



Winter Issue

Happy New Year

January/February 2025

Mended Hearts of Southern Oregon meets monthly on the third Tuesday of each month from 3:00 p.m. to 4:30 p.m. at The Smullin Center 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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UPDATE TO MONTHLY CHAPTER MEETINGS

Beginning January 2025, our monthly meetings will be held from 3:00 p.m. to 4:30 p.m. at the Smullin Center located next to the parking garage. We will continue to meet the third Tuesday of each month with a change in time and place.



Plant Power

Add more plant-based food to your meals

When cooking for better health, one food category consistently tops the list: plants. Plants fuel our bodies with vitamins, minerals and antioxidants that can help lower inflammation, boost productivity and mood, and fight diseases. Plants also add color, texture, moisture and depth of flavor-to-cooking. Yet, the thought of increasing the amount of plants in meals can feel daunting. By adopting a few new cooking strategies, it will soon be second nature.

Amp up leafy greens. Leafy greens are a verstaile , easy starting point. Saute spinach or swiss chard with onions and garlic for egg dishes. Place a handful of arugula on baked pizza. Add kale, collard or bok choy to soups, stews, stir-fries, pasta and grain dishes.

Broaden protein sources. Foods such as edamame, lentils, chickpeas, tofu, quinoa, nuts and seeds are terrific plant-based protein sources for any dietary approach. Incorporate them into burgers, soups, stews, pastas, salads and more to replace or supplement animal –based protein.

Choose veggie noodles or rice. Spiralized or riced vegetables provide a delightful twist on the usual. Make your own using fresh cauliflower, zucchini, squash or sweet potatoes. Or purchase ready-made or precut options to use in salads, or steam, sauté, stir-fry or roast in place of pasta or grains.

Don't forget fruit. Fruit possesses amazing sweetening and brightening powers. Include grapes, berries or grapefruit in salads. Nestle sliced avocado or pears into sandwiches. Add dried cranberries, apricots or raisins to oatmeal, stews and cheese trays. Bake apples for a comforting dessert.

Try Plant-based milk. Plant-based milks add a rich, creamy texture to many recipes. Replace heavy cream with an equal amount of unsweetened and unflavored oat, almond or coconut milk in sauces, oatmeal, rice or casseroles

Whether you're adding a plant-based ingredient to your meals a few times a week or every day, increasing the amount of plants in your cooking is within easy reach. Become a plant-based explorer in your kitchen.

Costco Connection—January 2025, page 67 by Susan Denzer

Mended Hearts Dues

National dues can be paid at 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**.

January is National Blood Donor Month

Blood banks begin search for donors

For children, January is a month for sledding and building snowmen. For blood banks it is a time of searching.

With snowstorms, holidays, increased illness and winter vacations, donations to the blood banks come up short every year.

It's one of the reasons that January has been designated National Blood Donor Month. With blood being required by a patient every two seconds and only about 3 percent of the population donating blood, the plea goes out for eligible donors to donate as often as possible.

A single donation of blood can save three lives.

Blood banks want prospective donors to know that donating is a very safe procedure. All materials involved are used only once and then discarded.

The process starts with registration, a health history is taken and a mini-physical is given. The actual donation takes about 10 minutes and equals approximately one pint of blood. Your body will normally replace the lost fluid within 24 hours.

The American Red Cross offers some tips to make donating a good experience.

Before going to donate, eat a good breakfast or lunch. Avoid fatty foods and eat iron-rich foods. Drink extra fluids to replace the fluid you will donate but avoid caffeine.

Be sure to wear clothes with sleeves that can be raised above the elbow.

Afterwards, eat the snack and drink provided. Over the next 24-48 hours, be sure to drink plenty of fluids.



National Mended Hearts Newsletter—January 2025

Could it be Sepsis—Continued from page 3

What's New with Diagnostics

Dr. Steven Simpson says new tests approved by the FDA can help medical providers diagnose sepsis faster and with more confidence in accurate results.

The underlying diagnostic principle behind some of the tests analyzes unique characteristics of white cells in the blood, while other lab tests search for inflammatory genes or analyze biomarkers often present during an extreme inflammatory response like sepsis.

Other test have been developed to distinguish bacterial pneumonia from other viral illnesses. This can help medical decision-making regarding antibiotic use.

Costco Connection—September 2024 page 60 by Jackie Duda

Board Members

Jeff Roberts

Michelle Christensen

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

Vacant

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

Jeff Roberts

Fundraising: Vacant**Chapter Newsletter**Editor: Debbie Gary/
Bob Goldberg**Could it be sepsis?****Understanding this serious and difficult-to-diagnose medical emergency**

Patients often report feeling taken by surprise by sepsis, which spreads quickly. One minute they feel well, the next, chaos erupts in the emergency room. North America experts insist that it's time to pay attention to this preventable condition.

