! Congratulations Tiffany!



The bold bean can keep you satisfied and healthy from pages.com

Beans are a great source of iron, magnesium, and zinc, and the fiber in beans helps lower the risk of several forms of cancer. For diabetics, beans are less likely to raise blood glucose levels than most other foods.

Cold from the can or baked with tasty flavorings, beans are a common staple of picnic fare. The black bean in particular has recently come into its own as the

basis for great soups and salads. Black beans can be purchased dried or canned. Dried beans are less convenient, and must soak overnight and simmer for a long period. If you choose dried black beans, make sure to rinse them thoroughly before simmering. Packed in a pita, this black bean salad makes a great lunch box item.

Black Bean Pitas - Heat 2 teaspoons olive oil in a skillet over medium heat.

- ◆ Add 1/2 cup chopped red onion and cook for 5 minutes or until softened.
- ◆ Add a clove of minced garlic and cook for an additional minute.
- ◆ Add 1 1/2 tablespoons olive oil and increase heat to high.
- ◆ Add 1/4 cup each of chopped zucchini, red pepper, and thawed frozen corn kernels.
- ◆ Cook and stir for 4 minutes, or until browned.
- ◆ Add 2 tablespoons balsamic vinegar and continue to cook, tossing until vegetable mixture is glazed.
- ◆ Add 1/4 cup cooked black beans, 1 chopped plum tomato, and 2 tablespoons sliced fresh basil (or 2 teaspoons dried). Stir to combine.
- ◆ Spread 1 tablespoon mayo inside each of 2 pitas and fill.



Does Hot Weather Raise Your Stroke Risk? What to Know Written by Lisa Mulcahy June 18, 2024

High cholesterol, high blood pressure, heart disease – most people know that these conditions can up one’s stroke risk. But a lesser-known risk factor can be a culprit as well: **high outdoor and indoor temperatures**.

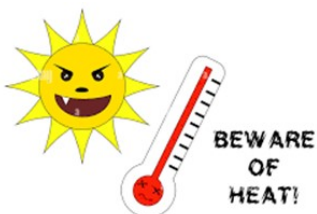
A newly released study from German researchers found that 7% of patients treated at a hospital for a stroke had their symptoms on a warm night. The temperature threshold for defining warm air started as low as 14.6 C (58 F) during a May-to-October period each year for 15 years.

Our body temperature is kept steady through a process called circadian thermoregulation. This is tied to circadian rhythm, or the 24-hour clock in our brains that controls sleep-wake cycles. Researchers found that if this process is interrupted by excessive heat, a nighttime stroke could potentially be triggered two ways.

Blood pressure variation is the first factor, said study co-author Cheng He, PhD, a postdoctoral fellow at Helmholtz Munich, a health and environment research center in Germany. “Blood pressure naturally decreases at night. If our circadian rhythm is disrupted, this decrease may not occur as expected, potentially raising the risk of stroke due to increased nighttime blood pressure.”

Second, through temperature. “The body cools down during sleep, a process controlled by the circadian clock. Disruption in this rhythm may impair the ability to lower body temperature, potentially leading to disturbed sleep and increased blood viscosity, both of which are risk factors for stroke,” he said. A new Chinese study also found that exposing people to high temperatures (a peak of 92 F) for just an hour increased their stroke risk up to 10 hours later, even after they had moved to places with lower temperatures. Interestingly, both blood and bacteria in the body could play an important role as to why.

“When the temperature rises, your body sends more blood to your skin to cool it down and make you sweat. This can cause dehydration, which thickens the blood, making it more likely to form clots that can block blood flow to the brain and cause a stroke,” said co-study author Jing Zhao, MD, PhD, deputy director of neurology at Fudan University and chief of neurology at Minhang Hospital Fudan University in Shanghai, China. “Also, heat can make your gut lining more permeable, allowing bacteria to enter the bloodstream. These bacteria release toxins that cause inflammation throughout the body, which can also contribute to stroke by making artery plaques unstable.”



