



Summer/Fall Issue

Happy Labor Day

September/October 2024

**Mended Hearts of Southern Oregon meets monthly on the third Tuesday of each month from 5:30 p.m. to 7:00 p.m. at Asante Rogue Regional Medical Center Carpenter Room and through on-line with Zoom. We invite heart patients, families and caregivers to attend and meet others who have had similar struggles and experiences. Our meetings offer peer-to-peer support and educational speakers of interest.**

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### Understanding Atrial Fibrillation

Atrial Fibrillation (AFib) is a common heart condition characterized by an irregular and often rapid heart rate. This irregularity can lead to poor blood flow and increase the risk of stroke, heart failure, and other cardiovascular complications. According to the Centers for Disease Control and Prevention (CDC), an estimated 2.7 to 6.1 million people in the United States have AFib. The prevalence of AFib increases with age, affecting about 9 percent of people aged 65 and older.

One of the most pressing questions for those diagnosed with AFib is whether they can do anything to control this condition. While AFib can be unpredictable, there are several interventions and lifestyle changes that can help manage and potentially reduce episodes. Maintaining a healthy weight, engaging in regular physical activity, managing stress, and avoiding excessive alcohol and caffeine intake are all recommended. Additionally, controlling underlying conditions such as high blood pressure, diabetes, and sleep apnea can significantly reduce the frequency and severity of AFib episodes.

When it comes to treatment, several medications are commonly prescribed to manage AFib. These include anticoagulants (blood thinners) like warfarin and newer agents such as dabigatran, rivaroxaban, and apixaban. These drugs are crucial to reduce the risk of stroke, a serious complication of AFib. Antiarrhythmic medications, such as amiodarone, sotalol, and flecainide, are used to maintain a normal heart rhythm. Beta blockers and calcium channel blockers can help control the heart rate.

The safety and efficacy of these medications are well-documented, but they are not without risks. Anticoagulants, for instance, can increase the risk of bleeding. However, the stroke prevention benefits generally outweigh these risks for most patients. Antiarrhythmic drugs can have side effects ranging from mild to severe, including potential proarrhythmic effects, where the medication might cause other types of arrhythmias.

Effective management of AFib with these medications can improve quality of life, reduce the risk of complications, and potentially improve life expectancy. However, the overall impact on longevity varies depending on individual health factors and how well the condition is managed.

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**Mended Hearts Dues**

National dues can be paid at [www.mendedhearts.org](http://www.mendedhearts.org). Look for the Renew Membership tab after logging into the member’s page

**Join Mended Hearts Today**

Membership is about how you can help improve the lives of heart patients and their families, beginning with your own. To find out more, contact **Marlyn Taylor, Treasurer** (602) 568-8095

**“You Are Not Alone”**

Hope and encouragement are just a phone call away. If you or your family would like to talk with one of our Mended Hearts Visitors, please call **Mike Gary, Visiting Chair (541) 582-8070**.

# Prostate Cancer Awareness Month

## 10 things to know about prostate cancer

Prostate cancer is one of the most common types of cancers, but when detected early, it is also one of the most treatable. Here are some important facts that every man (and everyone who cares about one) should know:

1. Prostate cancer affects about one in eight men, and more than 175,000 men are diagnosed each year.
2. More than 30,000 men die from prostate cancer each year. In many cases, the disease is diagnosed at an advanced stage and is no longer treatable.
3. When detected early, prostate cancer is usually very treatable. The five-year survival rate for men diagnosed early is more than 99 percent.
4. Prostate cancer generally grows slowly, with no symptoms until the disease progresses into a more advanced stage.
5. At later stages, symptoms may include urinary obstruction, blood in urine or semen, and bone pain.
6. Prostate cancer risk increases with age. There are also several genetic risk factors, including a family history of prostate cancer, having a female family member with a history of breast or ovarian cancer, and having a family member who carries the BRCA mutation. Black men are also more likely to develop prostate cancer and die from the disease.
7. Most men can begin regular screening at age 50.
8. Screening usually includes a digital rectal examination and a blood test to measure prostate-specific antigens. An MRI machine may also be used in certain cases.
9. Prostate cancer is often treated with radiation therapy or surgery to remove the entire prostate. Some cancer is simply monitored over time.
10. Eat a healthy diet and exercise, manage your weight, avoid tobacco, and limit your consumption of charred red meat.

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## **FUN FACTS ABOUT SEPTEMBER**

- 1. September is the month spelled with the largest number of letters (9) and is the 9th month of the year.**
- 2. September is known as Harvest month and the Harvest moon for this September will be the fullest moon.**
- 3. September's birth month flowers are Aster and Morning Glory.**
- 4. September is named after the Roman god of the harvest, Ceres.**
- 5. September is National Recovery Month in the United States.**
- 6. September is National Happy Cat month**

**Board Members**

Carolyn Callahan

Jeff Roberts

Michelle Christensen

**Chairpersons****Visiting:** Mike Gary**Community Outreach:**

Vacant

**Follow UP Calls:** Vacant**Membership:** Vacant**Social Media:** Michelle Christensen**Social Events:** Carolyn Callahan**Web/ZOOM Coordinator:**

Jeff Roberts

**Fundraising:** Vacant**Chapter Newsletter**Editor: Debbie Gary/  
Bob Goldberg**That Cleans What?**

Skip the industrial products. In some cases, household items can do the trick

by Samantha Lande

**To Clean:** SOAP SCUM**Use:** GRAPEFRUIT (AND SALT)

Pour a layer of salt over a grapefruit. "Then rub the grapefruit on the affected areas. And you'll see the soap scum start to lift," says Kathy Cohoon of Two Maids & A Mop.

