

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

Volume 23, Number 1

www.mendedhearts216.org

January 2013

FOR THE HEART PATIENT AND THEIR FAMILIES

Eat to Cure Diabetes – Steven Gundry M.D.



Dr. Gundry's insatiable curiosity and compassion for his fellow man have led him down a path of discovery that has literally ushered him back to the dawn of civilization. His belief in a fundamental theory about the way our brain computes and perceives our eating habits has resulted in his outlining a fool-proof system of eating that not only guarantees weight loss, it can reverse and or eradicate serious diseases such as high blood pressure and, in some cases, even cancer. As Dr. Gundry states in his book, he is in the "survival business". The crux of his method stems from his research that started years ago at Yale University - that our mind and body are locked into an eons-old "computer program" that is very fundamental, logical and, ultimately, easy to control. "Humans are members of the

great ape family," he explains, "and great apes are distinguished by having a universal shoulder joint. This allowed us access to hanging fruit that other animals could not get. These fruits appeared in summer and when we found them, we feasted upon them. The sugars in those fruits were converted into fat in our bodies that allowed us to survive winters when food was scarce. Today when we eat fruit year-round, drink sugary beverages and/or consume "wholesome" grain products, - all high sugar foods - they send a long-ago programmed signal to our brain that it's summer, we've hit the jackpot of a fruit tree and we would be crazy not to eat. The obesity epidemic today is a direct result of people eating the wrong foods as if they are in perpetual summer... accumulating fat for a winter that never comes."

Continued on page 6...

Don't forget the program starts at 7:00 pm, Wednesday Jan.16 at the Conference Center.

Come early for a seat as the program is always very popular and the public is invited.

Refreshments start at 6:30 pm.

Location:

Mission Hospital Conference Center
26726 Crown Valley Parkway
Mission Viejo, CA



"It's great to be alive - and to help others!"

Chapter 216 Board of Directors and Contacts

Officers

<i>President</i>	Fred Damiano	949-831-4181	fdamiano@mac.com
<i>Vice President</i>	Dennis Galloway	714-381-1906	
<i>Secretary</i>	Open		
<i>Treasurer</i>	Alex Neil	949-366-8477	ajneil@cox.net
<i>Membership</i>	Open		
<i>Sunshine</i>	Joyce Gordon	949-768-3063	
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<i>Visitors Chair</i>	Barbara Lane	949-859-3400	bandbofmv@cox.net
<i>Visitor Co-Chair</i>	Dee Nangle	949-582-2719	
<i>V.P. Circulation</i>	Bob Lane	949-859-3400	
<i>Newsletter Editor</i>	Dave Lindsay	949-929-5227	socalcarculture@yahoo.com
<i>Member at Large</i>	Lonnie Camilleri	949-362-3944	
<i>Member at Large</i>	Marty Lipson	949-586-3596	
<i>Webmaster</i>	Jeff Gotro		www.mendedhearts216.org

Mission Hospital

Cardiac Nurse

<i>Secretary</i>	Helen Scotece	949-364-7755	hscotece@mhr.stjoe.org
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Regional Contacts

<i>Regional Director</i>	Patrick Farrent	irishrjf@comcast.net
<i>Assistant Regional Dir.</i>	Jeanee Varndell	mmjv@cox.net

National Headquarters

www.mendedhearts.org

Note to recent heart surgery patients and others considering membership:

We hope all of you who have undergone heart surgery or other heart procedures will seriously consider joining Mended Hearts. You will receive the next three issues of this newsletter to help you get acquainted with who we are and what we do. Of course you already know about our most important activity—visiting heart patients and their families before and immediately after surgery. We hope your Mended Hearts Visitor made a positive difference during your surgical experience. We invite you and your family to attend some of our upcoming monthly meetings (Third Wednesday each month, see page 1). We welcome you and your family as our guests and would enjoy having you join us as members (application, pg 11). We have shared a special experience, either as surgical patients or as caregivers and together we can smooth the path for each other and for those who follow down the same path in the future.