Helping Loved Ones With Heart Disease Eat Right

Written by WebMD Editorial Contributors

Medically Reviewed by James Beckerman, MD, FACC on March 14, 2023

For someone with heart disease, diet is a big deal. Along with other healthy habits, it can slow or even partially reverse the narrowing of the heart's arteries and help prevent further complications.

You can help a loved one who has heart disease by adopting a diet that curbs LDL ("bad") cholesterol, lowers blood pressure, lowers blood sugar, and helps with weight loss.

The best strategy: Focus on what the person with heart disease can eat, not just what's off-limits. Research shows that adding heart-saving foods is just as important as cutting back on others.

These 10 strategies will help you plan meals for someone with heart disease:

1. Serve more vegetables, fruits, whole grains, and legumes. Just about everyone could stand to eat more plant-based foods. They're rich in fiber and other nutrients, and they can taste great in a salad, as a side dish, or as an entree. Make sure that you don't use too much fat or cheese when you prepare them.
2. Choose fat calories wisely by: Limit fat to less than 35% of total calories each day. Limit saturated fat (found in animal products). Avoid trans fats as much as possible. They are found in butter, salad dressing, sweets, and desserts. Check ingredient lists for "partially hydrogenated" oils. When using added fats for cooking or baking, choose oils that are high in monounsaturated fat (for example, olive and peanut oil) or polyunsaturated fat (such as soybean, corn, and sunflower oils).
3. Serve a variety of protein-rich foods. Balance meals with lean meat, fish, and vegetable sources of protein. For protein from animal sources, lean choices like chicken or turkey are best.
4. Limit cholesterol. Cholesterol in foods, found in red meat and high-fat dairy products, can raise blood cholesterol levels, especially in high-risk people.
5. Serve the right kind of carbs. Include foods like brown rice, oatmeal, quinoa, and sweet potatoes to add fiber and help control blood sugar levels. Avoid sugary foods.
6. Eat regularly. This helps someone with heart disease control blood sugar, burn fat more efficiently, and regulate cholesterol levels.
7. Cut back on salt. Too much salt is bad for blood pressure. Instead, use herbs, spices, or condiments to flavor foods.
8. Encourage hydration. Staying hydrated makes you feel energetic and eat less. Encourage your loved one to drink 32 to 64 ounces (about 1 to 2 liters) of water daily, unless their doctor has told them to limit fluids.
9. Serve five or six small meals instead of three big ones. It can help your loved one control blood sugar levels, burn fat calories more efficiently, and keep their cholesterol in check.
10. Keep serving sizes in check. It can help to use smaller plates and glasses and to check food labels to see how much is in a serving since it's easy to eat more than you think. Some guidelines:

- ⇒ 1 ounce of cheese is the size of a pair of dice.
- ⇒ A serving of meat or tofu is the size of a deck of cards.
- ⇒ 2 servings of rice or pasta are the size of a tennis ball.
- ⇒ 1 cup cooked rice or pasta = 2 starch = size of tennis ball
- ⇒ 1 slice bread = 1 starch = compact disc case
- ⇒ 1 cup raw vegetables or fruit = size of baseball
- ⇒ ½ cup cooked vegies or fruit = size of cupcake wrapper
- ⇒ 1 ounce cheese = 1 high-fat protein – size of a pair of dice
- ⇒ 1 teaspoon olive oil = 1 fat – size of 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 sauteing, butter or shortening for baking).



Mended Hearts Membership is free! You can upgrade if you choose and receive benefits for only \$20.00 a year. The web site is a great source for current information, You can join webinar's on different heart topics, zoom meetings from chapters around the country and chat groups. Your heart will thank you.



Chapter #351 Board Members

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Treasurer – Open position

Visiting Chairman – Yolie Zaragoza

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Member at Large - Marilyn Schirmer

Member at Large - Tiffany Wong

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PIH Good Samaritan Liaison-

Deanna.Shea-Vega@

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Every day, families are being told a loved one has Heart Disease!

