

October, 2024



Mended Hearts[®]
of Atlanta

<https://mendedhearts81.com>

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AORTA REPORTER

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October Chat MEETING

Thursday, October
10th
7:00 P.M.

Zoom Meeting Details Pg. 6

MENDED HEARTS, INC.
FOUNDED 1951

ATLANTA CHAPTER #81
CHARTERED 1973

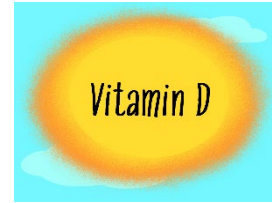
HOSPITAL VISITING REPORT

We continue to visit at Hospitals and welcome additional Accredited Visitors to help recent cardiac patients. MHI-81 sees some 60 people each month during hospital visits. We need assistance from people who are willing to make phone calls also.



"It's a conflict between your hardware and your software. Your cauldron won't support Eye Of Newt 3.0."

NUTRITION NOTES



Do You Get Enough Vitamin D?

When the weather cools down, your urge to curl up inside until spring might ramp up. And while cozy days indoors might sometimes be a truly sublime pleasure, an unexpected complication may arise in regions with cold and gray winters: vitamin D deficiency.

Also called the sunshine vitamin, vitamin D is synthesized in the skin after exposure to ultraviolet B rays and is essential for calcium absorption and maintaining strong bones. Vitamin D deficiency can lead to weaker bones and is associated with a number of adverse effects including increased inflammation, increased risk of autoimmune disease, and decreased cognitive function. During the summer, most healthy people can produce sufficient vitamin D through a modest amount of sun exposure -- five to 10 minutes at midday for several days each week for people with fair skin, and longer periods for people with darker skin.

In much of the U.S., however, winter sunlight is too weak to spur vitamin D synthesis, which can lead to deficiencies. According to Nebraska Medicine, nearly 1 in 4 U.S. adults are low in vitamin D, and the condition has become more common in recent years. Symptoms may include fatigue, poor sleep, bone pain, feeling depressed or sad, hair loss, muscle weakness, loss of appetite, frequent illness, and paler skin. If you notice these symptoms, contact your doctor -- they can measure your vitamin D levels with a simple blood test.

Fortunately, vitamin D deficiency is easily remedied with appropriate foods and vitamin supplements. Certain fish (like salmon and sardines) are naturally high in vitamin D, as well as egg yolks and beef liver. Many other foods, like milk and breakfast cereals, are enriched with additional vitamin D.

Vitamin D supplements come in two forms, D2 and D3. Several studies have shown that D3 raises vitamin D levels more effectively, and many physicians recommend it for this reason. For young adults, the recommended dietary allowance of vitamin D is 600 international units. Your physician can recommend an appropriate dosage for you.

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CORNER PHARMACY



Tamoxifen and Raloxifene for Lowering Breast Cancer Risk

Tamoxifen and raloxifene have been shown to reduce the risk of breast cancer in women with a higher-than-average risk, but these drugs can have their own risks and side effects.

Tamoxifen and raloxifene are the only drugs approved in the US to help lower the risk of breast cancer, although for some women, other drugs called [aromatase inhibitors](#) might be an option as well.

What kind of drugs are tamoxifen and raloxifene?

Both of these drugs are **selective estrogen receptor modulators (SERMs)**. This means that they act against (or block) estrogen (a female hormone) in some tissues of the body, but act like estrogen in others. Estrogen can fuel the growth of breast cancer cells. Both of these drugs block estrogen in breast cells, which is why they can be useful in lowering breast cancer risk.

These drugs are used more often for other reasons.

- Tamoxifen is used mainly to treat [hormone receptor-positive breast cancer](#) (breast cancer with cells that have estrogen and/or progesterone receptors on them).
- Raloxifene is used mostly to prevent and treat osteoporosis (very weak bones) in post-menopausal women.

When used to lower the risk of breast cancer, these drugs are typically taken for 5 years. Both drugs are pills taken once a day. Tamoxifen also comes in a liquid form.

How much do these drugs lower the risk of breast cancer?

The effect of these drugs on breast cancer risk has varied in different studies. When the results of all the studies are taken together, the overall reduction in risk for these drugs is about 40% (more than a third).

What would this mean for me?

Although a medicine that cuts your risk by about 40% sounds like it must be a good thing, what it means for you depends on how high your risk is in the first place (your baseline risk).

For example, if you had a 5% risk of getting breast cancer in the next 5 years, you would be considered at increased risk. A 5% risk would mean that over the next 5 years, 5 of 100 women with your risk would be expected to get breast cancer. A 40% reduction in your risk would mean your risk goes down to 3%. This would be a 2% change overall. Your doctor can

estimate your breast cancer risk based on factors like your age, medical history, and family history. This can help you see how much benefit you might get from taking one of these drugs.

Are there other benefits to taking these drugs?

Both tamoxifen and raloxifene can **help prevent osteoporosis**, a severe weakening of the bones that can increase the risk of bone fractures and is more common after menopause.

What are the main risks and side effects of taking these drugs?

Menopausal symptoms:

The most common side effects of these drugs are symptoms of menopause. These include hot flashes and night sweats. Tamoxifen can also cause vaginal dryness and vaginal discharge. Pre-menopausal women taking tamoxifen can have menstrual changes. Menstrual periods can become irregular or even stop. Although periods often start again after the drug is stopped, they don't always, and some women go into menopause. Other, more serious side effects are rare. These include serious blood clots and cancer of the uterus.

