



The Ticker Talker

MENDED HEARTS ★ DIABLO CHAPTER 254

Dedicated to inspiring hope in heart disease patients and their families

www.MendedHearts254

July, 2009

General Meeting, Saturday, July 25, 1:30 P.M.

Kaiser Medical Office Building,
Third Floor Conference Room

Our own Nancy Baker will talk about her work as a volunteer for Muttville.

What can a dog do for a heart patient?

Research has shown that when petting a dog, in many cases the patient's blood pressure is lowered. And heart patients are told over and



over - exercise! walk!
Having a dog is a great way to walk. The dog loves it, and walking a dog makes friends. Neighbors who have never talked to you before, stop to pet the dog, ask his name, and

are friendly.

But many people are afraid that the dog will be too active, knock them down, or take too much energy. Here are five reasons why senior dogs rock:

- * They sleep in.
- * They're house trained.
- * They're slow and sweet.
- * They need less exercise.
- * They're top-notch snugglers.



The tragic truth is that every day, dogs in good health with wonderful personalities are euthanized. Why? They're older. And because they're older, they're not considered adoptable. Shelter workers see it everyday: a dog is brought in because he can't jog with his guardian anymore. Or he needs a little time to get up the stairs or his guardian died or moved or simply can't care for him anymore. These are not just shelter dogs; every day, dogs are moved from loving homes.

Muttville is a non-profit, 501(c)3 organization dedicated to improving the lives of senior dogs. On a local level, Muttville rescues senior dogs and finds them foster homes or gives them hospice. On a global level, Muttville provides information about caring for older dogs and support for people who do. There is so much love and joy in these dogs! Bringing these special dogs into a home is not only good for the dogs, but such loving, mellow dogs transform the quality of life for the people who foster them.

No meeting in August.

Save Saturday, September 26 for our Annual Picnic and Barbeque.

June Meeting Learns About Pacemakers

At the June meeting, Cardiologist Dr. Peter Tran explained how pacemakers work, their history, and their use. Even though the meeting had to be held in a different room from where Mended Hearts usually meets, members and friends found and filled the room to learn much from Dr. Tran.

Dr. Tran projected interesting pictures that showed where and how the pacemaker is placed, how it connects to the heart and what it does. He also passed around a pacemaker so members could see exactly what one looks like.

He also explained how the battery life of a pacemaker has become longer, but differs in patients depending on how much it has to be used to get the heart up to the preset pace.

Dr. Tran also explained what defibrillators do, how they differ from pacemakers, and when they are indicated. He said that when a defibrillator is called to do its job, it feels to the patient like he was kicked in the chest by a horse. A member who has one, agreed.

How to Burn More Calories

What works to raise your metabolism so you can lose weight

Metabolism is the factor that describes how the body uses energy, measured in calories. Some people claim their resting metabolism rate (RMR) is low, which is why they weigh more than they want to.

The body uses calories in three ways: To power vital functions like breathing, heart rate and cell growth. It even burns calories while you sleep. All this basic activity takes up to 75 percent of the calories you use each day.

Calories are also used for physical activity, which varies from person to person. And they are used for absorption of food, which uses about 10 percent of a day's calories, according to experts writing in *Environmental Nutrition*.

People who do aerobic exercise regularly burn more calories and build muscle, which burns more calories even when they sleep. Twice a week strength training with dumbbells or resistance bands is essential to

boosting metabolism. The RMR stays high for hours after strength training.

Exercise is also important because it reduces stress. Stress can cause the release of cortisol in the body, which slows metabolism

Getting enough sleep makes a difference. The Wisconsin Sleep Cohort Study shows that people who sleep four or five hours a night instead of seven or eight hours weigh more. They have lower levels of the appetite-regulating hormones leptin and ghrelin.

Many weight-loss supplements claim to raise the RMR, but there is little evidence that they do. The caffeine in coffee does increase the metabolic rate for about three hours. EGCG, extracted from green tea, increases the metabolic effect of caffeine.

- From Pages



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ALL MEETINGS ARE OPEN TO EVERYONE. COME AND BRING YOUR FRIENDS AND FAMILY.

Chapter News:

The Board will be meeting with George Mitchell, Regional Director, at 11:30 A.M., Saturday morning, July 25, before the General Meeting to discuss options for the future. The Board meeting is open to everyone. This is a good time for anyone who may be interested in getting a little more involved in the Chapter, to come to the Board meeting.



Sunshine by Nancy Baker

Bob and Val Compton – Bob is having problems with falling so he and Val are staying close to home. They are missed because they attended our meetings regularly. We send them our best wishes.

Paul Prigge – Paul had his pancreas removed and he is learning how to adjust his life to using Insulin. He was up and about soon after his operation. He would love to get cards. If you don't have a roster with his address on it, please call me (925-631-0836).

Hazel Horti – Hazel is not only up and about and going places, after her kidney operation but she has offered to be our program chair. Thank you so much, Hazel. If you have some ideas for programs you would like to have included for a Mended Hearts meetings, please call Hazel – or call me and I will tell Hazel (my phone number is above).

Randy Finn – Randy has taken a leave of absence from being our President because he has some health concerns. His wife has also had some health issues. So, send both of them all your positive thoughts or send them a card. Randy's address is in the roster. If you don't have a roster, please let me know. **Anna Lee** has made a new roster that is so well done and easy to read. Thanks, Anna

Visiting Heart Patients

Visiting heart patients is the most important work Mended Hearts volunteers do, bringing hope and information.

In June we had 44 hospital visits to patients. The visitors were **Nancy Baker, Tim Correia, Randy Finn, Don and JoAnn Johnson, Anna Lee, Jim Miller and Bernie Ward.**

No telephone visits were made in June, but in May there were 25 phone calls. The callers were **Tim Correia, Wayne King and B.J. Boone.**

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Mended Hearts Diablo Chapter 254
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WEBSITE
WWW.
Mendedhearts254.org
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about our chapter

Facts about Mended Hearts

Mended Hearts, Affiliated with the American Heart Association, is a national nonprofit organization offering the gift of hope to heart patients, their families and caregivers for more than fifty years.

Mended Hearts has 17,830 members operating through 256 community-based chapters (and 57 satellites) across the U.S. with two in Canada. Chapters partner with more than 430 hospitals and cardiac care facilities in providing patient-to patient support services. In 2007, Mended Hearts accredited volunteers made more than 212,534 visits to heart patients and families in person, online or by phone.

■ PERSON TO PERSON VISITING PROGRAM

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.

Last year Mended Heart trained volunteers made more than 162,122 in-person visits to heart patients and 25,061 in-person visits to family members and caregivers.