If you have ever thought of giving back and sharing your heart story, please join us and support heart patients and families in our communities.

They can learn a lot from You!.

Call 562-698-0811 Ext. 12368



Who Is Most Likely to Have a Heat-Related Stroke? from WebMD

It's most likely in people with a condition that can make them more likely to get blood clots. In the Chinese study, the risk was particularly high in patients with atrial fibrillation, a condition where the heart beats irregularly, Zhao said. An irregular heart-



beat can mean that blood can't be pumped out of your heart well, causing clots to form. "Blood clots cause 90% of all strokes," said Mingming Ning, MD, MMSC, director of the Cardio-Neurology Clinic at Massachusetts General Hospital in Boston and an associate professor of neurology at Harvard Medical School. Two other conditions can also raise your odds of getting a blood clot and make you more likely to have a heat-related stroke. The first is a hole in the heart, also known as a patent foramen ovale, or PFO. "One in four people have a PFO," Ning said. A PFO is a hole in the wall between the left and right atria of the heart. Normally, it closes after birth, and even if it doesn't, it causes most people no symptoms at all. That said, "if you develop a clot in another part of your body, such as your leg, that clot can travel up to your heart," Ning said. Pressure within your heart changes, and if you have a PFO, that pressure, combined with the open hole, allows blood to flow from the right to the left atrium. This flow could send that blood clot to your brain, causing a stroke. The type of clot that does this is a deep vein thrombosis (DVT). DVT often happens when you are seated for long periods of time, as when you're driving long distances or flying and sitting in a cramped airplane seat, where you can't stretch your legs. Ning said that 10% of healthy travelers get a blood clot from flying or from a long car trip. **"It's very important to get up and stretch your legs as often as possible on a plane, or to stop frequently and get out of your car,"**

Chapter Meetings Around the Country Are open to Anyone...

Many of our Mended Hearts chapters hold monthly Zoom meetings that are open to anyone who would like to attend.

They have different speakers and topics, at varied times and days..

If you would like a list of these meeting times and chapters, please go to www.mendedhearts.org and click on the link or ask us and we can get a list to you.

Mended Hearts also has, online support groups for Caregivers, Heart Failure, ATTR, and many more. The webinar's are terrific and members receive email's about all upcoming events!

Fundraiser

SIT. STAY. PLAY



Lazy Dog
EAT. DRINK.

Mended Hearts:

Invites you to join them for a meal at Lazy Dog Bar and restaurants. Just bring this flyer with you on the date & time below and 15% of the total bill will be given back to the organizations!

Date: July 18, 2024 (Thursday)

Time: 11am to Midnight

Location:

Lazy Dog Bar and Restaurant in Downey

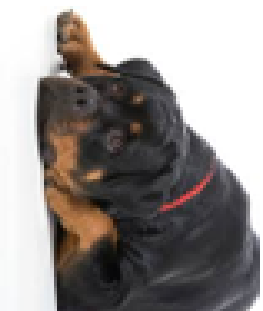
8800 Apollo Way

Downey, Ca., 90242

"TAKEOUT INCLUDED"

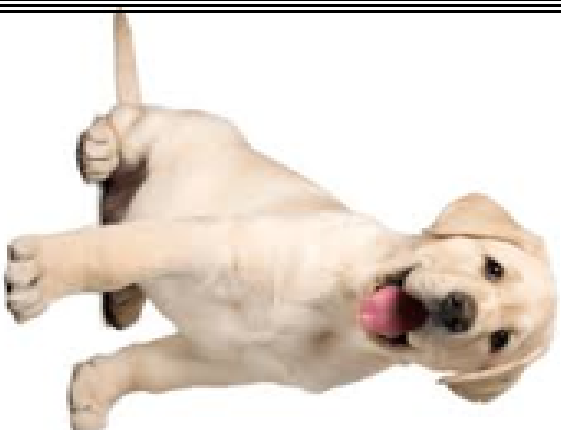
See You there!

www.lazydogrestaurants.com



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