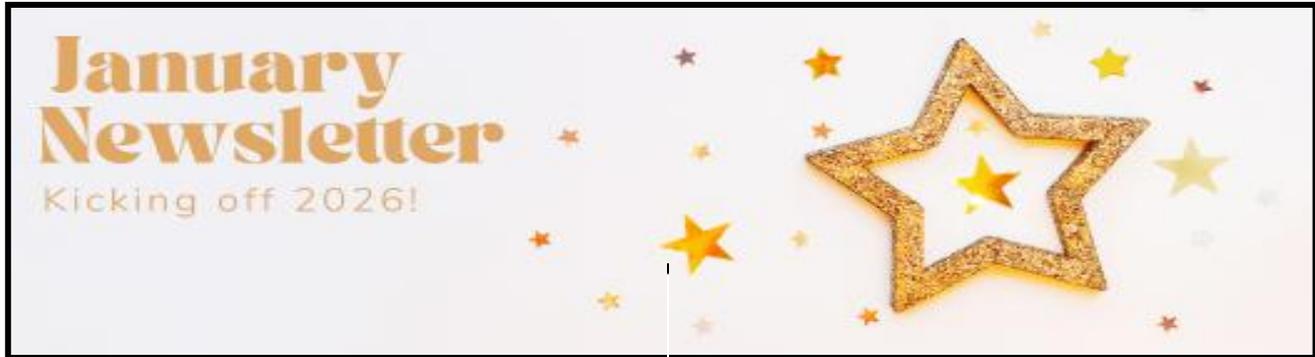




The Mended Hearts, Inc.

Chapter Newsletter



'Heart percentile' calculator forecasts 30-year heart disease risk

A new online calculator helps adults assess and understand their long-term risk of developing heart disease. According to NBC News, Northwestern Medicine developed the calculator to follow the American Heart Association's widely accepted PREVENT equations to calculate risk for adults aged 30 to 59. According to Northwestern, the tool is designed to encourage discussions between patients and providers. If you would like to use the calculator follow this link <https://www.nm.org/healthbeat/healthy-tips/how-old-is-your-heart>

January is National Glaucoma Awareness Month

You may have heard glaucoma called "the sneak thief of sight." That's because it often has no symptoms until it has progressed to advanced stages, where vision loss may be irreversible.

As the leading cause of irreversible blindness worldwide, glaucoma remains a major public health concern, particularly as populations age and access to care varies globally. This January, organizations like the National Eye Institute (NEI) and Prevent Blindness are emphasizing the 2025 theme "See the Future Clearly," urging early detection through dilated eye exams to protect vision.

Today, more than 3 million Americans are affected, with about 2.7 million of them aged 40 and older—though half remain undiagnosed. Globally, around 80 million people live with the condition, and projections indicate it will impact 111.8 million by 2040, disproportionately in Asia and Africa due to aging demographics and limited screening. In the U.S., glaucoma causes about 120,000 cases of blindness, with rates 6–8 times higher among African Americans than Caucasians.

The cornerstone of glaucoma management hasn't changed: regular comprehensive eye exams with dilation. The American Academy of Ophthalmology (AAO) now recommends baseline screening at age 40 for all adults, or earlier (starting at 20) for high-risk groups, with follow-ups every 1–2 years based on individual factors. Most optometrists and ophthalmologists incorporate eye pressure measurement, optic nerve imaging, and visual field testing as standard. If any red flags appear, immediate referral to an ophthalmologist is key. Early intervention can halt or slow progression in 90 percent of cases, preserving quality of life for driving, reading, and independence.

While the most common forms — primary open-angle glaucoma — still primarily affect those over 40, glaucoma strikes all ages, including about 1 in 10,000 newborns in the U.S. Pediatric screening is vital during routine vision checks, especially for eyeglass fittings. High-risk groups include:

Severe Nearsightedness (Myopia): High myopia increases optic nerve stress.

Diabetes: Poorly controlled blood sugar.

Elevated eye pressure

Other Emerging Factors: Low blood pressure, metabolic syndrome, CKD, corticosteroid use.



A simple test can save your sight!

Leg cramps can be Minimized

One unwelcome highlight of aging is leg cramps.



Nearly 60 percent of older adults report the plague.

There are several causes.

Dehydration and electrolyte imbalances are a prime cause, according to Health.com. Try bananas, avocados, sweet potatoes, white potatoes, spinach, and tomato juice.

Medications like statins, diuretics (water pills), beta blockers, osteoporosis drugs can be a culprit. Check with your doctor.

Make sure your footwear is supportive and follow a stretching routine of gentle calf and hamstring stretches for 2-3 minutes before bed.

Sleep with loose blankets, making sure your feet are not pointed down under heavy blankets.

Strive for regular activity and gentle stretching throughout the day. Prolonged sitting is a very common cause of cramping.

Some medical conditions can cause cramping, including chronic kidney disease, thyroid disorders, Parkinson's, and liver disease. Treating the underlying disorder is essential.

