

American Heart Association
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Aorta Reporter

The Mended Hearts
Founded

It's Great to be Alive—and to Help Others

It is Dedicated to the Memory of Dr. Paul Ambery

DOUG DAVIS

WHITE OAK LANDSCAPE COMPANY, INC.

“HOW DOES YOUR GARDEN GROW?”

Tuesday, March 20, 2007

7:30 – 9:00 p.m.

SAINT JOSEPH'S HOSPITAL AUDITORIUM (ONE FLOOR BELOW LOBBY LEVEL)

FREE PARKING AVAILABLE

Drive past the hospital front entrance and watch for the Cancer Center parking deck on the left opposite the main entrance to the Cancer Center. Ring the button at the parking deck entrance and tell the attendant who answers that you are attending the Mended Hearts meeting and the gate will be opened.

**Remember — If you're reading this, you're invited!!!
(and we do it all for you; please come, learn and meet many other MENDED HEARTS)**

PRESIDENT'S NOTES

JUST 2 DAYS

Sometimes it is better to have another man's pen express your thoughts. I found the following article in the *Good News! Weekly/Christian's Weekly, LLC.* It has much to do with managing stress. The article is entitled "Just 2 Days."

There are two days in every week about which we should not worry, two days that should be kept free from fear and apprehension. One of these days is Yesterday with all its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back Yesterday. We cannot undo a single act we performed; we cannot erase a single word we said. Yesterday is gone forever.

The other day we should not worry about is Tomorrow with all its possible adversities, its burdens, its large promise, and its poor performance. Tomorrow is also beyond our immediate control. Tomorrow's sun will rise, either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in Tomorrow, for it is yet to be born.

This leaves only one day—Today. Any person can fight the battle of just one day. It is when you and I add the burdens of those two awful eternities, Yesterday and Tomorrow, that we break down. It is not the experience of Today that drives a person mad; it is the remorse or bitterness of something that happened Yesterday and the dread of what Tomorrow may bring. Let us, therefore, live but one day at a time.

Happy St. Patrick's Day.

Doug Steingraber

CHAPTER NOTES

The Ides of March are upon us again. The days are getting longer (daylight hours, that is), and we can see the light at the end of the winter tunnel, so to speak. Amazing how the brighter evening hours boost morale and energize one's outlook. It has that effect on me anyway.

It was my mistake last month in reporting erroneously the winners of door prizes at the holiday dinner. Actually, Herb and Dixie Jardine won the cruise, and Jim and Marilyn Torbert won the Embassy Suites weekend. Sorry about that.

Please remember our members who are ill or recovering from surgery, especially our very long-time member Dave Shulman. Miss you, Dave. It was great to

see Marvin Brown and Bob Fisher back at our last meeting. I also received a report that Dr. Joseph Adelson died. Our sympathies to his family. We also lost a long-time member recently in Margie Silver. Margie was a dedicated and hardworking member who served the chapter in many ways until her health prevented her from participating. She served as chapter president in 1993 and 1994. In June 1996, our chapter hosted the national Mended Hearts convention here in Atlanta, and Margie volunteered to serve as convention chairperson. In the middle of all the planning, in December 1995, she underwent repeat bypass surgery, yet she stayed on as chairperson all the way through the convention. And I can tell you it was a lot of work. I know, because I was the secretary through it all. I have a lot of memories from back then. Our sympathies to her family.

Talk about memories, I took a look at the March 1988 *Aorta*. I was still serving as vice president and Barbara Carroll was *Aorta* editor. We were having one of our first meetings at Piedmont Hospital. The program was on cardiac rehab, 240 hospital visits were reported, and volunteers were being thanked for helping stuff over 3,000 mailings for the American Heart Association.

This now brings me to thank the following fine folks for their help stuffing at AHA in January this year: John Friese, John and Dody Crosbie, Herb Jardine, Max and Lucille Feinstein, Rudy Galistel, Howard Fine, and Cathy Schmit.

Thanks also go to Herb Jardine for putting on the recent visitor retraining meeting at Saint Joseph's Hospital. Nice to see all those dedicated visitors in one place who volunteer to take on our number one mission—giving support and encouragement to patients going through what we have experienced sometime in the past.

As is my recent custom, here are a few from the *Jersey Devil*, with their permission, of course:

Stock market report: Helium was up, feathers were down, paper was stationary, cows steered into a bull market, diapers remained unchanged, and Scott Tissue touched a new bottom.

