



Salem Mended Hearts Chapter Newsletter

The Mended Hearts, Inc.



Ozempic may have more uses (and side effects) than we thought

A massive new study has shed more light on the real potential -- and possible downsides -- of GLP-1RA drugs like Ozempic and Wegovy.

Published in the journal *Nature Medicine*, the study analyzed data from more than 215,000 U.S. participants with diabetes over about four years. Researchers track associations between GLP-1RA drugs and 175 other health conditions. Researchers found that the drug was associated with decreased risk of heart attack, deep vein thrombosis, and Alzheimer's disease. People who took GLP-1RAs were also less likely to develop substance use disorders (including alcohol and cannabis use disorders).

Researchers also found some common side effects such as low blood pressure, increased risk of arthritis, and gastrointestinal issues like abdominal pain. And according to a study published in October 2023 in the journal *JAMA*, some gastrointestinal issues can be serious -- researchers at the University of British Columbia found that people who took GLP-1RAs for weight loss had higher rates of bowel obstruction, pancreatitis, and gastroparesis compared to people who took a different type of weight loss drug (bupropion-naltrexone, marketed under the name *Contrave*).

According to *Live Science*, numerous clinical trials are underway to gather additional information about the potential therapeutic benefits and risks of GLP-1RAs for a number of health conditions. Results from these trials are expected within the next one to four years.

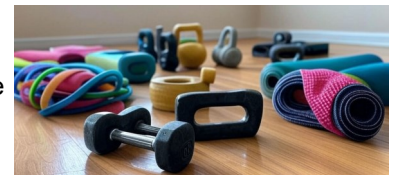
Focus on fitness to live longer Want to live longer? Prioritize your physical fitness.

According to a recent study published in the *British Journal of Sports Medicine*, physical fitness is more important than weight when it comes to heart health and longevity. Researchers analyzed data from nearly 400,000 people and found that regardless of body mass index (BMI), physically fit people had similar risk of death from any cause.

The data also revealed that having a normal weight alone does not compensate for being physically unfit. Unfit individuals with BMIs in the normal range had a higher risk of death than physically fit individuals at any BMI, including those in the overweight or obese range.

In a statement to *Health Magazine*, senior study author Siddhartha Angadi, PhD, noted that being physically unfit carries significantly greater health risks than carrying a few extra pounds. Instead of viewing exercise solely as a means to burn calories and lose weight, he encourages people to engage in physical activity for its health benefits, which can be enjoyed even without changes in weight.

The study provides further evidence that the BMI scale is flawed and potentially unhelpful. According to the Harvard T.H. Chan School of Public Health, the use of BMI in clinical care offers few benefits. It introduces considerable risks, including decreased health care access, mistrust between patients and providers, and lower quality of care.



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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 reach out to one of our chapter officers or go to www.mendedhearts.org.

UPCOMING MEETING :

DATE: March 17, 2025

TIME: 2:00-3:30

PLACE: Salem Health, Building A, 6th floor, West Conference Room

TOPIC: Pharmacist– Common Heart Medications

NEXT MEETING: April 21, 2025

TOPIC: TBD

Colorectal Cancer Awareness Month: Five things to know about colorectal cancer

Colorectal cancer is the third most common cancer diagnosis among both men and women in the U.S., with about 153,000 total new cases in 2023 alone. It's also the second leading cause of cancer-related deaths in the U.S., and was projected to claim about 53,000 lives in 2023 alone, according to the American Cancer Society. But survival rates have steadily ticked upwards for decades, thanks to early detection and widespread lifestyle changes.

Here are five key things to know about colorectal cancer:

1. Colorectal cancer is a catch-all term for cancers that originate in the colon or rectum. About 1 in 23 men and 1 in 25 women will develop colorectal cancer during their lifetime.

2. You can reduce your risk of developing colorectal cancer if you maintain a healthy weight, exercise regularly, eat a healthy diet that prioritizes fresh foods and limits red or processed meats, abstain from tobacco, and limit your alcohol consumption.

3. People with first degree relatives (parents, siblings, children) who have been diagnosed with colorectal cancer or adenomatous polyps have a higher risk of developing cancer themselves. Some gene mutations, such as Lynch syndrome, are also linked with colorectal cancer in families.

4. Regular screening, such as a colonoscopy, is crucial to find colorectal cancer early or prevent it entirely. The U.S. Preventive Services Task Force recommends regular screening for all adults age 45 to 75. People with certain risk factors, like a family history of colorectal cancer, may need earlier and more frequent screenings.

5. Common colorectal cancer symptoms include blood in your stool, unusual diarrhea or constipation, feeling like your bowel does not fully empty, abdominal pain, or unexplained weight loss. Talk to your doctor right away if you notice any of these symptoms.



Have a great idea for a meeting topic or something you would like to learn more about?

Please share with Mended Hearts officers as they are planning for the upcoming year.





Make retirement plans to suit your needs

Traditional retirement advice is to plan to have enough income to cover 80 percent of the income you earn while working. That way you will be able to enjoy the same lifestyle.

That advice comes from the presumption that you won't be buying lots of work clothes, spending money on commuting, or contributing to your retirement account. Instead, you will be quietly living a retired life.

