



UpBeat
Mended Hearts Newsletter
Chapter #130– March 2021
Lacey/Olympia, WA

**It's Great
To Be Alive
And
To Help
Others!**

Meeting Notice

*Date/Time: Thursday, March 11, 2pm, via Zoom
Sleep Disorders by Matthew Bohl*

Matthew Bohl is the Sleep Coordinator for Providence Sleep Center for SW Washington, and has performed over 4000 sleep studies with a brief stint in neurophysiology and has a MBA in Healthcare Management. He is a registered Somnographic Sleep Technologist

Upcoming Dates

- ⇒ Mar 4-Board Meeting
- ⇒ Mar 11-Chapter Meeting
- ⇒ Mar 13-Change Clocks Forward

President's Message
Michael Blonden

The use of Zoom provides our Chapter an opportunity to have more than an once a month meetings with members. Last month, we suggested the idea of having a group meet to discuss a book on heart rehabilitation and diet. If you have an interest in any topic, please let me know. We also like input on subjects for monthly member meetings. New members might like a support group for specific heart issues. Starting in March, I will reach out to new members to join a short Zoom session to become familiar with our chapter. Membership, please note that we will start adding new members to the newsletter...since the first of the year we have at least a couple of dozen new members join us. The chapter is always open to short articles from members for our newsletter. Feel free to send them to Michele at basquema@live.com. Thank you for your continued support to the chapter. See you on Zoom.

If you missed the February Chapter Meeting, you may want to visit the following recorded event by April Hatcher on the Mediterranean Diet:

<http://zoom.us/rec/share/ox8LPMqFZWk9sxbVO9-DdpUo1lUZs aAR96n1Q2Hg7YCyso6SiWDYNxolNeBnc.tMzSmv fO3LtBQvx>

Pass code: KB7XNX?3

Mental Health Issues

The Sacred Heart Parish Nurse Program is sponsoring a talk on Mental Health Issues, Saturday, March 13, 10am-12pm via Zoom.

Marilyn Roberts, National Alliance of Mental Illness, will be speaking about Mental Health Issues.

To register, call 360-491-0890

Smart watches could help detect heart attack

A small study from Italy is the first proof of concept that a smart watch could detect heart attack like a traditional ECG, or electrocardiogram.

But don't buy one for that purpose, doctors warn. If you have chest pain, call 911 immediately. Smart watches can't automatically detect a heart attack now, and even if they could, it requires a physician to interpret results.

Nonetheless, the study suggests that emerging smart watch technologies could be helpful in the future.

In the study, the smart watch generated ECGs 93 to 95 percent accurately and correctly identified different types of heart attack. In healthy people, the watch was 90 percent accurate in identifying the absence of a heart attack, according to a study in the JAMA cardiology.

Researchers compared standard ECGs and smart watch findings on 81 people who sought care for a possible heart attack at an Italian clinic in 2019.

In the study, physicians (not the patients) held the back of the watch at the wrist and eight other specific locations in the chest and abdomen to capture the needed readings.

Researchers used the latest Apple Watch with recordings uploaded to the latest iPhone.

Recording the heart's electrical currents dates back to the early 20th century, when a Dutch physician, Willem Einthoven, invented the first practical ECG, according to the Harvard Heart Letter. He won the Nobel Prize in 1924.

Although much different than an ECG, the Apple Watch's built-in afib detector tool has already been approved for use. It detects the rapid, irregular heart rhythm that suggests the risk of stroke.

Still, questions remain about whether the watch findings will result in a flood of unnecessarily frightened patients, or if the watch readings will even lead to earlier stroke detection, according to the Heart Letter.

Plant Based Diets (February Program by April Hatcher)

The American Heart Association does a great job of summarizing the most current research in order to provide the public with heart healthy diet recommendations. But will following these recommendations promote the actual reversal of heart disease? While the American Heart Association guidelines can fit into several different diet patterns, the organization's website specifically suggests the Mediterranean and DASH diets for heart health. It mentions a vegetarian or vegan diet may be beneficial to heart health as well. So which diet is best?