There are much more important things than money; the trouble is they all cost money.

Teacher: Edgar, how do you spell crocodile?

Edgar: K-R-O-K-O-D-I-A-L.

Teacher: No, that's incorrect.

Edgar: Maybe it's wrong, but you asked me how I spell it!

My wife is such a dumb blonde. The other day she was at the mall and just as she was heading for our car, someone stole it! I said, "Did you get to see the guy that did it?" She said, "No, but I got the license plate number."

That's all, folks. Once more, be sure to take care of your heart so it can take care of you. God willing, I'll see you here again next month.

George Waterhouse

WELCOME NEW MEMBERS

To receive the most benefit from your membership, make it *YOUR* Mended Hearts chapter.

**Leonard Salzberg*

**Judi Sant*

**Doris & Billy Shelton*

HOSPITAL VISITING REPORT

During the month of January 2007, we recorded 150 hospital and telephone visits at Emory University Hospital, Crawford Long Hospital, Saint Joseph's Hospital, Atlanta Medical Center, Piedmont Hospital, Grady Hospital, and WellStar Kennestone Hospital.

MARCH CARDIO-VERSARIES

1979	Betty Pierce
1990	Hugh Weaver
1994	Alice Caldwell
1995	Johnnie Allen
1997	Dosh Jackson
1998	Vernon Darley
	John Crosbie
2000	Neal Barronton
2001	Rufus Moore
	David Scott
2002	Sara Hesterlee
	Robert Feeny
2003	Franka Austin
2006	Ruby North-Allen

LET'S VISIT AWHILE

We had a very successful reaccreditation/training session on Saturday, January 27. I would like to acknowledge some visitor recruits who attended: Ed and Elaine Henderson-Kennestone; Nancy Cox and Leonard Salzberg-Piedmont; and Chet Dettlinger-Saint Joseph's. We also welcome the return of Duncan McLaren from football refereeing, who will visit at Crawford Long until football season starts. We are so happy to have these new visitors.

Doug Steingraber and Herb and Dixie Jardine attended a meeting of the Piedmont satellite on

February 1. This meeting was centered on getting the visitor program going at Piedmont. We now have a plan!! I would like to thank Joann Gorrell, Director of Cardiac Rehab at Piedmont, for her perseverance in trying to establish the satellite and visiting program at Piedmont. Also a big thanks to James Hufham, who spoke as a satisfied visittee.

Things are looking up in the neighborhood!!

Herb Jardine

MEMBERS NOTE:

Our board meetings are routinely held on the second Tuesday of each month (except July) at 10:30 a.m. at the Metro Office of the American Heart Association, 1101 Northchase Parkway, Marietta, GA.

You are always welcome to sit in.

SATELLITE MEETING INFO.....

Marietta Satellite

First Tuesday of the month – 7 p.m.

Kennestone Hospital Rehab Center (behind the hospital)

Call Doug Steingraber at 770-926-0157

Piedmont Satellite

First Thursday of the month – 5:30 p.m.

Call Erin Driscoll at 404-605-3176

WellStar Cobb Hospital — Rehab Center

First Thursday of the month – 7 p.m.

Call Marie Thomas-Stanley at 770-732-4129

Southern Regional Medical Center — Riverdale

Second Tuesday of the month – 7 p.m.

Education Building – Room A

Call Jan or Lewis Harris at 770-473-4725

MARIETTA SATELLITE MEETING

Doug Davis, Owner

White Oak Landscape Company, Inc.

will present

“How Does Your Garden Grow?”

at the next meeting.

AMERICAN HEART ASSOCIATION CONNECTIONS

AMERICAN HEART ASSOCIATION'S TOP 5 RESEARCH ADVANCES FOR 2006

DALLAS, Feb. 7 – New guidelines and a drug therapy for reducing the risk of a second stroke, as well as findings that support caution in taking certain medications that can have adverse affects are among the top 5 research advances in heart disease and stroke for 2006, said Raymond J. Gibbons, M.D., president of the American Heart Association.

Other major milestones include a study that shows balloon angioplasty plus stenting is not as effective when done more than three days after a heart attack and the successful use of mechanical heart assist pumps for children awaiting a heart transplant.

The American Heart Association's Top 5 list was created in 1996 and highlights the year's major gains in heart disease and stroke research.