**To Clean:** A GARBAGE DISPOSAL**Use:** ICE CUBES

"These will remove any food scraps that are stuck under the disposal blades or impellers, as well as the grind chamber," Green Says. You should use just a handful; too many ice cubes can clog the drain.

**To Clean:** A COFFEE MAKER**Use:** DENTURE TABLETS

Fill the tank with warm water, then drop in and dissolve two tablets, says Leanne Stapf of the Cleaning Authority. Run through a regular cycle, then again using only warm water.

**To Clean:** RED WINE STAINS**Use:** WHITE WINE

As soon as possible, blot white wine onto the fabric to dilute the stain, then follow up with a clean, wet cloth to get out the rest. Be sure not to rub the stain into the fabric.

**To Clean:** CRAYON ON WALLS**Use:** MAYONNAISE

"Mayonnaise consists of oils that help break down the wax in crayons," says Stapf. "Apply a small amount on the stain and let it sit for a few minutes before wiping away with a damp microfiber cloth."

**Before Cleaning:** A MICROWAVE**Put:** DAMP SPONGES INSIDE

Run the microwave on high for one minute with a few sponges inside, Cohoon says. The moisture makes it easier to wipe down food splatters. Use the warmed sponges to wipe.

**To Clean:** PASTA SAUCE STAIN**Use:** LEMON

"Soak a cloth in cold water and blot," Stapf says. "Then grab a slice of lemon and rub it into the stain. Once the splatter seems mostly gone, pour on water to cover the area and blot again with a clean cloth"

**To Deep Clean:** A TOILET**Use:** Vinegar

"Pour a cup or two of white vinegar in the bowl and let it sit overnight," says Micheal Green of Benjamin Franklin Plumbing. In the morning use a toilet brush to scrub the bowl.

## Lemon Pepper Salmon

**3 Tbsp olive oil, plus more for grilling**

**3 Tbsp lemon juice**

**3 Tbsp lemon pepper seasoning, or to taste (the seasoning might be salty)**

**Salt, to taste (if seasoning doesn't contain salt)**

**6 to 8 oz. salmon fillets, about 1 inch thick**

Heat the grill to high heat (450 to 500 F). Brush the grate well and wipe with oiled paper towels until grate is black and glossy, 5 to 20 times, re-dipping towels in oil between applications.

Combine oil with lemon juice, lemon pepper seasoning and salt, if using. Brush the salmon with half of the lemon pepper sauce and place it on the hot grill. Sear until surface is firm and grill marks have formed. Once you place the fillet on the grill, don't move it until it is ready to flip. When the fish is about 70% done, about 6 minutes, it should release along the charred grill marks more easily without sticking. Slide a thin spatula, preferably a fish slice, between the fish and the grill to gently release any parts that might be sticking, and gently roll over to cook on the other side. Baste with the remaining lemon pepper sauce. Cook until the fish reaches 145F and flakes with a fork.

Makes 4 servings

**Tip:** Serve with grilled asparagus, peppers, carrots, zucchini or veggies of your choice

Costco Connection - July 2024

### Become a Monthly MHI Donor

We understand that making one-time, large donations isn't always an option for people, so we've made it easier to support MHI with our monthly donation program. If you donated \$10 a month for a year (the price of two or three cups of coffee) you could help us provide valuable materials and resources to the community, patient, families, chapters and groups. Many of the programs that people find most important - visitor training, database support, staff support, and Bravery Bags - are supported by donations that are made by community members like you. Please consider monthly donation today!



SCAN ME

<https://mendedhearts.org/#donate>

### Not A Member Yet?

Consider joining today and becoming involved in the mission and vision of Mended Hearts.

**Mission:** To inspire hope and improve the quality of life of heart patients and their families through ongoing peer-to-peer support, education, and advocacy. ©

**Vision:** To be the premier nationwide resource and peer-to-peer support network for all heart patients and their families affected by Heart Disease across the lifespan. ©

**Mended Hearts of  
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Chapter #137**

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**It's Great to Be Alive and Help  
Others**



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**Chapter Meetings**

In person meetings occur each month at Asante Rogue Regional Medical Center in the Carpenter room located on the ground floor.

We will also be providing the monthly meeting through Zoom for those who would like to attend the meeting while at home.

If you wish to continue attending our monthly meetings on line please make sure your email address is on file by emailing Debbie Gary at preschoolteach345@yahoo.com

**Future Meetings/Education**

**Sept.: Cariann Gebhard, Mercy Flights**  
**Topic: Tour of New Facility**

**Oct: TBA**  
**Topic:**

**Nov: TBA**  
**Topic:**



**Visiting Report**

During the months of July and August there were 75 in person visits made with patients of heart surgery and their family members at Asante Rogue Regional Medical Center

**GRANTS PASS MEETINGS**

Mended Hearts monthly meetings are now being held in **Grants Pass on the third Wednesday of each month at 3:00 p.m.** The meeting is being held at Three Rivers Cardiac Rehab.

**Any questions, please contact us at MHS0137@gmail.com**