



**UpBeat**  
**Mended Hearts Newsletter**  
**Chapter #130 – May 2024**  
**Olympia, WA**

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

**Meeting Notice**

**Program: Exercise-Josephine Munoz (YMCA)**

**Time/Date: 2pm, Thursday, May 9**

**Location: Timberline Baptist Church  
 6628 Mullen Rd SE  
 Lacey, WA**

**Upcoming Dates**

**May 2-Board Meeting  
 May 9-Chapter Meeting**

**Happy Mother's Day  
May 12**



**Welcome New Members**



**Scott Sanders**

**Charles Flanagan**

**Jessica Bernhardt**

**Araguez Horacio**

**Don Burrows**

**Dana Anderson**



**President's Message**  
**Michael Blonden**



From Mended Hearts, Inc. "We want to introduce you to Mended Hearts Europe, your new local hub of support! We are dedicated to fostering hope and enhancing the lives of people with cardiovascular disease, their families, and caregivers across Europe, the Middle East, and Africa. Mended Hearts Europe operates from Geneva-the capital of global health. Its' mission is to build a resilient and caring community through ongoing peer-to-peer support, patient education, and advocacy efforts, which are tailored to meet the distinctive needs and interests of our members within their respective regions. There are 115,000 members in the organization, and thirty three countries involved with Mended Hearts International (MHI). Members, it's official, you are now part of an international organization.

Please remember to view your MHI Heartbeat Magazine online through the National Website or our local Website on the resources page. I think it is a good time for us to ask ourselves, how did I get here? It is important to review our lifestyle behaviors and look at the behavior that we can change to receive the greatest benefits for our heart disease. Heart disease risk and symptoms can be decreased by individuals instituting lifestyle changes. Our member meetings offer information to help us make health changes.



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## President's Message (Continued)



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For our May meeting, we have Josephine Munoz for our speaker. She is a trainer at the YMCA and will be showing us exercises that can help improve our lives. I am in contact with three doctors for speakers of future meetings. As always, your participation in meetings help to encourage speakers to join us. Last month's speaker said "Teaching for your group is special for me, and is rewarding in and of itself."

### Did You Know?



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DYK contrary to popular belief, no one actually ever dies from old age? It's true! In his most recent book "How Not to Age", Dr. Michael Greger reported "autopsies on 42,000+ centenarians revealed every single one succumbed to diseases in 100 percent of the cases examined. Though most were perceived, even by their physicians, to have been healthy just prior to death, not one died of 'old age.'" Most commonly, heart attack was the cause. He goes on to say "yes, old age is the greatest risk factor for most of our killer diseases so one may argue the leading cause of death is actually age-related diseases such as heart disease, cancer, stroke, and dementia.

DYK an eighty-year-old may have five hundred times the risk of having a heart attack compared to a twenty year old? And, the difference in the risk of dementia rates between those older than eighty-five compared to younger than sixty-five is three-hundred fold."

DYK that eating a plant-based diet may reduce the dementia risk by as much as three fold?

DYK what folks opted for when asked 'how long do you wish to live...85, 120, 150 years or indefinitely?' Two thirds of the respondents said they'd prefer to live to 85. However, when the question was reframed to include 'guaranteed mental and physical health', the most popular answer switched to an unlimited lifespan! Let's work on that!! Question: If April showers bring May flowers, what do May flowers bring? (Answer next issue...



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### Mended Heart Magazines (Heartbeat)

Diane Caputo



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If anyone has copies of past MH magazines, would you consider donating them to the chapter visiting team? The visitor team members could hand them to patients they visit and have them available on the recovery floors for patients to view.

If you would like to donate your previous copies, please contact Diane Caputo 360-705-1271, or bring them to our next chapter meeting. This would be a great service to the recovering cardiac patients at PSPH.

## Could plastic in your blood lead to serious cardiovascular events?



Plastic is everywhere. On your kitchen counter, in your car, in your medicine cabinet. And potentially even in your veins.

Recent research has found that patients whose carotid artery plaque contained micro and nano plastics were at a much higher risk of suffering a major cardiovascular event and death. Indeed, risks increased fourfold when plastic was present.

The study was also the first to show that plastic particles are now adulterating atheroma plaques, a fatty material made of proteins, cholesterol, and various other substances (but does not traditionally contain plastic). Researchers also found that among 304 patients who had their plaques tested, micro and nano plastic was present in nearly 60 percent.