Visitors Report

December 2012

	<u>MO</u>	<u>YTD</u>
Hospital Visits	3	102
Phone Visits	4	29
Visitors	3	71
Visitors Trainees	0	0

Visitors: Dennis Galloway, Fred Damiano, Dee Nangle, Jim Waples, Ben Buchanan, Carolyn Mulcahy, Barb Lane, Darrell Schmidt

Visitors Coordinator for months as follows:

Jan.	Dee Nangle	949-582-2719
Feb.	Susan Goldberg	949-768-0913
Mar.	Barbara Lane	949-859-3400

Have a Happy & Healthy New Year!!

Barb Lane & Dee Nangle



President's Pulse

Can you believe it ? Another year has passed and WOW, what a year we had! Great speakers, and a wonderful Holiday Gala. Mark your calendars NOW for next year's Holiday Gala December 1st 2013. You won't want to Miss it!

Please join us in January as we begin our 24th year. Dr Gundry of the International Heart Lung Institute in Palm Springs and the Founder/Director of the Center for Restorative Medicine in Palm Springs and Santa Barbara. The Title of his talk is "Eat To Cure Diabetes."

Dr Gundry, is driving down from Palm Springs to be our Speaker. Thanks to Dennis Galloway.
IT WILL BE A VERY INFORMATIVE EVENING. DON'T MISS IT

My son is getting married on January 16th in Hawaii, so I will be sitting on the beach thinking of all of you.
God Bless

Fred

Our Mission " Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support."



Do you have anxiety, depression, or just want to talk to others with similar heart problems?

Every third Wednesday of the month, at 5:30 PM, the Cardiac Patient Discussion Group meets in the Conference Center with Carol and her staff prior to the regular Mended Hearts meeting. The group discussion is for all new patients and all others who are interested in finding out more about life with heart disease. Come and join the group, it's interesting and enjoyable. There is no cost and no tests just good discussions.

Riders & Drivers Needed

Mended Hearts is organizing a Ride-Share program for our members that are unable to drive to our meetings.



We would like to match those individuals with someone in their area that can provide a ride to the meeting and back.

Please let us know if you need a ride, or if you are able to provide a ride.

Call Jeannine at 949-240-0530 with questions, and to sign up for the program.

We will also have a sign-up sheet available at our next meeting.

Members Page - December 2012

Chapter 216 Membership - 281

Birthdays—December

Carl J. Sabatino	12-1
Graciela Belletti	12-4
Richard Bondurant	12-8
Dave McCoy	12-9
Richard Kramer	12-10
Peter Palumbo	12-13
John Gordon	12-14
Arnold Wessman	12-15
Nadine Cardello	12-17
Thomas Martin	12-23
Connie Van Leeuwen	12-24
Janet Burgus	12-25
Bill Dye	12-26
Sean Browne	12-29

New Members

Tony Samanich

Always looking to grow our family, Mended Hearts welcomes you to join our cause. You'll be able to make a difference in a patient's recovery and outlook on life, as well as interact with other members through local chapter meetings, volunteer opportunities and special events.

Your application is on page 10 of this newsletter, fill it out and join today!

Mendiversaries—December

Peter Greco	12/22/1989
Ronald Reeves	12/23/1993
Bernd Leumer	12/21/1996
Peter J. Gobbo	12/10/1999
Richard F. John	12/20/1999
Bill Dye	12/12/2006
Sean Browne	12/13/2006
John Cox	12/04/2007
Antonio Presutto	12/03/2009
Peter Palumbo	12/16/2009
John A. Lore	12/20/2009
Linda Haslinger	12/22/2010

Have an inspirational story to share?

We are looking for a few inspirational stories for the Ticker Talker. If you have a story you would like to share, please submit it by email to: nurturelactation@cox.net

Or mail it to :
Jeannine Leaper
P.O. Box 2117
Capistrano Beach, CA 92624



We have limited space, so please restrict your submission to 1/2 page. Those stories that meet our criteria will be edited and published in the Ticker Talker (print and online versions).