Achievements in 2006 include:

1. High-Dose Atorvastatin after Stroke or Transient Ischemic Attack - SPARCL trial.

Treating people who have had one stroke with a statin called atorvastatin – a drug that reduces levels of bad cholesterol – soon after the stroke can reduce the risk that they will have a second stroke by 16 percent.

It is already known that when people with heart disease or who are at an increased risk of heart disease are given statin drugs to reduce cholesterol levels in the blood, the treatment also reduces the risk that they will have a stroke. This is the first study to demonstrate that treatment with a statin can reduce the risk of strokes in patients who have a history of stroke, but who have no known history of coronary heart disease.

The study, called the Stroke Prevention by Aggressive Reduction in Cholesterol Levels (SPARCL) trial, involved 4,731 people who had had a stroke or a mini-stroke known as a transient ischemic attack or TIA. The researchers say the findings are important because patients who have had a stroke are at much greater risk for suffering another one, yet treatment options to reduce their risk are limited.

Source: *The New England Journal of Medicine*, August 10, 2006. *N Engl J Med* 2006; 355(6):549-559. www.nejm.org.

Funding: This study was funded by Pfizer.

2. After a heart attack, use certain painkillers with caution. After a heart attack, patients may be at higher risk of death if they are treated with pain killers in a drug class known as COX-2 inhibitors or with high doses of other non-steroidal anti-inflammatory drugs (NSAIDs).

Danish researchers analyzed the occurrence of death or rehospitalization with another heart attack related to the

use of NSAIDs, including selective cyclo-oxygenase-2 (COX-2) inhibitors and non-selective non-aspirin NSAIDs, among heart attack survivors. Their analysis found that higher death rates were associated with taking any NSAID compared to patients not taking NSAIDs, and death rates were highest among those taking COX-2 drugs and high doses of non-selective NSAIDs. The results also indicated that a patient need not take NSAIDs for a long period of time to be at heightened risk.

Source: *Circulation*, June 19, 2006. *Circulation*. 2006; 114:1056-1062. <http://circ.ahajournals.org>.

Funding: The study was funded by a research fellowship from the Danish Heart Foundation and an independent research grant from the Danish Pharmaceutical Association.

3. Major congenital malformations after first-trimester exposure to ACE inhibitors. This study shows an increased risk of birth defects in women taking drugs called ACE inhibitors to control blood pressure in the first three months of pregnancy.

The percentage of infants exposed to ACE inhibitors during the first three months who had birth defects was 7.1 percent. The rate of defects in infants exposed to ACE inhibitors was 2.7 times greater than the rate in infants who were not exposed. The increase was mainly in the heart and central nervous system and brain.

The AHA recommends that women who are already taking ACE inhibitors avoid becoming pregnant while they are taking the medications and that women who may become pregnant discuss other options for controlling blood pressure with their physicians.

Source: *The New England Journal of Medicine*, June 8, 2006. *N Engl J Med* 2006; 354:2443-2451. www.nejm.org.

Funding: This study was supported in part by grants from the Food and Drug Administration and the Agency for Healthcare Research and Quality, Centers for Education and Research on Therapeutics.

4. Heart assist pump shows promise for children awaiting transplant. Ventricular assist devices (VADs) – mechanical pumps that keep the heart functioning for people awaiting donor hearts – may now be an option for children whose bodies are large enough to accommodate them.

Overall for the 10-year period of this study, 77 percent of children with VADs survived to transplantation. However, in the last three years of the study (2000-03), 85 percent survived to transplantation. Using mechanical intervention in more children will pay off in the ability to save the lives of children with advanced heart failure who now die waiting for a suitable donor.

Source: *Circulation*, May 15, 2006. *Circulation*. 2006; 113:2313-2319. <http://circ.ahajournals.org>.

Funding: This study was supported by grants from the National Heart, Lung and Blood Institute.

5. Late reperfusion fails to reduce cardiovascular complications – OAT. Balloon angioplasty plus stenting failed to reduce major cardiovascular complications in patients who had the procedure three to 28 days after a heart attack, according to results of the Occluded Artery Trial (OAT), a National Heart, Lung, and Blood Institute (NHLBI) funded international, randomized clinical study, the largest and longest study to compare very late reperfusion (reopening blocked arteries) to medication alone.

