From The President
Submitted by: Pharoah Smithers

FROM THE PRESIDENT
Blanche and I want to take this opportunity to thank Chapter 127 for the gift card to the Cumberland County Playhouse. We will enjoy this very much. We hope everyone had a Merry Christmas and a Happy New Year.

CONGRATULATIONS
Each year Mended Hearts chapter members vote on who they think should be the Mended Heart of the Year. The winner is presented with a hand carved heart trophy and has possession of the trophy for one year. The trophy was designed and given to Mended Heart in 2009 by Tom Tomberlin. Members that have been elected are:

2009 Pharoah Smithers  
2010 Bob Hibbs  
2011 Lou Thomason  
2012 Dot Tomberlin  
2013 Blanche Smithers

The trophy is on display in the CVICU waiting room also known as the Mended Hearts office.

2013
Another successful year has come to an end and Mended Hearts has reached all the goals in all the projects that were set at the beginning of the year.

THANK YOU
Thank you Cookeville Regional Medical Center for all you do to make our Christmas/award parties such an enjoyable event. The fellowship was great, the rooms were beautiful and the food that Chef Jim, Judy and the staff served was delicious. Also thank you Jay Peterson for the lovely music.

NEXT MEETING
Our next meeting will be Jan. 16 at 6 pm in education rooms 1, 2, 3 and 4. The guest speaker will be Tammy Ragsdale and the subject will be long term care planning.
**Cajun Style Pot Roast**  
Submitted by Sherry Shockley

**Ingredients:**
- 1 Boneless beef chuck roast (2 to 3 lbs.)
- 2 T. Cajun seasoning
- 1 T. Olive oil
- 2 Cans (10 oz. each) Rotel diced tomatoes and mild green chilies
- 1 med. sweet red pepper chopped
- 1 1/2 cups chopped celery
- 3/4 cup chopped onion
- 2 T. corn starch
- 1 1/2 tsp. minced garlic
- 1/2 tsp. salt
- Hot cooked rice

**Directions:**
1. Cut roast in half; sprinkle with Cajun seasoning. In a large skillet, brown roast in oil on all sides. Transfer to a 5 qt. slow cooker. Combine the tomatoes, red pepper, celery, onions, corn starch, garlic and salt; pour over roast.

2. Cover and cook on low for 6–8 hours or until meat is tender. Serve over rice. Makes 6 servings. You can also use a pork loin roast instead of a beef roast.

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**National Organ Donor Day, February 14**

The U.S. Department of Health and Human Services made a touching connection when it designated Valentine’s Day as National Organ Donor Day. Valentine’s Day symbolizes love, and there is no greater love for one’s fellow Americans than signing up to be an organ donor.

The day has been recognized since 1968 to raise awareness of the number of lives that can be touched by one donor. You could possibly aid in saving the lives of up to 50 people.

Celebrate Valentine’s Day by giving this gift of life. In the time it takes you to buy a box of chocolates, you can register at organdonor.gov.

Let your doctor and your family know that you want to be a donor.
First-Ever Trial Comparing Angioplasty Strategies

A recent study finds that accessing arteries through the wrist for angioplasty is just as safe and effective in women as the traditional access point in the leg.

Angioplasty (also called percutaneous coronary intervention) is often recommended for patients diagnosed with diseased arteries of the heart (coronary arteries) or for patients suffering a heart attack. Angioplasty includes a variety of procedures developed to compress fat and cholesterol build-up in the arteries, known as plaque deposits, to help increase the size of narrowed or blocked arteries and improve blood and oxygen flow to the heart.

Angioplasty is more safe and effective than ever before, thanks to cutting-edge research that's made this minimally invasive procedure possible. And according to research presented October 29 at a medical conference in San Francisco, using a novel access site for angioplasty could reduce risk for complications by as much as 60% in female patients.

This was the first-ever trial comparing outcomes from angioplasty using two access sites – femoral (the Leg) vs. radial (the wrist). During angioplasty, a thin, flexible tube is inserted into the body and threaded through a blood vessel to open up narrow or blocked arteries. In the past, doctors have always inserted this tube through a vessel in the leg (femoral access), but evidence suggests that accessing a vessel through the wrist (radial access) may be just as safe.