If we missed your mendiversary or birthday and would like it included in the Ticker Talker please email it to: socalcarculture@yahoo.com

Members Page - January 2013

Chapter 216 Membership - 282

Birthdays—January

Robert Wegner	1-5
James Condor	1-11
Peter J. Gobbo	1-11
Chip De Son	1-12
J. Micheal Healion	1-12
Larry Ryan	1-12
Jeannine Leaper	1-13
Alfred Bauer	1-14
Anthony Cristian	1-17
Peter Greco	1-23
David Lazzara	1-23
Y. P. Tang	1-30

New Members

Jean Cogan

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Mendiversaries—January

Bessie Roussakis	01/01/1951
Lewis Einbund	01/15/1996
Susan Goldberg	01/09/1998
Westley Bryson	01/02/1999
Anthony Marotti	01/06/1999
Roger Francerschi	01/01/2000
Raymond Mistro	01/17/2000
John P. Smith	01/17/2002
Robert Crittendon	01/09/2003
Joseph Nishimura	01/20/2003
Barbara Brickley	01/27/2003
Judy Starr	01/01/2005
Edward C. Kurt	01/21/2005
Florence Manarino	01/01/2009
Pearl Screeton	01/01/2009
Scott Neiman	01/10/2009
Jim Beverly	01/11/2010
Terry Walsh	01/10/2011

Chapter 216 Meetings 2013 Meeting Schedule

January 16 Eat to Cure Diabetes

February 20 Doctor's Roundtable

Mission Hospital Conference Center
26726 Crown Valley Parkway
Mission Viejo, CA

Meetings start at 7 PM



If we missed your mendiversary or birthday and would like it included in the Ticker Talker please email it to: socalcarculture@yahoo.com

Eat to Cure Diabetes – Steven Gundry M.D.

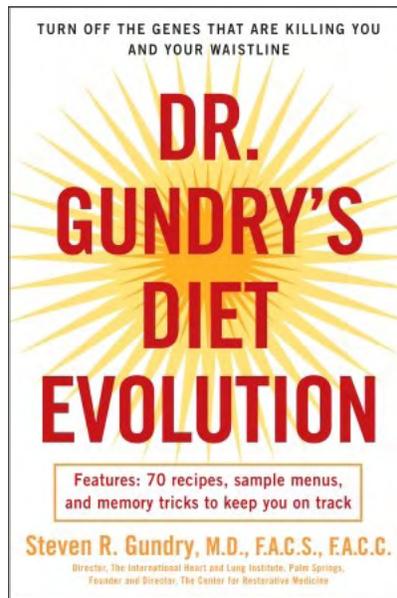
Continued from page 1...

Gundry's inclination for restoration was called upon early in his medical career. While studying in a prestigious training program at the University of Michigan, Gundry slipped and broke his right wrist while running to help a woman having an asthma attack. He was told he would never operate again! Unfazed, Gundry simply trained himself to operate with his left hand. "There was a program at the National Institutes of Health (NIH) run by Dr. Andrew G Morrow," Gundry says. "He took men and women out of General Surgery residency for two years, and trained them to be heart surgeons and to do heart surgery research. By my second year of residency, I had written more papers than any previous resident at Michigan. I'd done so much research at NIH that I convinced them to give me a research lab at the University of Michigan while I was still a resident. Every rotation I did, I would investigate something about that subject, whether or not it was what I eventually wanted to do. I just wanted to try everything."

Dr. Gundry has gone on to be internationally recognized as an inventor, researcher and one of "America's Top Doctors." Dr. Gundry's accomplishments in areas like robotic assisted heart surgery, congenital heart surgery, heart transplantation, cardioplegia catheters, minimally invasive valve surgery, mechanical support devices for the failing heart and reanimation of "dead" hearts have contributed greatly to advancements in cardiac care. He's been the Head of the Division of Cardiothoracic Surgery, Medical Director of Adult and Pediatric Cardiac Surgical ICU's, and Program Director of the Cardiothoracic Residency Program at Loma Linda University School of Medicine while continuing his numerous research projects. He is also a founding board member of the Society of Minimally Invasive Cardiac Surgery. Dr. Gundry has written more than 200 arti-

cles and books about cardiac surgery, and the nutritional reversal of heart disease, high cholesterol, diabetes and hypertension.