Results of the 2,166-patient trial found no reduction in major cardiovascular events over an average follow-up of three years and a signal of excess non-fatal heart attack when routine PCI was performed on stable patients who still have an occluded IRA following a heart attack. The findings could lead to lower rates of unnecessary coronary interventions in this specific group of stable patients, which should result in substantial healthcare cost savings. Early treatment of heart attacks remains a critically important therapy.

*Sherelle Waters
Health Integration Team, AHA*

MEDICINE & TECHNOLOGY

PARTNERSHIP ON CARDIAC SAFETY

The FDA has announced a partnership with Duke Clinical Research Institute (DCRI) to develop a new generation of tools to identify the potential effects that drugs and devices may have on the heart. The research will be conducted using a virtual electronic database of more than 200,000 electrocardiograms (ECGs) amassed by the agency from clinical trial data submitted as part of new drug applications.

The FDA and the DCRI are developing a consortium with members of academia, patient advocacy groups, other government and nonprofit organizations, and industry to coordinate and support a variety of research projects involving ECGs obtained in clinical trials.

Research shows that women are at higher risk of abnormal heartbeats (arrhythmias), but it is not known whether this difference in susceptibility is related to different responses to drugs. Among the first applied projects the consortium will address is a review of gender differences in the effects of drugs on the ECG. A second research project will evaluate current methods of measuring ECGs and develop criteria to determine the best method to be used in a particular research study.

In October 2005, the FDA and the DCRI cosponsored the first in a series of meetings on improving the evaluation of cardiac safety during product development. This partnership is part of the FDA's Critical Path

Initiative, an effort to modernize the drug development process.

NEW TREATMENT FOR DIABETES

The FDA has approved Januvia (sitagliptin phosphate) tablets, the first diabetes treatment approved in a new class of drugs, DPP-IV inhibitors, that enhances the body's own ability to lower elevated blood sugar.

Januvia was approved in October 2006 to improve blood sugar levels in people with type 2 diabetes. Januvia can be used alone or in combination with two other commonly prescribed oral diabetes medications, metformin or a peroxisome proliferator-activated receptor gamma (PPAR) agonist, when either of these drugs alone, along with diet and exercise, doesn't provide adequate blood sugar control.

Type 2 diabetes is the most common form of the disease, accounting for about 90 percent to 95 percent of all diagnosed cases of diabetes. In type 2 diabetes, the body does not produce enough insulin, or the cells ignore the insulin. Insulin is necessary to take sugar, the basic fuel for cells, from the blood into the cells. Over time, high blood sugar levels can increase the risk for serious complications, including heart disease, blindness, nerve damage, and kidney damage.

Januvia prolongs the activity of proteins that increase the release of insulin after blood sugar rises, such as after a meal. Januvia blocks an enzyme called dipeptidyl peptidase IV, or DPP-IV, which breaks down these proteins, leading to better blood sugar control.

Januvia was examined in 2,719 people with type 2 diabetes in studies lasting from 12 weeks to more than a year. The studies demonstrated improved blood sugar control when Januvia was used alone, or with metformin or a PPAR agonist in people whose blood sugar was not managed satisfactorily with either of these drugs.

The most common side effects in studies were upper respiratory tract infection, sore throat, and diarrhea.

Januvia is manufactured by Merck & Co. Inc. of Whitehouse Station, N.J.

*FDA Consumer Magazine
Contributed by Daryl Thompson, FDA (Ret.)*

SPECIAL GIFTS

When you want to celebrate a special occasion, remember a dear friend or family member, please consider making a memorial donation to our Mended Hearts, Chapter 81.

Your donation will help us reach out to more heart patients each month. It is tax deductible and will be acknowledged. See page 8 for the name and address of the treasurer.

NUTRITION NOTES

EATING APPLES PROTECTS YOUR MEMORY, HEART AND MORE

Chalk up another victory for Mom's "apple a day" advice.

While medical researchers spend their lives making discoveries that will improve our health, sometimes they discover that good food can be great medicine.

When it comes to apples, the good news gets better all the time. Apples can preserve memory and help to prevent asthma, cancer, diabetes, and heart disease.

Researchers at the University of Massachusetts Lowell say the big news about apples right now is its possible ability to keep Alzheimer's disease away.

Apples can increase production of the neurotransmitter acetylcholine, resulting in improved memory. Neurotransmitters are also vital for good health throughout the body. The UMass study mostly used apple juice.

Apples are the best source of quercetin, an antioxidant that protects brain cells against oxidative stress. This is a tissue-damaging process associated with Alzheimer's disease.

