



UpBeat
Mended Hearts Newsletter
Chapter #130– June 2022
Olympia, WA

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

Meeting Notice

Program: Providence Boldt Diabetes & Nutrition Center
Rachel Akins, MPH, RD, CD, CDE

Date: Thursday, June 16

Time: 1pm via ZOOM. A ZOOM link will be emailed to you the week of the meeting.

Upcoming Dates

- ⇒ June 2-Board Meeting
- ⇒ June 16-Chapter Meeting
- ⇒ July 7-Board Meeting
- ⇒ July 14-Chapter Meeting

Happy Father's Day!!

President's Message
Michael Blonden

I visited St Peter Hospital today to take one of our speakers a small gift as a thank you. Not much has changed on the COVID protocols since I visited the hospital earlier. During our Meetings on Zoom, I have been thinking about whether members are getting what they want/need. If we're missing the mark, please let me know. I'm a lifetime member of Mended Hearts, in a sense you could say that I'm betting my life on the benefits of participating in the Chapter.

We know by research that Mended Hearts can help with unplanned cardiac patient hospital readmission rates. "We're excited to have empirical data that supports what we've known for a while, which is that a peer-to-peer support network makes a big difference in the outcomes for patients." — Michele Packard-Milam, CAE, executive director of Mended Hearts. We all want to know how cardiac disease is going to impact our life in the long run.

At the last meeting I asked how many of our members have regular exercise programs. The same applies to diet, breathing, relaxation, sleeping and any other number of lifestyle decisions we make daily. Sometimes the answer is right in front of us. I looked back at my life and started thinking about a person I met in my twenties. He was friends with a friend I ran with back in the days, I know I was probably about 50 lbs. lighter and able to run a marathon distance.

President's Message (Continued)

Anyway, to make a long story shorter, I was able look up this friend, Joe Piscatella, on the internet tonight to see what his story is now, and I think you will find that he represents what cardiac patients would like to achieve. I also remember reading James Fix's book, *The Complete Book of Running* around the same time. He gets credit for helping start America's fitness craze. He died of a heart attack at age 52 while jogging. Now I'm more like the tortoise than the hare...slow and steady wins the race (walking). Also I still have the Piscatella books I read, but the Fix book went bye-bye.

See Joe's link... <https://www.joepiscatella.com/about-1>. Joe's wife counseled him early on, "You can't change the cards you were dealt, but you can change the way you play them." And they did.

Researchers: Prunes May Preserve Bone Health

Women aged 50 and older might want to consider adding prunes to their diets to mitigate bone loss. Or at least, that's the hypothesis that researchers are testing out, according to a new paper from a group of Pennsylvania State University researchers, published in *Advances in Nutrition*.

Sixteen preclinical studies using genetically modified rodents suggested that prunes were associated with prevention and reversal of bone loss. Ten of those studies indicated that prune consumption may help suppress certain inflammation markers and increase antioxidant expression. Researchers believe this effect is due at least in part to the polyphenol antioxidants found in prunes and plums.

Two clinical trials in postmenopausal women who ate between 50 and 100 grams of prunes each day for up to a year have also shown promising effects on bone mineral density and bone biomarkers. But the results are preliminary, and more investigation into the exact effect of prunes on oxidative stress and inflammation is needed.

The studies are part of a new wave of research into nutritional interventions to ward off osteoporosis, according to *Sci News*. According to the National Library of Medicine, the disease is most common in older women, who may not even know they have it until they experience a fracture. To preserve bone density and ward off fractures, postmenopausal women are urged to not smoke, eat diets rich in calcium and vitamin D, exercise and avoid falls. And it couldn't hurt to throw in a few prunes, too.

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Save The Date!

Mended Hearts Chapter 130 Picnic
Thursday, August 11, 5pm
Tumwater Historical Park
Celebrating 30 years as a Chapter
More information coming later

Chapter Newsletter

Online Membership Renewal

To renew your membership, you must be logged into your account on the National Mended Heart Website. Scroll down to membership information and select Renew link. The option will be grayed out if it is not yet time for you to renew or unavailable to you. Contact Bob Sherwood at sherwoodjr@comcast.net, if you have any questions. Thank you!



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Save the Date and Join us!

For information on exhibiting, please reach out to Andrea Baer at andrea.baer@mendedhearts.org

Men Less Likely to Seek Routine Care



June is Men's Health Month in the U.S., and it's a great time for men (and the people who love them) to think about their habits, check in with their doctors and make any necessary changes to safeguard their health for the future. Here are a few important -- and perhaps surprising -- facts about men's health:

- * About 40 percent of men go to the doctor only when they have a serious health issue and never go in for routine checkups, according to the Cleveland Clinic.
- * Men are less likely than women to seek out care, which may contribute to more serious diagnoses and shorter lifespans, according to the American Psychological Association.
- * The most common reasons that men give for avoiding to the doctor, according to the Centers for Disease Control and Prevention: Too busy to go, followed by fear of frightening diagnoses and anxiety over uncomfortable physical exams.
- * Are you having trouble getting a man you care about to visit the doctor? Keep nagging him. According to Everyday Health, 20 percent of men admit to going to the doctor just to get someone to stop bugging them about it.
- * Prostate is the second most common cancer among men, after skin cancer. Screening might be uncomfortable, but early detection is worth it: After 10 years, the survival rate for prostate cancer is 98 percent, according to the American Society of Clinical Oncology.
- * According to Mental Health America, men are less likely than women to seek help for depression, substance abuse and trauma.

If you've been avoiding the doctor's office, consider putting your reservations aside and making that appointment. According to the Mayo Clinic, men over 50 should have an annual physical exam, and men under 50 should have checkups every three to five years. Remember that your mental health is just as important as your physical health -- see a doctor if you've been feeling depressed or anxious. Remember that taking care of your body and mind is a gift to yourself and to the people who love you.

Chapter Newsletter

Vision Changes Should be Checked

Suddenly, it's hard to read when the light is low. Maybe there are halos around lights. These small changes can become big problems.

Cataracts affect the majority of older Americans across all ethnic groups by age 80 according to the National Institutes of Health.

Cataracts occur when the proteins in the lens of your eye gradually change shape and clump together as you age, according to Health in Aging. Over time, the tissue becomes thicker, changes color and loses transparency, which can block light from entering your pupil. Aging, diabetes, alcohol consumption, excessive sunlight, high blood pressure and smoking are among the most notable risk factors.

New glasses or contact lenses may correct vision loss from mild cataracts. If your cataracts are advanced and impacting your quality of life or ability to perform normal activities, your doctor might recommend surgery. During this quick outpatient procedure, the doctor removes the clouded lens and replaces it with an intraocular lens implant (IOL). The vast majority of people who undergo cataract surgery can see better after. Discomfort is usually mild, and patients generally heal within a few weeks.

While Medicare doesn't typically cover vision care, such as eye exams or glasses, it does cover standard cataract surgery with IOL implants for people 65 and older. If your doctor recommends more advanced surgery or a specialized implant, you may face additional out-of-pocket costs.

If you don't have cataracts, protect your vision by wearing UV-blocking sunglasses and a hat with a brim to shade your eyes. Eat plenty of fruits and vegetables (especially dark leafy greens). Quit smoking and make sure to get a dilated eye exam every two years.

Chapter #130 Officers

Happy Birthday!!

Darld Brannan-June 13



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Mended Hearts National Website:
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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.

Member Report

No Updates

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

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