Today Dr. Gundry is the Director of The International Heart and Lung Institute in Palm Springs, California, and the Founder/Director of The Center for Restorative Medicine in Palm Springs and Santa Barbara.



But he is destined to be known by everyday people outside his field as the author of the life-changing book

Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You – and Your Waistline – and Drop the Weight for Good.

Quite a mouthful, it is fast becoming the new Bible for smart eating...and its secrets extend far beyond what people believe is the obvious.

Dr. Gundry lives with his wife, Penny, and their four dogs in Palm Springs and Montecito, California. He has two grown daughters, who live nearby.

More on Dr. Gundry on his website

<http://www.drgundry.com/>

High-Fructose Corn Syrup Linked to Diabetes

Countries that mix high-fructose corn syrup into processed foods and soft drinks have higher rates of diabetes than countries that don't use the sweetener, a new study shows.

In a study published in the journal *Global Health*, researchers compared the average availability of high-fructose corn syrup to rates of diabetes in 43 countries.

About half the countries in the study had little or no high-fructose corn syrup in their food supply. In the other 20 countries, high-fructose corn syrup in foods ranged from about a pound a year per person in Germany to about 55 pounds each year per person in the United States.

The researchers found that countries using high-fructose corn syrup had rates of diabetes that were about 20% higher than countries that didn't mix the sweetener into foods. Those differences remained even after researchers took into account data for differences in body size, population, and wealth.

But couldn't that mean that people in countries that used more high-fructose corn syrup were just eating more sugar or more total calories?

The researchers say no: There were no overall differences in total sugars or total calories between countries that did and didn't use high-fructose corn syrup, suggesting that there's an independent relationship between high-fructose corn syrup and diabetes.

"It raises a lot of questions about fructose," says researcher Michael I. Goran, PhD, co-director of the Diabetes and Obesity Research Institute at the Keck School of Medicine at the University of Southern California, in Los Angeles. Although the study found an association, it doesn't establish a cause/effect relationship.

The Industry Responds

Not everyone is convinced.

Audrae Erickson is president of the Corn Refiners Association, an industry group that recently petitioned the FDA to change the name corn syrup to corn sugar on ingredient lists.

"Just because an ingredient is available in a nation's diet does not mean it is uniquely the cause of a disease," she says in a prepared statement.

"There is broad scientific consensus that table sugar and high-fructose corn syrup are nutritionally and metabolically equivalent," Erickson says.

"It is, therefore, highly dubious ... without any human studies demonstrating a meaningful nutritional difference between high-fructose corn syrup and sugar -- to point an accusatory finger at one and not the other," she says.

On that point, nutritionists who were not involved in the research think the corn industry is right.

Marion Nestle, PhD, MPH, professor of food, nutrition studies, and public health at New York University, says the study "is based on a questionable and highly debatable premise: that high-fructose corn syrup is significantly different in its physiological effects from sucrose, or table sugar."

Both table sugar and high-fructose corn syrup are a mixture of two simple sugars -- fructose and glucose.

Nestle says studies show that the body responds to table sugar and high-fructose corn syrup the same way.

The bottom line, she says, is that too much of any kind of sugar isn't healthy, no matter where it comes from.

It's More Complicated?

But Goran says the problem is more complex.

There's some scientific evidence that the body treats fructose differently than glucose. Table sugar is about half fructose and half glucose. The percentage of fructose in high-fructose corn syrup isn't disclosed on food labels, but it's thought to range from 42% to 55%. But it may be even higher than that. In a study published in 2011 in the journal *Obesity*, Goran found the percentage of fructose in drinks sweetened with high-fructose corn syrup ranged from 47% to 65%.

"I know there's a lot of consumer confusion about fructose: It's a fruit sugar; it's healthy; it's already in sugar," he says. But, again, it's not that simple.

Goran thinks there's a big difference between fructose in fruit - where it's paired with fiber, which slows down its absorption -- and fructose that's refined into syrup.

"There are lots of other aspects of the way fructose is handled by the body which are different than glucose that make it metabolically dangerous for the body," he says.

