



The Mended Hearts, Inc.

Lake Country Area

Hi everyone, Just want to let you know we finally have a location for the meeting

Our Charter Meeting is November 11 6:00PM at Oconomowoc Memorial Hospital in the Lac Labelle Room. Sorry for the longer drive from Waukesha however we are working on the hospital paying for the coffee and think we can get it taken care of. As we move along we will be moving from hospital to hospital or building a treasury to pay for the coffee.

The agenda will consist of electing formally the officers and the swearing in. The voting in of the by-laws.

Our Regional director will be up from Illinois to do both the official welcome and swearing in as well as answer any questions that anyone might have. Connie has been a member for many years and is a great resource and we are lucky to have her as our contact person

I believe that I will be able to announce our first donation for one of our main responsibilities and am very excited about it. I can't wait to tell everyone

I have also met with the head nurse of both hospitals cardiac care services and know we have a full commitment from the hospital to support us.

Please invite everyone you think might benefit from a group like ours to join us for this and every future meeting

UNMASKING MYTHS ABOUT HEART DISEASE

By: James M. Rippe, MD from Heart Disease for Dummies, 2nd Edition

It's no surprise that myths about heart disease often prevail. After all the heart is truly mythic organ - the fount of all life. Throughout the world's cultures, heroes and heroines of mythology and legend usually are persons of great heart. The same can be said of persons of great cunning. Their hearts are the embodiment of the courageous lifestyles that inspire the masses. But although myths can and do inspire, they also can kill. . . particularly the many myths surrounding heart disease. So let's bust a few.

THE MYTH OF MODERN MATURITY - Heart disease is a disease of middle age and older years.

Many people think of heart disease as a problem of middle and older age, because that's when the manifestations of heart disease, such as angina and heart attack, strike. What a dangerous myth. Although the manifestations of coronary artery disease typically occur during the middle and later years of life, the roots of coronary artery disease lie in childhood. Using heart-healthy lifestyle measures not only will help you but also will enable you to set an example for your children and grandchildren.

THE MYTH OF THE OLD-BOY NETWORK - Men are much more likely to get heart disease than woman.

Way too many women think that heart disease is mainly a male disease. However, heart disease is by far the leading cause of death for women. Women are six to ten times more likely to die of heart disease than breast cancer (which women fear more). When cardiovascular disease and stroke are combined, these two diseases claim more female lives every year than the next 16 causes of death combined. Even so, many of these deaths are preventable.

THE EISENHOWER MYTH - After you've had a heart attack, your life will move inexorably downhill.

In 1954, President Dwight Eisenhower suffered a heart attack while in office - a first. His cardiologist, Dr. Paul Dudley White, from Harvard Medical School and Massachusetts General Hospital, appeared on national television to assure the anxious public that if President Eisenhower paid attention to what he ate and became involved in a regular walking program, he could continue to fulfill the strenuous duties of the highest office in the land. Most people were surprised to hear it. As Ike proved, you have no reason whatsoever to give up after you've had a heart attack. Modern cardiac rehabilitation can help people who've suffered a heart attack or have experience the first manifestations of heart disease.

THE MYTH OF JUPITER - We all will die of heart disease, if we live long enough.

Jupiter, the Roman King of the Gods, killed mere mortals by hurling the thunderbolts from the sky. This myth expresses the presumption that heart disease is an act of God. Not so. Dying of heart disease is not inevitable. Recognize that your own habits and actions play the biggest roles in whether you develop heart disease. Take a tip from baseball great Mickey Mantle, who humorously said of his health-destructive lifestyle, "If I knew I was going to live so long, I would have taken better care of myself!"