Currently, researchers are stopping short of conclusively blaming plastic for the increased risk of serious cardiovascular events, which, besides death, includes strokes and myocardial infarction (meaning the complete cessation of blood to myocardium heart tissue). While researchers controlled for some factors, such as diabetes and hypertension, they noted that causality has not yet been proven. Still, early research suggests very tiny bits of plastic may be a very big concern.

So how might microplastics get into your bloodstream in the first place? Researchers elsewhere have suggested that contaminated food, water, and air could be a source. So too could toothpaste, lip gloss, and even dental polymers. Ultimately, more research is needed to pin down just how much of a risk plastic poses and how it can get into our bodies.

## Smart Stethoscopes

You can find an article on Smart Stethoscopes at the following web site address. Use the mouse right click button and select open hyperlink on the menu and go to the website article, which is from an AARP magazine.

[Medical Advancements Help Detect, Treat Heart Disease \(aarp.org\)](https://www.aarp.org/health/heart-disease/2019/07/15/medical-advancements-help-detect-treat-heart-disease/)

# Crossword Puzzle For May

## Walking bird

### Across

1. Japanese pond carp
4. Receded
9. Nothing
10. Cool
11. Add-on
12. Winner of nine golf majors
13. Place for a lace
15. You and I
16. Cowboy contest
18. Not down
20. Nativity scene
23. Uniform shade
25. Sushi bar order
26. Consumed
27. "Raiders of the Lost \_\_\_"
28. About 1.3 cubic yards
29. Discouraging words

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		
28						29		

### Down

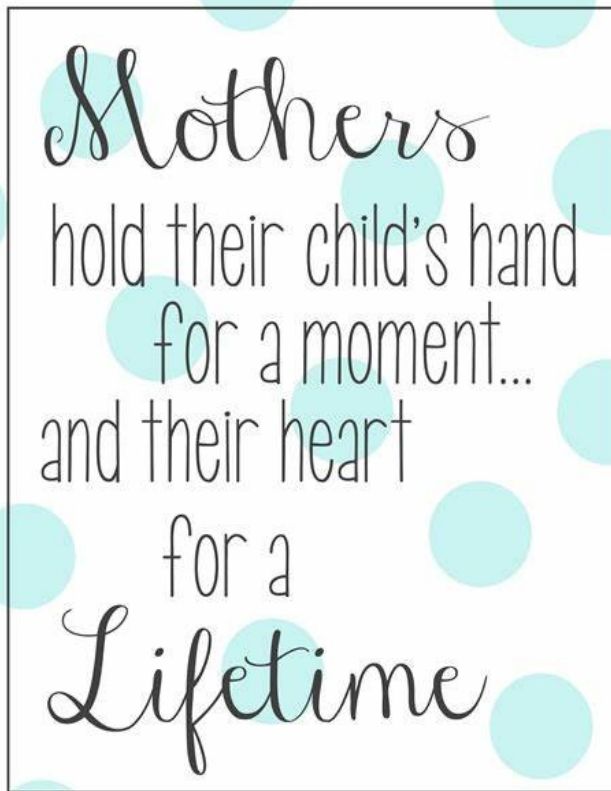
1. "Trick" joint
2. Greasy
3. More sick
4. Common decongestant ingredient
5. Baby slipper
6. Large
7. Old Testament twin
8. Cub Scout groups
14. Student's hallway hangout
17. Neptune's realm
18. Hawaiian strings
19. Excellent, in modern slang
21. Medal recipient
22. The "E" of B.P.O.E.
24. Ended a fast

S	O	N		E	R	E	S	T	E	S
K	A	R		N	E	A	T	E	V	E
L	E	E		I	K	A	H	K		
E	H	C	E	R	C			P	U	
		O	E	D	O	R				
S	U		T	E	L	E	Y	E		
N	V	G	O	H		L	L	E		
E	S	I	S	P		L	I	N		
D	B	B	E	B	E		I	O	K	

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

## Happy Mother's Day (May 12)

## Chapter #130 Officers



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**Chapter 130 Website Address:**  
<https://mendedheartsthurstoncounty.org/>  
**Mended Hearts National Website:**  
<https://mendedhearts.org/>

### Board Meetings

Chapter Board Meetings are open to the Chapter Members. We are currently meeting via ZOOM. If you are interested in attending, contact Michael Blonden at Mblonden@msn.com to receive a ZOOM link.

If you are feeling great and would like to help others, why not make a donation to our Chapter—Mended Hearts of Thurston County. Mail your donation to:

Mended Hearts Chapter# 130  
PO Box 5551  
Olympia, WA 98509-5551

Every dollar helps. Thanks!!