Nov. 27, 2012

By Brenda Goodman, MA Web MD Medical News

Reviewed by Louise Chang MD

2012 Gala



See all the pictures on our website... <http://mendedhearts216.org/>





Heart Healthy Recipe for January

If you have a Heart Healthy Recipe that you would like to share please email it to us at socalcarculture@yahoo.com

Black Bean Smothered Sweet Potatoes

Description

For a quick and satisfying last-minute supper, it's hard to beat a sweet potato zapped in the microwave. The fragrant filling of beans and tomato adds protein, making it a nutritionally complete entree. Be sure to eat the potato skin; it's full of fiber.

Ingredients

- 2 medium sweet potatoes
- 1 15-ounce can black beans, rinsed
- 1 medium tomato, diced
- 2 teaspoons extra-virgin olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon salt
- 2 tablespoons reduced-fat sour cream
- 2 tablespoons chopped fresh cilantro



Cooking Instructions

Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 12 to 15 minutes. (Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.)

Meanwhile, combine beans, tomato, oil, cumin, coriander and salt in a medium microwave-safe bowl; microwave on High until just heated through, 2 to 3 minutes. (Alternatively, heat in a small saucepan over medium heat.)

When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.

Serves 2 - Prep Time 20 minutes

Color version of the Ticker Talker is available to all with an email address!

This newsletter is available as a pdf file, in color every month, to sign up simply send your name and email address to the editor at socalcarculture@yahoo.com and you will be added to the list. PDF files are viewable on either Mac or PC computers and the free reader is available at <http://get.adobe.com/reader/>

The newsletter is also on our website... www.mendedhearts216.org



The Mended Hearts, Inc. Chapter 216

Membership Application

Mended Hearts is a national nonprofit organization that has been offering the gift of hope to heart disease patients, their families and caregivers since 1951. Recognized for its role in facilitating a positive patient-care experience, Mended Hearts partners with over 460 hospitals and rehabilitation clinics and offers services to heart patients through hospital visiting programs, support group meetings and educational forums. Our mission is to “inspire hope in heart disease patients and their families.”

Please Print: _____ Date _____

Name _____ Spouse _____

Address: _____ City: _____ Zip: _____

Home phone _____ Cell phone _____ E-mail _____

If interested in receiving the newsletter electronically, please provide e-mail

Birthday (dd/mm) _____ Episode/Surgery date dd/mm/yy) _____

Physician/Surgeon _____

Type of procedure: STENT (PCI) _____ MI (Myocardial Infarction) _____ BYPASS _____
 HEART VALVE _____ TRANSPLANT _____ ANEURYSM _____
 ATRIAL SEPTICAL DEFECT _____ PACEMAKER/ICD _____

Hobbies & Interests: _____

I wish to volunteer to assist the Chapter in these areas:

Visiting Patients _____ Telephoning _____ Other (describe) _____

	Individual	Family
Dues: Initial, Annual, National & Chapter Dues	\$25	\$32
Life membership, National & Chapter	\$225	\$335
<i>I wish to donate to defray Special Projects</i>		
<i>And Newsletter Expenses: \$ _____</i>		

Membership fees include both Chapter and National dues.

Return the completed application with check to: Mended Hearts, Inc Chapter 216, c/o Mission Hospital, Cardiopulmonary Rehab Center, 26732 Crown Valley Parkway, Suite 281, Mission Viejo, CA 92691

Annual billings will be from the National Office located in Dallas, Texas.

Billings will be on the anniversary of joining.



Ticker Talker

Mission Hospital Cardiac Rehab Center
26732 Crown Valley Parkway, Suite 281
Mission Viejo, CA 92691

Return Service Requested
Dated Material

The purpose of this organization is to offer help, support and encouragement to heart patients and their families and to achieve this objective in the following manner:

1. To visit with physician approval, and to offer encouragement to disease patients and their families.
2. To distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families.
3. To establish and maintain a program of assistance to physicians, nurses, medical professionals, and healthcare organizations in education and research activities pertaining to heart disease.
4. To cooperate with other organizations in education and research activities pertaining to heart disease.
5. To assist established heart disease rehabilitation programs for members and their families.
6. To plan and conduct suitable programs of social and educational interest for members and for heart disease patients and their families.