The Mediterranean diet is considered the "gold standard" heart-healthy diet due to the large amount of research that has consistently linked this diet pattern with reduced incidence of heart disease and all-cause mortality. The Mediterranean diet is abundant in fruits, vegetables, legumes, beans, nuts, seeds, and whole grains. Fish and seafood are included regularly. Eggs and dairy products are also included but in low to moderate amounts. The diet is naturally rich in healthy fats due to the regular inclusion of fatty fish, nuts, seeds, olives and avocados but the primary fat used in this diet is olive oil. It is used for roasting or sautéing foods, it is drizzled over salads, and replaces butter for bread. Researchers have taken a close look at olive oil to try and determine why high intakes of the fat seem to be so heavily associated with lower incidences of heart disease.

While the monounsaturated fats found in olive oil are known to improve cholesterol levels, it seems additional properties of the olive oil hold health benefits of their own, including the types of polyphenols and antioxidants the oil contains. The Mediterranean diet is also low in sodium, it does not include many processed foods and is limited in red meat and sweets. The DASH diet, which stands for Dietary Approaches to Stop Hypertension is another heavily researched diet pattern recommended by the American Heart Association. The focus of this diet is the limited amount of sodium (either <2,300 mg per day or <1,500 mg per day).

The diet is abundant in plant-based foods and recommends those eating 2,000 calories a day include 4-5 servings of vegetables, 4-5 servings of fruit and 4-8 servings of grains per day. The diet is a little more lenient on meat intake, allowing for up to 6 servings of lean protein per day, which may come from fish, poultry, eggs, or meat. Legumes, nuts and seeds are also meant to make up a portion of these 6 servings of protein and are recommended to be included 4-5 times per week.

The diet also recommends 2-3 servings of low-fat dairy per day. The diet does allow for "limited" fats and sweets. If comparing the Mediterranean and the DASH diet side by side, the Mediterranean diet includes more fish and has a much larger portion of calories coming from healthy fats in general. The DASH diet on the other hand includes more dairy, allows for more lean meats and is strict with salt use.

Plant Based Diets (Continued)

The Ornish diet and the Esselstyn diet both claim to have the ability to reverse heart disease completely, specifically referring to the reversal of atherosclerosis. Both diets were developed by physicians who went on to conduct their own research regarding the effects of their diets on heart health.

The Ornish diet is rich in fruits, vegetables, whole grains, legumes and soy products in their natural form. The only animal products included in the diet are egg whites and 1 cup per day of non-fat milk or yogurt. The diet is very low in refined carbohydrates and processed foods in general. The diet is also extremely low in fat, allowing for only 10% of total calories to come from fat. The diet is completely void of all oils. Avocados, coconut and olives are also avoided due to their high fat content (even though avocados, olives and several different plant oils contain high amounts of healthy, unsaturated fats).

Dr. Ornish's landmark study, first published in 1990, showed regression of disease in 82% of the participants that followed his prescribed diet. Even severely blocked arteries had opened back up after 1 year of following the diet (study participants had also undergone lifestyle changes including no smoking, moderate exercise and stress management). Unfortunately, after a 5 year follow up, those still adhering to the diet showed decreased HDL (good cholesterol) levels and increased triglycerides, which may have been caused by the restriction of fat in the diet.

While the Ornish diet seems to have short term benefits in cases of severe disease, the diet is extremely restrictive overall and limits many foods that have shown to be beneficial to heart health. Any type of restrictive diet puts those following it at risk for nutritional deficiencies and requires supplementation to meet baseline nutritional needs.

Dr. Esselstyn also developed a very low fat but completely vegan diet that was researched in a similar manner to the Ornish diet. The diet excludes all oils, nuts, avocados and all animal products (no meat, poultry, fish, eggs or dairy). The diet is built upon plant-based foods and is abundant in fruits, vegetables, legumes, and whole grains.