Known as the SAFE-PCI trial (Study of Access site for Enhancement of PCI for Women), this study enrolled nearly 1,800 women undergoing angioplasty and assigned them to “new radial access or the more traditional, femoral access. After following patients for 30 days following their procedure, researchers found no difference in efficacy, complications or risk of death between the two groups. However, they found that radial access reduced risk of bleeding and vascular complications by 60% in a small group of patients. And interestingly, about 6% of women undergoing angioplasty with radial access needed to switch to femoral access in the middle of the procedure due to slight complications.

The radial artery is the smallest artery used for angioplasty, which is why many experts worried that it might not be as safe or effective as traditional access points, especially in women. Women already have smaller arteries than men, and choosing to do the procedure through a small artery could increase risk for complications. But according to results of this randomized trial, which is considered the gold standard for research, results are promising.

Using radial vs. femoral access may be a reasonable option for women undergoing angioplasty, especially for those who prefer it over the more traditional route. This study found that given the choice, 72% of women generally preferred radial access and with additional research, it’s possible that doctors will offer this new approach more readily to women, despite initial concerns.

January is National Glaucoma Awareness Month

You may have heard glaucoma called “the sneak thief of sight.” That’s because it has no symptoms until it has progressed beyond the point where it can be successfully treated. It is the second leading cause of preventable blindness in the world.

More than 4 million Americans have glaucoma and 120,000 are already blind because of it. Worldwide, nearly 70 million people have the condition. The best way to protect yourself is to have an eye examination. Today, most optometrists test for it. If they find any indication, you should see an ophthalmologist immediately. Treatment can be effective in the early stages.

Though the most common forms affect middle-aged and older people, glaucoma can affect all age groups. Insist that your children be tested when they are being fitted for eyeglasses.

Those at higher risk include people over 60, people of African, Asian and Hispanic descent, and those who have family members who have glaucoma. Also at higher risk are diabetics and people who are severely nearsighted.

In the most common form of glaucoma, vision loss begins with peripheral or side vision. Be on the lookout for that first noticeable symptom and get treatment immediately.
Pharoah Smithers (center) presented Blanche Smithers (left) with the Mended Heart of the Year award.

Laura Jackson, (center) presenting a poinsettia to Blanche Smithers (left) and a gift card for the Cumberland Playhouse to Pharoah Smithers (right).

Pharoah Smithers (center) presented Everett Davis (left) and Evelyn Hyder (right) with their 15 year membership pen.

Pharoah Smithers (left) presented Marvin Siegersma (right) with a 10 year membership pin.

Mended Heart Visitors receiving a Certificate of Appreciation for the fine job they do visiting.

Thank you to the ladies who served at our party. (Chef Jim not pictured).
A Pain in the Neck

It’s not an irritating person we’re talking about here, it’s that annoying neck discomfort or pain you get from too much hunching over when you’re driving, using a computer or doing a project at a workbench.

Because your head weighs 6 to 10 pounds, your neck has quite a job to keep it balanced on top of your body. That job falls to muscles, spine bones and tissues. Doctors quoted in the Mayo Clinic Health Letter say it’s no wonder that about 10 percent of adults have neck pain at one time or another, often frequently.

Self-care steps include:

1. Stay active. It’s one of the best ways to speed healing. But you can take 10 to 15 minute breaks throughout the day if you feel you need them.
2. Improve your posture. Keep your head upright by practicing sitting or standing tall with your shoulders relaxed. Avoid activities that tilt your head to one side or downward for periods of time. Don’t sleep on your stomach.
3. Relax tense muscles. Try deep breathing, meditation and progressive muscle relaxation. A heating pad or warm shower can bring muscle relaxation.
4. Take nonprescription pain medications. If necessary, take Tylenol or other over-the-counter medications to relieve pain and help you stay active. In the first few days after a strain, use an ice pack wrapped in a towel for up to 20 minutes a few times a day.
5. Gentle stretches. They can help restore or sustain neck range of motion and stretch tense muscles. If you aren’t sure how to do them, ask a physical therapist.