Drinking two cups of apple juice or eating three apples a day boosts production of quercetin. C.Y. Lee, professor and chairman of the Department of Food Science & Technology at Cornell University, says apples are among the best choices for fighting Alzheimer's.



Lee says people should eat more apples, especially fresh ones. Red Delicious has a very high antioxidant content. Be sure to eat the skin. It can have 6 times more antioxidants than the flesh.

Apples are well-known cancer fighters and heart protectors. They reduce risk of diabetes, asthma, and tooth loss.

No-Fuss Apple-Nut Salad

- ♥ Set out salad bowls for the number of salads you will make.
- ♥ Cut apples (with skins) into small chunks and drop into each bowl.
- ♥ Add chopped walnuts and tiny marshmallows, then mix.
- ♥ In a separate bowl or large cup, slightly thin fat-free mayo with a little milk and sweeten to taste with sugar or sweetener.
- ♥ Mix well, then pour onto the individual salads. Serve immediately.

OMEGA-3S GO INTO FOODS

Omega-3 fatty acids are known to reduce the risk of heart disease, Alzheimer's, and possibly other diseases. The American Heart association recommends them. But because omega-3 is found naturally only in fish such as salmon, and in nuts, and oils, it's difficult to get much omega-3 in your diet.

Food processors are changing that. Omega-3 is now the hottest food additive on the market. More than 250 different food products are now fortified with omega-3s. According to a HealthFocus USA Trend Survey, four in 10 adults are seeking more omega-3s in their diet.

Tropicana is the first orange juice to contain it. Unilever's I Can't Believe It's Not Butter has 400 milligrams of omega-3 per serving. Omega Farms adds omega-3 to milk, cheese, yogurt, and orange juice. Eggland's Best gives its hens feed that is high in omega-3s, resulting in 100 mg per egg for consumers.

Pet foods such as Iams and Eukanuba are fortified with omega-3s.

EASY STEPS TO BETTER HEALTH

Recommended by health writer Tara Parker-Pope, some of these ideas are not new, but put together, they can make a big difference in your weight and fitness level.

♥ Eat together at the table: People consume more when eating in front of the TV. And foods eaten "on the go" are generally higher in calories.

♥ Play with kids for at least 20 minutes a day. Ride a bike, jump rope, play touch football or soccer. Visit www.caloriecontrol.org/exercalc.html to find calories burned in various sports.

♥ Focus on favorite foods. Instead of trying to give up your favorites, eat smaller portions or switch to lower-fat versions. They can be just as good.

♥ Eat soup. "Volume" foods like soup leave you feeling full on fewer calories. Check The Volumetrics Eating Plan (Morrow Cookbooks) by Pennsylvania State University's Barbara Rolls.

♥ Eat at home. Restaurant food has more fat, calories, and sodium.

PAGES Editorial Service, Inc.

If you have suggestions for program topics or speakers, please contact Cathy Schmit. Her phone number and email address are shown on page 8.

THE VENT-RICLE

The avid golfer said to the dentist: "Doctor, I'm in one heck of a big hurry! I have two buddies sitting out in the car waiting for us to go play golf, so forget about the anesthetic and just pull the tooth and be done with it! I don't have time for the anesthetic to work."

The dentist thought to himself, "My goodness...this sure is a very brave man, asking to pull his tooth without a pain killer."

So the dentist asked him, "Which tooth is it, sir?"

The golfer turned to his wife and said, "Open your mouth, Honey, and show the doctor which tooth hurts."

Contributed by Herb Jardine

TOO MUCH FISHING

Saturday morning I got up early, put on my long johns, dressed quietly, made my lunch, grabbed my rod and vest, slipped quietly into the garage to load the truck, and proceeded to back out into a torrential downpour.

There was snow mixed with the rain, and the wind was blowing 50 mph. I pulled back into the garage, turned on the radio, and discovered that the weather would be bad throughout the day.

I went back into the house, quietly undressed, and slipped back into bed. There I cuddled up to my wife's back, now with a different anticipation and whispered, "The weather out there is terrible."

She sleepily replied, "Can you believe my stupid husband is out fishing in that mess?"

GRIEF AND SUFFERING

A dietitian was addressing a large audience in Chicago:

"The material we put into our stomachs is enough to have killed us. Red meat is awful. Soft drinks erode your stomach lining. Chinese food has MSG. And vegetables can be disastrous."