But, will you? If you plan to pursue lifelong dreams like travel, hobbies, adventures, or a beach retirement home, you won't spend less. You might actually spend more.

In addition, costs rise over time. For every cost of living increase in Social Security, there is an increase in supplemental insurance. Then there are the expenses with aging parents and adult children and other unexpected expenses.

According to Kiplinger, some financial advisors are recommending that people plan to replace 100 percent of the income. Long before you retire, get a clear picture of how much it costs to run your household, where you tend to spend, and where you can save.

If you plan to work in retirement, you can fund some of your fun expenses, but don't depend on that ability. You can't tell what the future may hold for your health, or wealth.

Point for Dramatic Shot

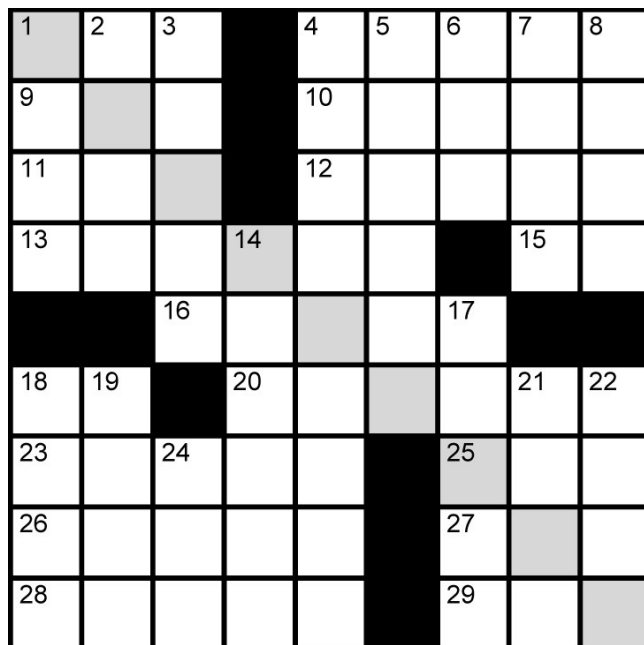
The headline is a clue to the answer in the diagonal.

Across

- 1. "48___"
- 4. Peer
- 9. "Nice!"
- 10. 100%
- 11. Down with the flu
- 12. Skinny's opposite
- 13. Joint
- 15. Atop
- 16. Ancient Britons
- 18. Symbol for arsenic
- 20. Discordant
- 23. Object shaped like a horn
- 25. ET's ride
- 26. "All My Children" vixen
- 27. Buddy
- 28. Nonconformist
- 29. Boozer

Down

- 1. "Aquarius" musical
- 2. Rough breathing sound
- 3. Lug
- 4. Useful
- 5. Book size, in printing
- 6. Last: Abbr.
- 7. Additionally



8. Capital of Rhône

14. Spouse-to-be

17. Ignores in a snooty way

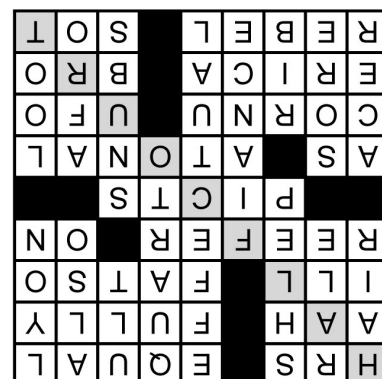
18. Maple genus

19. In pain

21. 60's hairdo

22. Plunder

24. Barbecue offering



Global health experts propose a new definition for obesity

An international commission of 58 health experts recommend shifting away from high BMI as the primary clinical tool for the diagnosis of obesity. According to CNN, the commission recommends a more comprehensive assessment for excess body fat, such as measuring waist circumference, waist-to-hip ratio, and body fat percentage. Proponents hope that more individualized measurements will expand treatment options for obesity and related health complications.

I'M NOT SURE I UNDERSTAND. COULD YOU SHOUT "REPRESENTATIVE" ONE MORE TIME?



Find your true self in your own expectations

Be true to yourself and don't live a lie.

These are the aphorisms we often hear repeated in our travel through life's challenges. But, what is true of you? What is authentic?

Social psychologist Roy Baumeister has a theory that our feelings of authenticity come from acting in line with the social image we want. In other words, the reputation we want. When we see that people see us the way we want to be seen, we have a deep feeling of authenticity. That is really who we are.

Similarly, if we live a life that does not reflect what we want our reputation to be, we feel we are living a lie. In fact, some social observers say what we want our reputation to be is also tied up with our values of being a good person.

In fact, Baumeister says we have an ideal self, our own idea of our best self. The closer we act in line with that, the more authentic we feel. The more we depart from that vision, the less authentic we feel.

So, if you want to be authentic, imagine what you would like other people to think of you. Now behave in such a way that they might think it.



You can prevent formation of bunions

Sometimes a formation of a bunion is not your fault. They often occur because of a hereditary tendency for foot pronation.

Pronation occurs when, as a person walks, the ankle rotates internally and the forefoot rotates externally.