*Neck rotation. Slowly rotate your head from side to side.
*Neck tilting. Tip the head to one side, then the other, moving your ear closer toward each shoulder.
*Neck bending. Bend your neck forward as if trying to touch your chin to your chest. Then bend it backward.

On February 1, wear red: raise your voice!

Go Red on National Wear Red Day, February 1, 2014. Go ahead and wear red! It’s fun and it carries an important message.

A new study shows women’s heart disease awareness is increasing, with the number of women aware that heart disease is their leading cause of death. Awareness has nearly doubled in the last 15 years, according to the American Heart Association.

Among the study’s major findings, researchers found that in 2012, 56 percent of women identified heart disease as women’s leading cause of death, compared with 30 percent in 1997. In that year, women were more likely to cite cancer than heart disease as the leading killer of women, but in 2012, only 24 percent cited cancer.

Women 25 – 34 years old had the lowest awareness rate of any age group at 44 percent. Compared with older women, younger women were more likely to report not discussing heart disease risk with their doctors (6 percent among those 25 – 34 versus 33 percent for those 65 and older).

Wear Red on February 1. Raise your voice to tell the story of women and heart disease.

Go Red and show your support!

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Mended Hearts does not give medical advice. As always, consult your physician before making any changes in medication, food supplements, diets or lifestyle.

If you would like to receive the Mended Hearts newsletter by email please send your email address to: Angie Boles at aboles@crmchealth.org.

MARK YOUR CALENDAR

Jan.  16  Mended Hearts Meeting
Jan.  28  Jamestown Satellite Meeting
Feb.  13  A Woman’s Heart @ Leslie Town Centre
Feb. 13  Tullahoma Meeting @ 6:00 pm
Feb. 13  Board Meeting @ 1:00
February  Heart Month

ACCREDITED VISITORS CHAIRMAN
Lou Thomason  931-432-6262

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Vice President  Dennis Guzlas  931-858-0100
Treasurer  Dot Tomberlin  931-526-7535
Secretary  Laura Jackson  931-858-2196
First Past President  Tom Little  931-526-4009

Accredited Visitors
1. Arlee Freeman  Every other Monday  931-537-9811
2. Bob Freeman  Every other Monday  931-537-9811
3. Kathy Pharris  Every other Monday  931-510-8785
4. Marie Thompson  Every other Monday  931-526-5389
5. Glee Miller  Every other Tuesday  931-261-5619
6. Richard Miller  Every other Tuesday  931-261-5619
7. Charles Jackson  Every other Tuesday  931-858-2196
8. Laura Jackson  Every other Tuesday  931-858-2196
9. Dennis Guzlas  Every other Wednesday  931-858-0100
10. Karen Guzlas  Every other Wednesday  931-858-0100
11. Debbie Greene  Every other Wednesday  931-372-0513
12. Jim Greene  Every other Wednesday  931-372-0513
13. Mona Neal  Every other Thursday  931-526-9398
14. Louise Davies  Every other Thursday  931-432-0277
15. Tom Tomberlin  Every other Thursday  931-526-7535
16. Dot Tomberlin  Every other Thursday  931-526-7535
17. Blanche Smithers  Every other Friday  931-526-4497
18. Pharoah Smithers  Every other Friday  931-526-4497
19. Louie Thomason  Every other Friday  931-432-6262
20. Roberta Thomason  Every other Friday  931-432-6262
21. Carl Wingfield  Every other Saturday  931-268-3348
22. Lorna Wingfield  Every other Saturday  931-268-3348

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To New Heart Patients

Our monthly newsletter, Heart News, will be sent to you for three months.

We hope that your recovery is progressing well and would like to invite you and your family to visit our monthly meetings. We have speakers and programs designed to be of interest to heart patients. As heart patients we know what you are experiencing and are available to answer non-medical questions.