

The Metroplex HeartBeat

April, 2011



Mended Hearts, Inc.

**“It’s Great to be Alive...
and to Help Others”**



Medical City Dallas Hospital



**Texas Health Presbyterian
Hospital Dallas**

Our Satellite Hospitals



**Texas Health
Presbyterian Plano**



**Texas Health
Presbyterian-WNJ
Sherman**



Newsletter of The Mended Hearts, Inc.
Dallas, TX Chapter #30, founded in 1973



**The Worst Excuse:
No Time to Take Care
of Yourself**



People have lots of excuses for not thinking about health and getting in shape. Lack of time is the most common excuse, says best-selling author Bob Greene in his book *The Life You Want: Get Motivated, Lose Weight and Be Happy*.

He studied peoples' schedules and found they all had time every day that would be better spent being physically active. He asks, "Who doesn't have 30, 40 or 60 minutes a day to exercise and take care of themselves?"

Green says exercise aversion is another cause. Even his most famous client, Oprah Winfrey, didn't like to exercise.

People avoid it because they don't want to experience the discomfort of working at it. But discomfort means you are exerting yourself enough to burn calories and improve your health. Some people exercise while watching TV or walking.

Once a week, it's important to make a healthy week's menu instead of just eating whatever is in the fridge. Buy fresh fruit, vegetables, fish, whole grain bread and crackers, plus meat, but not too much. Skip the processed foods and fatty snacks.

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Dallas Mended Hearts Meeting April 12th, 2011 @ 6:45pm

Presbyterian Hospital Dallas

Speaker: Beth Soderberg
Subject: “Self-Testing for Heart
Patients on Coumadin”

Directions: Margot Perot Bldg. - To right of Hosp. Take road on right of Perot Bldg., then turn left into Parking Lot #11. Take elevator to Lower Level, follow signs to meeting room



**VISITORS
WELCOME**

May 10th
Meeting



**Medical City Dallas Hospital
(Medical City Children's Hospital Tower)**

Dallas Chapter #30 website: www.mendedheartstx.org

Chapter #30 has provided continuing support, hope, encouragement, and education to Dallas area heart patients and their families for over 38 years

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The good news is that successful dieters take a break on one or two days of the week. Within reason, they eat whatever they want, such as a few slices of pizza, but not the whole pie.

Put health on your time-management plan. When you are stronger and healthier, you'll do everything better.

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What is EECP Therapy?

For people with angina or heart failure, even simple activities like going to the mailbox or walking the dog can be challenging.



EECP stands for enhanced external counterpulsation.

It involves serial compression of the legs with the use of leg cuffs which are timed to contract, based on the patient's heartbeat. The patient lays on a table during the course of the treatment (which lasts for an hour each day, five days a week, for a total of 35 hours of treatment).

Initially there was promising data to suggest that this therapy can be used in patients with cardiac chest pain (angina) who were not candidates for other interventions such as surgery, stenting, or angioplasty. Since the procedure is relatively painless and innocuous it had been considered an excellent alternative for these high risk patients.

Some studies showed that EECP decreased the occurrence of symptoms such as chest pain. Other studies had indicated that EECP may be of benefit in patients with heart failure.

Texas Heart Institute



STOP IT NOW

(Before it stops YOU)



Mended Hearts Dallas Cluster Meeting Report

Forty-two Mended Hearts members from Arlington, Dallas, Ft. Worth, Plano, Temple, Tulsa and Waco attended the March 5th Mended Hearts Spring Cluster Meeting at Texas Health Presbyterian Hospital Dallas hosted by Dallas Chapter 30. Here's a report on the activities:

Featured program speakers/presenters were:

- * Mary Shilcutt, ADR
- * James Park, MD - Hosp. Cath Lab Director
- * Marcia Baker, MH Field Services Director
- * Susan Vanderpool, MLH Nat'l Comm. Chair.
- * Keith Beard, SW Regional Director

Afternoon discussions groups shared information about; Chapter Programs and Topics, MLH Groups, Member Recruitment and Retention, and Chapter Visiting Programs. The attendees enjoyed breakfast snacks, beverages, lunch and parking passes - all provided by the hospital.

Numerous drawings for gift certificates and other prizes were held throughout the 9:30am - 3:30pm meeting, with the grand prize (\$100 food basket with a gift certificate from Whole Foods) won by Jack Wages of Arlington.

If you're a Mended Hearts member and have never attended a Cluster Meeting, look for one in your area and make plans to attend. They're fun, very informative, and a great way to meet members from other chapters in your area.

If you are already a Mended Hearts Chapter 30 Hospital Visitor...THANK YOU.


If you're *not* a visitor...Note: We're increasing our visiting at Medical City to include Cath/EP patients, so we need more Chapter 30 visitors. See Jim or Dolores



Congratulations to everyone who is celebrating a heart procedure anniversary this month. Continue to enjoy life!