What is sepsis—"Sepsis is the body's overwhelming response to an infection, where organs can be damaged and death may occur, and survivors can be left with long-term complications," says Costco member Dr. Cindy Hou, an infectious diseases doctor and chief medical officer of Sepsis Alliance, a nonprofit focused on advocacy and education. The flu, pneumonia, urinary tract infections and even dental infections can trigger sepsis. Even with treatment, 30% to 40% of patients who progress to septic shock die. Many deaths are preventable.

In the U.S., 1.7 million adults develop sepsis each year, resulting in 350,000 adult deaths and 6,800 pediatric deaths according to Costco member Dr. Niranjana Kissoon, a Vancouver-based pediatric emergency care specialist and president of Global Sepsis Alliance. "Sepsis is common, deadly and expensive," adds Costco member Tom Heymann, president and CEO of Sepsis Alliance.

Who is at risk? - Costco member Dr. Steven Simpson, a pulmonary and critical care specialist at the University of Kansas Medical Center and coauthor of the "Surviving Sepsis Campaign Guidelines," says those typically at risk are over 65 or under the age of 1. "Immunocompromised patients are vulnerable, such as cancer patients or transplant recipients, but anyone can get an infection at any time," Simpson says.

Prevention and Early detection—"Infection prevention is sepsis prevention," says Hou. Some of the best ways to prevent sepsis are practicing good hand-washing hygiene and food safety, staying up to date on vaccines and seeking medical care immediately if you're not feeling "right."

Sepsis Alliance uses the mnemonic T.I.M.E. to describe the most common symptoms: temperature (high or low), infection, mental decline and extreme illness. Diagnosis, however, is tricky in the early stages of sepsis, says Simpson. The signs of sepsis can mimic other illness, and doctors must work quickly to determine whether it's sepsis or not.

Diagnostics recently approved by the Food and Drug Administration may help physicians make a faster diagnosis. If not diagnosed in time, sepsis will rapidly progress to septic shock, when blood pressure plummets and lactate numbers in the lab work are high. Simpson adds the other red flags include resting pulse rate over 110 beats per minute and a respiratory rate over 30 breaths per minute.

Once sepsis is identified, doctors also need to know the type of infection causing it. They can't just administer any antibiotic.

Sepsis care requires a multi-disciplinary team of specialists to treat life-threatening complications such as respiratory and kidney failure. Ventilators are often used to provide breathing support, and some patients require emergency surgery to get rid of the source of the infection. Many spend weeks, even months, in the hospital. And the recovery can be brutal.

"Sepsis is a medical emergency that can be hiding in plain sight," says Heymann. "We need to be aware of sepsis, know the symptoms and act quickly to get care. If you're feeling extremely ill, Kissoon encourages asking your doctor to consider that it may be sepsis.

Post-sepsis syndrome—As many as 50% of sepsis survivors carry emotional and physical baggage with them post-discharge. Known as Post-sepsis syndrome, the symptoms may include extreme fatigue, pain, brain fog, cognitive issues, anxiety, depression, night-mares, PTSD and more. Post-sepsis syndrome can persist for months and even years, and many people believe they are alone in their experiences and that no one else understands. Many say that life is never the same after sepsis. Survivors can find hope in peer support groups through Sepsis Alliance Connect (sepsis.org).

White Bean and Tomato Bruschetta Salad

Calories 123 Per Serving

Protein 7g Per Serving

Fiber 5g Per Serving

Ingredients

- 2 small tomatoes (diced) or 16 oz. canned, no-salt-added, diced tomatoes (drained, rinsed)
- 1 clove fresh, minced garlic or 1 tsp. jarred, minced garlic
- 1 green onion (chopped, (green part only)
- 8 oz. canned, low-sodium white beans (such as Cannellini beans), drained, rinsed
- 2 Tbsp. fresh basil (chopped) or 1 tsp. dried basil
- 1 Tbsp. balsamic vinegar
- 2 tsp. extra virgin olive oil
- 1/8 tsp. black pepper (to taste)
- 1/4 cup low-moisture, part-skim, shredded mozzarella
- 4 cups mixed greens or arugula



Directions

1. Combine all ingredients except salad greens and marinate for 5-10 minutes.
2. Toss with salad greens. Serve chilled.

Recipe borrowed from <https://recipes.heart.org/en/recipes/white-bean-and-tomato-bruschetta-salad>

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 The Smullin Center located next to Asante Rogue Regional Medical Center. We also provide 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

Jan: TBA
Feb: TBA
March: TBA

Visiting Report

During the months of November and December there were 70 in person visits made with patients of heart surgery and their family members at Asante Rogue Regional Medical Center



The problem with getting old is that I'm starting to repeat even myself...

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 MHSO137@gmail.com