



# The Ticker Talker

Mended Hearts ★ Diablo Chapter 254

*Dedicated to inspiring hope in heart disease patients and their families*

www.MendedHearts254

February, 2010

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## General Meeting

**Saturday, February 27, 1:30 p.m.**

**Kaiser Medical Office Building, Third floor Conference Room**

**Speaker: Dr. Christopher Forrest, MD,**

**Interventional Cardiologist, Kaiser WC**

Dr. Forrest grew up in Napa Valley and completed his undergraduate training at the [University of California, Davis](#). He attended medical school at the [University of Arizona College of Medicine](#), and residency and fellowship at Good Samaritan Hospital in Phoenix, Arizona.

Dr. Forrest says,

“After 13 years in Arizona, I decided I wanted to come back to the San Francisco Bay Area. After much traveling to, reading about, and calling various cardiology groups, I concluded Kaiser Permanente offered the best environment in which to start my practice in cardiovascular disease.

“Another advantage to working for Kaiser Permanente is that I am not under any pressure to cut costs when it comes to medical care, and I am not under financial pressure to perform unnecessary tests or surgeries to pay my overhead. I very much believe Kaiser Permanente is a leader in California when it comes to advocating and practicing what is known as evidence-based medicine - what works.

“I joined Kaiser Permanente’s Walnut Creek Medical Center as an Interventional Cardiologist in August of 2002. Being an Interventional Cardiologist means I spent an additional year of training exclusively in coronary angioplasty and

stent implantation. My education also includes performing angioplasty of the arteries supplying the legs, arms, and kidneys.

As a cardiologist I’m learning about new treatments almost every week. One of the most dramatic breakthroughs in the last few years is the advent of drug eluting (or medicated) stents. We believe they will bring us closer to our goal of true long-term success with coronary angioplasty. Other exciting advances include cardiac MRI, angiogenesis (the growing of new blood vessels to help heart attack victims), and advances such as carotid arterial stenting which can in some cases eliminate the need for surgery on the neck arteries.

“I live with my wife, who is trained in the specialties of internal medicine and pediatrics, and our two cats. We enjoy living in the comparative quiet of Contra Costa County and love the proximity to San Francisco, the ocean, and the mountains.

“I enjoy cycling and have been an active cyclist since 1980. I have the good fortune of being able to visit my brother in Colorado and Whistler in British Columbia to partake of some of the best mountain biking in the world. I also like cooking, photography, and attending theater and concerts.

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## WHAT MENDED HEARTS DOES

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### MENDED HEARTS MOST IMPORTANT WORK – VISITING HEART PATIENTS

Every month volunteers go to the hospital to visit heart patients. These supportive visits have made a great difference in many lives, and visitors report that visiting patients is gratifying and interesting.

Because Mended Hearts members represent the very kind of people they serve - those impacted by heart disease - they draw on personal experience as they inspire and help others. The heart patient and family gain hope by seeing other patients who have survived heart disease and are healthy.

Visitors have training, and start by visiting with an experienced visitor. They visit

about twice a month, although times and frequency can be arranged.

*More visitors are needed.* You can find out more about visiting, the training you receive, and its rewards by getting in touch with one of our Visiting Co-chairs, **B.J.**

**Boone** at 925 939-4998, or **JoAnn Johnson**, 925 685-1869, or see either one of them at the General Meeting on Saturday, February 27.

During the month of January we had 18 hospital patient visits and two family visits with a total of 20 hospital visits.

Our visitors were **Tim Correia, Don and JoAnn Johnson and Jim Miller.**

### MENDED HEARTS MEETINGS FOR HEART PATIENTS AND THEIR FAMILIES

Mended Hearts Chapter Meetings offer information and help to heart patients and their families. There are informative speakers about eight or nine times a year at the General Meetings on the fourth Saturday of each month.

Cardiologists teach us about the different kinds of heart problems and their solutions. Pharmacists tell us about the newest medications, their uses and restrictions.

We have nutritionists to help us learn about proper diet; physical therapists to help us learn when and how to exercise. Occasionally we have representatives from manufacturers that inform us about the latest methods of treating heart disease.

Occasionally there are meetings where members and friends share their problems, and how they overcame them. Information is important to heart patients and their families to prevent further problems.

A few times a year there are social events to help members get better acquainted. There is usually a luncheon for the winter holidays, and an outdoor BBQ in the early fall.

Encourage your family and friends to come to the meetings with you, to learn more about how to live a healthy life, and prevent more problems with your heart. Meetings and social events are open to everyone, whether or not they are members.