NOTICE:
Visitor Re-Accreditation Training

All Mended Hearts visitors are required to undergo “Re-Accreditation Training” annually. Our Chapter 30 Visitor Re-Accreditation Training will be conducted on Saturday, April 30th at Medical City Dallas Hospital - Bldg. E, Classrooms 1 & 2. There will be 2 training sessions; 9:30am and 1:00pm (choose the one session that best fits your schedule). Training will be 1 1/2 hours. All Chapter 30 visitors must attend (except our Sherman, TX visitors, and Steve Wells).



This fine hospital is currently seeking some additional community volunteers. If you have a relative, friend, neighbor or co-worker who’s searching for a good volunteer opportunity in Dallas, have them contact; Sonya Manibusan, Director of Volunteer Services (214) 345-7581.



The Attitude is Gratitude.
**THE POWER OF
 GIVING BACK!**

2011 Annual Convention
 New Orleans, LA
 June 1—5, 2011



 **InterContinental Hotel** 
 New Orleans, LA

**Have You Made Your Plans
 to Attend? Well, Have You?**

Do More
 by William Arthur Ward

- Do more than belong: participate
- Do more than care: help
- Do more than believe: practice
- Do more than be fair: be kind
- Do more than forgive: forget
- Do more than dream: work

Teresa Menendez-Hood, MD, Board Certified Cardiac Electrophysiologist presented “Rhythms of the Heart” at our March chapter meeting. If you missed it, you missed another most-informative presentation by one of our many highly qualified heart specialists in the Dallas area. She discussed symptoms and evaluations of the heart’s “electrical system” like EF, Arrhythmias, Bradycardias, Tachycardias, Afib, ICDs, SCAs, etc. We missed you. Hope you make our next meeting!

 **NOTE:** Our monthly newsletters are available on your computer (PC or MAC). Send your e-mail address to our newsletter editor; jbushnellmendedhearts@verizon.net. Also: Don’t forget to let our newsletter editor know if your email address has changed.



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When you finish reading this newsletter, pass it on to a friend, relative, neighbor, or co-worker that you feel might benefit from the articles and information about Mended Hearts, Inc. and Dallas Chapter #30.

Chapter 30 Officers

Jim Bushnell	President	972-596-2520
Maribeth Krukow	Vice President	214-288-1866
Maribeth Krukow	Program Chr.	214-288-1866
Debbie Winters	Secretary	214-351-0522
Alfred Zech	Treasurer	972-387-1450
Jim Bushnell	Co-Visiting Chr.	972-596-2520
Dolores Dries	Co-Visiting Chr.	214-350-2014
Thelma Lyles	Sunshine Chr.	972-977-7025
Jim Bushnell	News./Website	972-596-2520
Cheryl Brandon	WNJ-Sherman	903-870-3630

2011 Meetings



In Dallas, we meet on the 2nd Tuesday evening (6:45pm) monthly (except in June & December) for informative programs by local healthcare professionals. Please join us!

Visitors are Welcome



Texas Health Presbyterian Hospital Dallas

Medical City Dallas Hospital

Margot Perot Bldg.
(Lower Level)
Meadows Lab A & B

Children's Hosp.
Tower - Lobby
Classrooms A & B

Feb. 8 Apr. 12
Aug. 9 Oct. 11

Jan. 11 Mar. 8 May 10
Jul. 12 Sep. 13 Nov. 8

"Heart to Heart" Hospital Visits

	Heart	Cath	Rehab	Total
Medical City Dallas Hospital.....	109	0	0	109
Texas Health Presbyterian Hospital Dallas.....	62	35	11	108
Texas Health Presbyterian Hospital Plano.....	80	3	0	83
Texas Health Presbyterian-WNJ Hosp. Sherman....	0	0	0	0
<i>(10 days of ice in Feb.)</i> February Total...	251	38	11	300
Year-to-Date Total...	609	98	20	727

Accredited Visitors

Cyndi Bryant
Jim Bushnell
Dolores Dries
John Ellis
Ruth & Ken Hill
Maribeth Krukow
Paul Lake
Max & Marie Leibold
Walter Levy
Charlie Lincoln
Loretta Shum
Steve Wells

The Mended Hearts, Inc.

Dedicated to inspiring hope in heart patients and their families

To New Heart Patients

If you were recently hospitalized for a heart/vascular-related procedure or a heart surgery, we hope that your recovery is progressing well. As heart patients ourselves, we know what you are experiencing, and we want you to know that we are available to assist you as needed. We also hope that you were visited by one of our accredited visitors. These chapter members visit patients and their families each week at our hospitals to provide hope, encouragement, educational materials, counsel, and briefly share their own experiences as a heart patient.

In addition to our visitors, our chapter provides informative newsletters and conducts monthly educational support meetings at the hospitals listed above. We encourage you to join us at our meetings, to speak with other heart patients, hear a medical professional present a program of interest to all heart patients, and give us the opportunity to assist you with your recovery and living a wonderful life following a heart/vascular procedure or heart surgery.