Here are some practical steps you can take:

Across

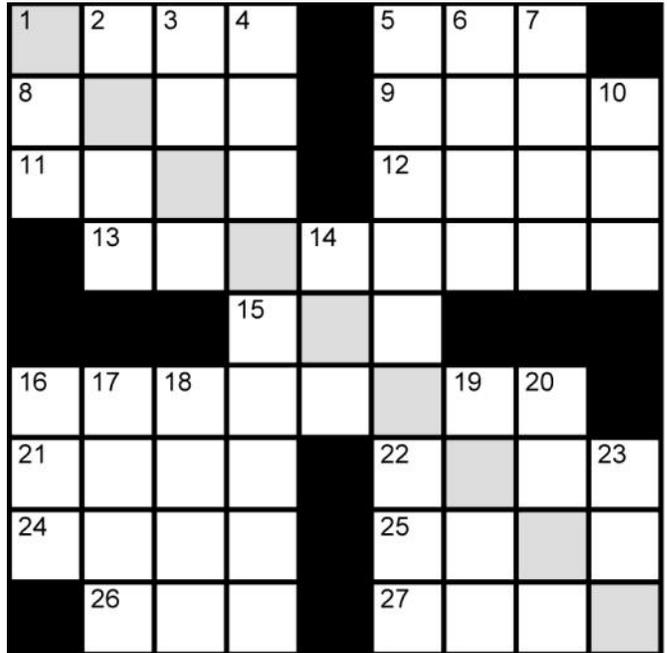
1. Gym set
5. Darling
8. "I, Claudius" role
9. Band member
11. Apple spray
12. Face-to-face exam
13. Buttonwood
15. In-flight info, for short
16. Close call
21. Halftime lead, e.g.
22. Wyle of "ER"
24. Horace volume
25. Coastal raptor
26. Balaam's mount
27. Attends

Down

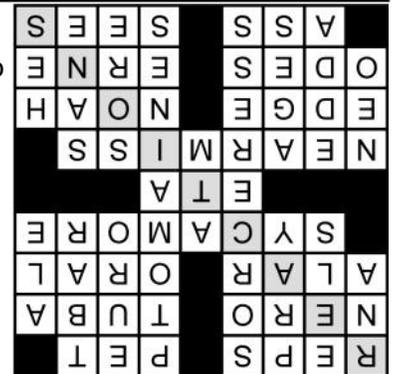
1. Biochemistry abbr.
2. Congers
3. Beseech
4. Witch
5. Food poisoning
6. 100 cents
7. Alpine transport
10. A pint, maybe
14. Store convenience,

Emotional Response

The headline is a clue to the answer in the diagonal.



- for short
16. "The Matrix" hero
 17. Icelandic epic
 18. Long, long time
 19. Achy
 20. All there
 23. "For ___ a jolly ..."



Here are some practical steps you can take:

- Drink one or two glasses of water in the evening. You might try a drink like Pedialyte, coconut water, or a low-sugar sports drink.
- Stretch calves and hamstrings very gently for 2-3 minutes before bed.
- Keep legs warm at night, but don't use heavy blankets that force your feet to point down.
- Try light walking and ankle pumps (up and down) several times a day.
- Ask your doctor to check potassium and magnesium levels, and kidney and thyroid function.

You are number 6 in queue for a song that will get stuck in your head for the rest of the day.





The Mended Hearts, Inc.

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MEMBERSHIP FORM

DATE _____

NEW MENDED HEARTS® NEW MENDED *LITTLE* HEARTS® NEW YOUNG MENDED HEARTS® RENEWAL

Name (Mr. /Mrs./Ms.) _____ Chapter/Group _____ National Member _____

Address _____ Phone _____

City / ST / Zip _____ I want to be a support volunteer: Yes No

Email address _____ I am interested in CHD Parent Matching: Yes No

(Please check all that apply) I am a Heart Patient Caregiver CHD Parent Physician RN Healthcare Employee

OPTIONAL INFORMATION: Race: _____ Gender: _____

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP	FAMILY MEMBERSHIP
<p>Associate Member -- FREE</p> <ul style="list-style-type: none"> * Can attend any chapter/group meeting for MH, MLH or YMH * Can join online communities * Can access Member Portal * Receives the National e-newsletter <p>Individual Member -- \$20 annual donation per person</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Member, PLUS * Membership Card * Car Decal - Select ___ MH ___ MLH ___ YMH * One-time 5% off coupon for purchase from the MH store <p>Bronze Member -- \$45 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Full Individual Member, PLUS * Membership Pin * Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia <p>Silver Member -- \$100 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Bronze Member, PLUS * A Stainless Steel Mended Hearts Travel Mug <p>Gold Member -- \$250 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Silver Member, PLUS * A Red Fleece Blanket * 10% off registration of any National Conference or CHD Symposium <p>Heart of Gold Lifetime Sponsor -- \$1500 donation A one-time donation per individual</p> <ul style="list-style-type: none"> * All the benefits of a Gold member FOR LIFE, PLUS * 15% off registration fees at National MH/MLH/YMH Conferences / Symposia * Recognition in the next <i>Heartbeat</i> magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special <i>Heartbeat</i> issues, and on our website's list of Heart of Gold Lifetime Sponsors 	<p>For members of one household with one mailing address only</p> <p>Family Membership -- \$40 annual donation</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Membership, PLUS * Membership Cards for all members of the family * 2 Car Decals - Select ___ MH ___ MLH ___ YMH * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order. <p>Bronze Family Membership -- \$75 annual donation</p> <ul style="list-style-type: none"> * All the benefits of a Family Membership, PLUS * One Membership Pin per member * Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia <p>Family Members:</p> <p>Spouse ___ Child ___ Heart Patient ___</p>

ALL Donations are tax deductible

PAYMENT INFORMATION:

ADDITIONAL CHAPTER/GROUP DONATION:

Membership Level _____ \$ _____

Chapter/Group Name: _____

Additional tax-deductible Donation to:

Mended Hearts Mended *Little* Hearts
 Young Mended Hearts

Amount: \$ _____

\$ _____

TOTAL TO NATIONAL \$ _____

TOTAL TO CHAPTER \$ _____

**Please note: To be a member of a Mended Hearts Chapter, Mended *Little* Hearts or Young Mended Hearts Group, you must be a member of The Mended Hearts, Inc.