Like the Ornish diet, the Esselstyn diet requires vitamin and mineral supplementation to prevent nutritional deficiencies. Both diets also require supplementation of omega 3, which is an essential fatty acid (the Ornish diet uses a high dose of fish oil and the Esselstyn diet uses ground flaxseed).

Plant Based Diets (Continued)

It can be difficult and confusing to navigate all the different diet patterns that are out there. So which is the best pattern to follow? If we look at evidence-based research, we see a common theme with the diets that have shown to have the most benefit to heart health. Plant-based diets that focus on vegetables, fruits, legumes, beans, nuts, and seeds seem to have the most benefit to our health. Whichever pattern you follow, it should be low in saturated fats, sodium, and processed foods in general. Red meats are not always completely excluded but they should be limited.

Processed meats such as commercially produced bacon, sausage, ham and hot dogs should be limited as much as possible or avoided completely. Healthy fats should not be restricted as they can play a major role in reducing plaque build up in coronary arteries. Monounsaturated fats, which are found in olive oil, avocados, peanut butter and nuts can help lower

LDL cholesterol levels and increase HDL cholesterol levels. Omega 3 fatty acids, which are found in high amounts in fatty fish, walnuts, ground flaxseed and chia seeds, can help carry plaque out of the arteries and can also help to lower triglyceride levels. Plant-based diets tend to be high in fiber, which also helps to rid LDL cholesterol from our bodies.

If nothing else, eating a diet that is heavily built on plant-based foods, is satisfying in the fact that we can eat more food in general because these foods are so much more nutrient-dense than they are calorie dense. Plant-based diet patterns should not be considered “fad diets”. Eating plant-based is one of the best things you can do, not just for your heart but for your overall health!

New Member Heart Story

Hello, My name is Joe Litzinger and I recently moved to Lacey from Spokane where I found Mended Hearts. During cardiac rehabilitation, I learned about Mended Hearts and their meetings.

I am a heart attack survivor. I had the “Widow Maker” which was traumatic to me. One night, I was having difficulty going to sleep when my heart attack occurred around 10pm. My Cardiologist told me that if I had gone to sleep, I probably would have not woken up.

I started attending monthly meetings in Spokane, and they were tremendous. I made friends that I have stayed in touch with them. I heard many stories, and the support was helpful and amazing.

I feel very grateful to Mended Hearts and the organization has helped me very much. Thank you for reaching out to me.

March Birthdays

Happy Birthday!!

Cheryl Hougham-March 24

Sonia Michaelis-March 28



Chapter Board Zoom Meetings

Chapter Board Meetings are open to the Chapter Members. We are currently using Zoom software via computer. If you want to attend the meetings, please email Michael Blonden at mblonden@msn.com and he will email you the link for the Zoom Meeting.

New Members

We welcome the following members to our Chapter:

<i>Annette Anderson</i>	<i>Janet Brown,</i>	<i>Jeff Brown,</i>
<i>Bud Chapel</i>	<i>David Doney,</i>	<i>Sandra Gruver,</i>
<i>Craig Duffy,</i>	<i>Cynthia Stage</i>	<i>Kjersti Skinner,</i>
<i>Nova Tindle,</i>	<i>Patrik Iverson</i>	<i>Diana Brunink,</i>
<i>Pierre Clement</i>	<i>Bruce Clow,</i>	<i>Connie Mackie,</i>
<i>Patricia Andre</i>	<i>Leonard Hays</i>	<i>John Kubena,</i>
<i>Albert Gabo,</i>	<i>Thomas Green</i>	<i>James Remy,</i>
<i>Sherri Stommel</i>	<i>John Worcester</i>	<i>Joe Litzinger</i>
	<i>Clodene Bergt</i>	

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For Donations to our local Mended Hearts Chapter, Mail donations to:

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