Pronation causes an abnormal pull on the foot's tendons and bones, say doctors of Orthopedic Surgery at Johns Hopkins Medical Centers.

Sometimes formation of a painful bunion is your fault. Narrow or poorly-fitting shoes play a role by pushing toes into an abnormal position and putting pressure on toe joints.

High-heeled shoes are often the cause, but shoes that are too small or too narrow can create the problem for both men and women. People don't realize that, over time, feet grow larger as ligaments loosen and arches flatten somewhat.

Here's a test for the correct size. Stand barefoot on the floor and have someone draw an outline of your foot. Then put your shoe on the outline. If your foot is larger than the shoe, you are wearing the wrong size.

New shoes may relieve bunion pain, but doctors may prescribe custom-made orthotics that fit in shoes and prevent the foot from overpronating.

To relieve any pain and swelling, take an anti-inflammatory such as ibuprofen. Elevate the feet whenever possible, and avoid high-impact exercise such as running. Walking, water aerobics or stationary biking are better choices.

Bunions will never go away, but most people find relief through conservative treatments. If pain continues, a one-hour outpatient surgery can be recommended.



New drug offers hope for pain relief

The first new pain relief drug to be approved in decades will soon be on the market.

The drug, suzetrigine, is a prescription pill that is said to be as effective as opioids, but it is believed to carry little risk of addiction. Unlike opioids, suzetrigine does not create a sense of euphoria as do opioids. The new drug works differently than opioids, too. Opioid-type medications, like Vicodin, dull the sense of pain in the brain, according to CNN. This new drug works by preventing nerves from sending pain signals.

Interestingly, the drug was developed after researchers investigated a family of fire walkers in Pakistan. Members of this family lack a gene that allows pain signals to fire in their skin. They could walk over hot coals with no problem, even though they did sense heat and touch.

This is the first drug in what is expected to be a new class of pain relief drugs. It will initially be prescribed to people who have pain after surgery, but there is hope that the drug could be used for chronic pain. The drug is expected to wholesale at just over \$15 per 50-mg pill (taken twice daily.)

Airport becomes the place to be -- not leave

If you think of airports as the place you have to go before you get to where you want to be, the Singapore Changi Airport might change your mind.



Terminal 1 is home to a seven-story Rain Vortex, the world's largest indoor waterfall that plunges into a rainforest. If you get bored there, you can climb a rock wall, go to a movie, visit a butterfly garden or swim in a rooftop pool. In Terminal 2, you can enjoy a bar staffed by a robot and a digital sky.

It's the most lavish entry in the class of airports that are becoming a destination themselves.

Poison Prevention Week: March 16-22

Most poisonings occur in the home

Poison Control Centers receive more than 2 million accidental poisoning calls each year. More than 90 percent of non-fatal poisonings occur in the home and most involve children, according to the Poison Control Centers.

* To protect your children, choose child-resistant packaging wherever possible and close containers tightly after every use. Store hazardous products in a safe place and out of children's reach.

These include personal care products, such as baby oil and mouthwash; cleaning substances, including drain and oven cleaners; over-the-counter pain relievers, including ibuprofen and aspirin; and cough and cold medicines. Adult-strength vitamins and supplements containing iron are dangerous to kids. Hydrocarbons, such as lamp oil and furniture polish, pose a danger.

* Adults may poison themselves by taking prescription or over-the-counter medications improperly. Always read directions carefully and follow them exactly.

* Wear protective clothing when spraying pesticides or other chemicals. Pesticides can be absorbed through the skin and are very poisonous. Stay away from areas that have recently been sprayed.

* Keep all products in their original containers. Never sniff a product to discover what's inside.

* Lead poisoning is well known, but heavy metals are poisonous too. Mercury, thallium, arsenic, and iron (tablets) should be handled with caution.

Food poisoning is common. Always use safe food-handling procedures.



Mediterranean Salad

Calories 142 Per Serving

Protein 8g Per Serving

Fiber 4g Per Serving

Ingredients

1 medium head lettuce (green leaf, red leaf or romaine), cut into thin strips

1 medium cucumber, chopped

1/2 cup tomatoes, chopped

1 15.5-ounce can no-salt-added chickpeas, rinsed and drained

1/2 medium red onion, finely sliced

1/2 cup crumbled fat-free or low-fat feta cheese **OR**

1/2 cup shredded Parmesan cheese

2 tablespoons extra-virgin olive oil

2 tablespoons red wine vinegar **OR**

2 tablespoons cider vinegar

1/2 teaspoon garlic powder

1/2 teaspoon pepper



Recipe borrowed from <https://recipes.heart.org/en/recipes/mediterranean-salad>

Directions

1. In a large bowl, gently toss the lettuce, cucumber, tomatoes, chickpeas, onion, and feta.
2. In a small bowl, whisk together the oil, vinegar, garlic powder, and pepper.
3. Pour the dressing over the salad, tossing to combine.



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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
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Membership Level _____ \$ _____

Chapter/Group Name: _____

Additional tax-deductible Donation to:

Amount: \$ _____

Mended Hearts Mended *Little* Hearts
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TOTAL TO NATIONAL \$ _____

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