"But one thing is the most dangerous of all, and we all have eaten it or will eat it. What food causes the most grief and suffering for years after eating it?"

A 75-year-old in the front row stood up and said, "Wedding cake."

From PAGES Editorial Service, Inc.

DON'T CALL ME...

I dialed a number and got the following recording:

"I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I do not return your call, you are one of the changes."

A little boy got on the bus, sat next to a man reading a book, and noticed he had his collar on backwards. The little boy asked why he wore his collar that way.

The man, who was a priest, said, "I am a Father."

The little boy replied, "My daddy doesn't wear his collar like that."

The priest looked up from his book and answered, "I am the Father of many."

The boy said, "My dad has four boys, four girls and two grandchildren, and he doesn't wear his collar that way."

The priest, getting impatient, said, "I am the Father of hundreds," and went back to reading his book.

The little boy sat quietly thinking for a while, then leaned over and said, "Maybe you should wear your pants backwards instead of your collar."

The new supermarket near our house has an automatic water mister to keep the produce fresh. Just before it goes on, you hear the sound of distant thunder and smell the scent of fresh rain.

When you approach the milk cases, you hear cows mooing and experience the smell of fresh hay.



When you approach the egg case, you hear hens cluck and cackle, and the air is filled with the pleasing aroma of bacon and eggs frying.

The veggie department features the smell of fresh buttered corn.

I don't buy toilet paper there any more.

Contributed by John Crosbie

PREGNANT BLONDE

The other day my neighbor, who is blonde, came running up to me in the driveway just jumping for joy! I didn't know why she was jumping for joy but I thought, what the heck, and I starting jumping up and down along with her.

She said, "I have some really great news!"

I said, "Great. Tell me why you're so happy."

She stopped jumping and, breathing heavily from all the jumping up and down, told me that she was pregnant!

I knew that she had been trying for a while so I told her, "That's great! I couldn't be happier for you!"

Then she said, "There's more."

I asked, "What do you mean 'more'?"

She said, "Well, we are not having just one baby. We are going to have *twins!*"

Amazed at how she could know so soon after getting pregnant, I asked her how she knew.

She said, "That was the easy part. I went to Wal-Mart, and they actually had a home pregnancy kit in a twin-pack. Both tests came out positive!"

APPLICATION FOR MEMBERSHIP

We (I) would like to join Mended Hearts, Inc., Chapter #81

Atlanta or Satellite: Marietta Piedmont Southside

NAME _____

SPOUSE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ DATE OF BIRTH _____

DID YOU HAVE:

Bypass Surgery Balloon Pacemaker Heart Attack

Valve Surgery: Mitral Tricuspid Aortic Pulmonary

Other _____

New member family dues are \$32.00 and new member single dues are \$22.00.
Please make your check payable to:
The Mended Hearts, Inc., Chapter #81
Mail to: John Crosbie, Treasurer
3401 Winter Wood Court
Marietta, GA 30062-1247

RETIRED YES NO

DATE OF CARDIAC EVENT OR SURGERY: _____

TYPE OF MEMBERSHIP: FAMILY SINGLE

Membership covers a 12-month period from date of enrollment and includes:

- Insignia pin
- Chapter newsletter
- Subscription to quarterly national magazine, *Heartbeat*

Aorta Reporter

A copy of *Aorta Reporter* is mailed for three consecutive months following your hospital stay or referral as a heart patient. It is our way of keeping in touch while you continue to recuperate. We enjoyed meeting you and hope you received some comfort and encouragement from us. Having lived the same experiences, we are willing to take time out of our lives because we want to share our experiences in your recovery. As you become active again, you and your family are invited to attend our Atlanta Chapter #81 or any other chapter meetings as guests. In getting to know us, we hope you will decide to join us in helping each other. Our 7:30 p.m. meetings are the third Tuesday of each month.

Mended Hearts

Mended Hearts is a nationwide support organization, affiliated with the American Heart Association, for individuals with heart disease, including persons recovering from heart attacks or open-heart surgery. Members give hope and encouragement to others by providing living proof that persons with heart disease can lead full, productive lives. Family and friends are also welcome to attend the free monthly sessions. For information, call 678-385-2062 or your local American Heart Association.

**Visit Chapter #81 at
www.mendedheartatlanta.org**

**ATLANTA MENDED HEARTS, CHAPTER #81
678-385-2062**

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