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## Muffin Recipe

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*There were a number of requests for the delicious (and nutritious) muffins that Chapter President Hazel Horti served at the January meeting. Here is the recipe:*

### Carrot, Banana & Oatmeal Breakfast Muffins

1 cup flour (whole wheat preferred)  
1 cup Quick oats cereal  
1 teaspoons baking powder  
1 cup Splenda sweetener  
1 ½ teaspoons ground cinnamon  
1 teaspoon ground cardamon (optional)  
½ cup semisweet chocolate chips  
1 cup grated carrots (about 2 medium carrots)  
• Dry mix all the above in a large bowl until well blended..  
• In a smaller bowl, thoroughly mix the following:  
1 large banana , mashed

¾ cup low fat milk  
2 tablespoons vegetable oil  
2 eggs (or 4 egg whites)  
• Pour the wet mixture into they dry mixture and stir until well blended. Do not over stir.  
• Spoon mixture into greased muffin tins, filling each cup about 2/3 full. Paper liners may be used instead of greasing.  
• Bake at 350 degrees for 15 to 18 minutes.  
Makes about 15 muffins.  
Calories: 138 each, or a little less if only egg whites are used.

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## Health Information - bits from current reliable publications:

### ■ ORANGES

Oranges best known nutritional value is their rich cache of Vitamin C - about 130% if the Daily Value in each orange.

But the orange peel also has rich nutritional value - **polymethoxylated flavones** which lowered cholesterol in lab animals. Grate a little into your salad.

Oranges also contain **Beta-cryptoxanthin** , which reduced the risk of lung cancer in a study done of more than 60,000 Chinese. And another carotenoid (**zxeaxanthin**) helped reduce the risk of rheumatoid arthritis in a study done of 25,000 Europeans. Orange juice has also been associated with reduced risk of kidney stones and stomach ulcers. (WOW!)

- *This information was abstracted from the Tufts Health and Nutrition Letter.*

### ■ COLA and COFFEE

Boston researchers have found no connection between long-term coffee consumption and high blood pressure in a study among 30,000 middle aged women. **But cola consumption, regular and diet was associated with a significantly increased risk.**

However, the study left open the possibility that coffee drinking might aggravate high blood pressure in people who already have it.

*--This information was reported in Environmental Nutrition, from the Journal of the American Medical Association.*

### ■ SALT

Too much salt raises blood pressure, found a pooled studies of 170,000 people by Italian and British researchers. They found that **cutting sodium** by 2,000 milligrams a day could lead to **23 percent fewer strokes and 17 percent less cardiovascular disease.**

The average American consumes around 4,000 mg of sodium a day.

WHAT TO DO? Avoid excess salt. Check Nutrition Facts panels on packages to find lower-sodium foods. Eat more fresh foods prepared from scratch instead of prepared, packaged foods.

- *From Nutrition Action*

### ■ OMEGA-3

Yes, there is strong evidence fish oils have cardiovascular benefits, but the best way to get Omega-3 is from fish. Cooked salmon contains about 1.8 grams of the two most important omega-3s, but for example, one of the popular multivitamins that boasts of the DHA it contains, has just 0.5 milligrams of omega-3s - less than 1/3,000 the amount in a serving of salmon!

- *From Tufts Health and Nutrition Letter*

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**FROM THE AMERICAN HEART ASSOCIATION:**

**Life's Simple 7**

♥ **GET ACTIVE** - increase physical activity to 150 minutes of moderate exercise such as walking. The benefits of walking just 30 minutes a day include lower blood pressure, enhanced



mental well being, reduce high cholesterol, increase bone density, reduce the risk of cancer and help control weight.

♥ **MANAGE CHOLESTEROL** Know your numbers and eat food low in cholesterol and saturated fat. Maintain a healthy weight and stay physically active.

♥ **EAT BETTER** Include lean meats, whole grains, fruits, vegetables, and low-fat dairy products. Avoid salt and foods with added sugars.

♥ **MANAGE BLOOD PRESSURE** Know your numbers. Manage stress, limit alcohol and maintain a healthy weight.

♥ **LOSE WEIGHT** Balance healthy eating with a healthy level of exercise. Try to keep a Body Mass Index below 2.5. To figure out your BMI, multiply your weight by 703, then divide by your height in inches, and then divide by your height in inches again. Another indicator that you're too heavy is to have a waist measurement of more than 35"

♥ **REDUCE BLOOD SUGAR** Diabetes is a major controllable risk factor for cardiovascular disease. Follow your doctor's orders.

♥ **STOP SMOKING** Smoking is the most important preventable cause of premature death in the United States.

*(Thank you to Heart Mates, newsletter from the Anaheim CA Chapter 331 of Mended Hearts for the above article.)*

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