Blood clots:

Both tamoxifen and raloxifene increase your risk of developing blood clots in a vein in your leg (deep venous thrombosis) or in your lungs (pulmonary embolism). These clots can sometimes cause serious problems, and even death. In the major studies looking at these drugs for breast cancer prevention, the overall risk of these blood clots over 5 years of treatment was less than 1%. This risk could be higher if you had a serious blood clot in the past, so these drugs are generally not recommended to lower breast cancer risk for anyone with a history of blood clots.

Because these drugs increase your risk of developing serious blood clots, there is also concern that they might also increase your risk of heart attack or stroke, although this is not clear. You might want to discuss this with your doctor, especially if you have a history of a heart attack or stroke, or if you are at increased risk for them. (See [Deciding Whether to Use Medicine to Reduce Breast Cancer Risk.](#))

Cancers of the uterus:

Because **tamoxifen** acts like estrogen in the uterus, it can increase your risk of cancers of the uterus, including [endometrial cancer](#) and [uterine sarcoma](#). It's also linked to a higher risk of endometrial pre-cancers. The increased risk seems to affect women over 50, but not younger women.

The overall increase in the risk of uterine cancer with tamoxifen use is low (less than 1%), and it goes back to normal within a few years of stopping the drug.

If you have had a hysterectomy (surgery to remove the uterus), you are not at risk for endometrial cancer or uterine sarcoma and do not have to worry about these cancers.

[Breast Cancer Risk Factors and Prevention Methods | American Cancer Society](#)

HEARTS AND MIND MATTERS



GOOD MOODS AND BAD MOODS ARE CONTAGIOUS!

You try to avoid picking up germs from someone who is coughing, but when you encounter a person in a bad mood, you can just as easily pick up their cranky germs. Moods are contagious.

It's easy to catch a good mood. When you're at work and coworkers have good news about something or someone, they want to share with you. They seem excited as they tell the good news. Everyone is in a better mood.

The contagious quality of mood and emotion has been one of the most widely studied of all the different forms of contagion. Without consciously trying, people are extremely good at picking up on others' negative or positive emotions, according to the Association for Psychological Science.

They call the situation "emotional contagion." The first step involves unconscious copying of facial expressions. Seeing a smile makes you smile. Seeing a frown makes you more likely to frown.

If you're both frowning, maybe you'll start to feel bad too. You may share emotions and experiences until you are both in the same mood.

Mood copying is common when you're in frequent contact with others. When a friend or co-worker is in a mood, it's more likely that you'll catch it than if you're dealing with a stranger.

Marriage researchers at the University of California Los Angeles found that husbands experienced lower marital satisfaction when their wives reported higher stress. Wives were less affected by their husbands' stress levels.

Studies emphasize the importance of choosing friends wisely. People who are positive and upbeat can make you feel the same way. <https://pagesmag.com>

HEARTS AND MIND MATTERS



THINK AHEAD -- FAR AHEAD

Consider all the small steps you take to get from home to office, office to meeting. Now think of all the steps you took that made those small steps possible.

Life is a chain of small actions. You have to think ahead -- farther ahead than you might imagine.

If you want to be healthy and happy at age 70, what you do now counts.

By the time you reach 70, your birth family might be gone, and many friends will be too. You'll need money, a healthy body, and a close circle of people.

Finances are a crucial element. Saving small amounts regularly over your working life adds up to big security and flexibility in old age. You will need it.

For a healthy body, exercise throughout life. One finding from the Harvard School of Medicine shows that people who regularly engaged in physical activity during middle age are more likely to be in better health at age 70 and well beyond.

When your birth family is gone and the number of surviving friends dwindles, you'll need lasting relationships. Double Income No Kids sounds great at 30, but it's a recipe for loneliness and solitude at 70. If your partner arrives at age 70 with you (and that's not guaranteed), you'll still need more than just one close relationship to navigate aging. Your circle of friends today may not be around 40 years from now. Family probably will, although nothing is guaranteed.

The key is to strive to create and maintain relationships throughout life. Create a family. Reach out regularly to friends. Join organizations or churches where you can build new relationships.

<https://pagesmag.com>

THE LAST WORD:

Had YOUR FLU SHOT YET?

Humor is a good way to be healthy.

Doctor: Relax, David. It's just a small surgery, don't panic.

Me: But my name isn't David.

Doctor: I know. I'm David.

I went to the beekeeper to get 12 bees. He counted and gave me 13. "Sir, you gave me an extra". "That's a freebie."

I **don't want to brag**, but I finished the jigsaw puzzle in a week....

....and it said 2-4 years on the box.

Genie: I shall grant you 3 wishes.

Me: I wish for a world without lawyers.

Genie: Done, you have no more wishes.

Me: But you said 3?

Genie: Sue me.

Put a smile on your face!

THANK YOU SPONSORS!



**Oct. 4th
Animal Day**



**Oct. 11th
Yom
Kippur**



June 19th



Mended Hearts™
Atlanta Chapter 81

You can help yourself and others:

Your experience is a vital testament in helping others who are on a similar journey.

Don't hide that gift, but contact us for more information.

Please visit our website <https://mendedhearts81.com> for the Zoom link. We use the same Zoom Link for our "CHAT" on the 2nd Thursday of the month and it is always on the website.

HOW TO ACCESS THE MONTHLY ZOOM MEETING

ZOOM MEETING LINK:
<https://us02web.zoom.us/j/86950770618?pwd=ZGZqanpnZUVBa25xN1BCVmszeE00QT09>

MEETING ID: 869 5077 0618
PASSCODE: 974721

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(Meeting ID and Passcode the same for dial or accessing directly through the provided link)



“Change of pace. I went as crackers last Halloween.”

JOIN US

[Membership - Mended Hearts](#)

The greatest gift you have is giving of your time in volunteering to help others. Your volunteer assistance is recognized for the asset it is by those we touch.

From a Mended Heart,

Harry Abrams
President



Mended Hearts®
of Atlanta