



An Underdiagnosed Cause of Heart Failure: Transthyretin Amyloid Cardiomyopathy (ATTR-CM)

What Could These Ongoing Symptoms Mean?

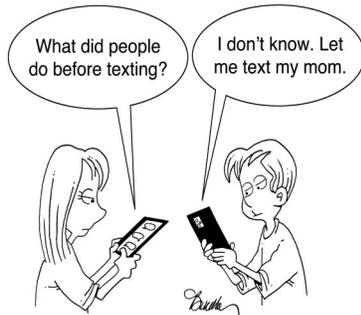
If you've been diagnosed with heart failure, and are experiencing unresolved symptoms like fatigue, shortness of breath and swelling in the lower legs, ask yourself if you've also had tingling or pain in your fingers, ruptured biceps tendon and/or pain or numbness in your lower back. While these may appear to have nothing to do with your heart, the combination of these symptoms could be a sign of transthyretin amyloid cardiomyopathy, or ATTR-CM, an underrecognized and often underdiagnosed condition that is associated with heart failure.

What is Transthyretin Amyloid Cardiomyopathy?

Transthyretin amyloid cardiomyopathy (ATTR-CM) is a type of amyloidosis, a disease in which certain proteins change shape, or "misfold." Over time, the misfolded proteins can collect in the heart and build up in other parts of the body. This causes the heart muscle to thicken and stiffen, eventually leading to heart failure. Because ATTR-CM is a progressive condition that gets worse over time, early diagnosis and intervention are important.

Who's Most at Risk for Developing ATTR-CM?

There are two main types of ATTR-CM. The first, called wild-type, is associated with aging and most commonly affects white/Caucasian men over the age of 60. The second type, known as hereditary ATTR-CM, is passed down from a relative and caused by a genetic mutation. A number of different gene changes or mutations can lead to hereditary ATTR-CM.



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The most common mutation associated with hereditary ATTR-CM in the US, V122I, is found almost exclusively in African American community members.

Getting a Correct Diagnosis

Because ATTR-CM symptoms can mimic other illnesses, it can take years for patients to receive an accurate diagnosis. Awareness of the disease, even among some doctors, remains low. Some ATTR-CM patients report visiting up to five different doctors before receiving the correct diagnosis. Talking to your doctor is the most important and first step. Share all symptoms with

your primary care physician or cardiologist. This will allow your doctor to get a full picture of your past and current medical history to help make an appropriate diagnosis.

For More Information

Visit www.yourheartsmessage.com for more facts about ATTR-CM and resources that can help you discuss symptoms with your doctor.

ATTR-CM SYMPTOMS

that may be similar to heart failure symptoms:



SHORTNESS OF BREATH



SWELLING IN THE LOWER LEGS



FATIGUE

Upcoming Meeting

July 19, 2022 at 6:00 p.m.

*Our Speaker is William Tienken
"Aspire"*

August 16, 2022 at 6:00 p.m.

*Our Speaker is Claude Evans, RPT
"Importance of Quality vs. Quantity of Sleep"*

September 20, 2022 at 6:00 p.m.

Our Speaker is Suzette Urquides, DNP, MPA, CCRN

"Structural Heart Cath Lab Tour"

SVMH, 450 E. Romie Lane
Downing Resource Center
Conference Rooms A - C

What does it mean when your blood pressure fluctuates?

Most people shouldn't be alarmed to find they have minor fluctuations in their blood pressure, especially if the fluctuations are in normal range. But if blood pressure regularly spikes higher than normal, something might not be right.

According to the Cleveland Clinic, labile hypertension, or blood pressure that regularly spikes past normal levels, could be an indication of cardiovascular or kidney disease, sleep apnea or a problem with the adrenal glands.

Sometimes a medication can be a factor and making changes can resolve the labile hypertension.

A host of factors may contribute to labile hypertension, including: nonsteroidal anti-inflammatory drugs like ibuprofen, naprosyn or celecoxib; high estrogen oral contraceptives, oral steroids; or stimulants used to treat attention deficit/hyperactivity disorder.

Those who develop hypertension in their 40s are more likely to have basic hypertension, rather than labile hypertension. Factors include weight and excessive use of salt or alcohol.

High blood pressure can double (or even quadruple) the risk of stroke for men and women, according to Harvard Health.

The ideal blood pressure is about 120/80.

If you are being treated for hypertension, monitor your blood pressure. If you consistently see spikes above normal, tell your doctor.

Southwestern Avocado-Bell Pepper Quiche Cups

Calories: 264 Per Serving Protein: 16g Per Serving

Servings: 4

Cooking spray

4 large eggs

1/2 cup fat-free, plain Greek yogurt

2 large egg whites

2 tablespoons low-sodium taco seasoning (or lowest sodium available)

1 large avocado, peeled, pitted, and diced into small pieces

1/2 cup shredded low-fat Cheddar Jack cheese

1 4-ounce can diced or chopped mild green chiles, drained

4 medium bell peppers (any color), halved, seeds and ribs discarded

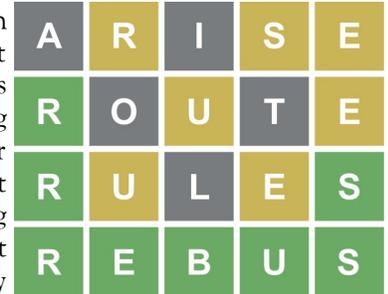
1. Preheat the oven to 375°F. Line a large baking sheet with aluminum foil. Lightly spray with cooking spray.
2. In a large bowl, whisk together the eggs, yogurt, egg whites, and taco seasoning until smooth.
3. Gently stir in the avocado, Cheddar Jack cheese, and green chiles.
4. Place the bell pepper halves with the skin side down on the baking sheet.
5. Spoon the egg mixture into the bell pepper halves, filling them to just below the edges (the egg mixture will expand while baking).
6. Bake for 35 to 40 minutes, or until the egg mixture is just set. Remove from the oven. Let cool slightly, about 5 to 10 minutes, before serving.

Recipe taken from <https://recipes.heart.org/en/recipes/southwestern-avocado-bell-pepper-quiche-cups>

Word games boost cognitive health

Millions of people around the world start their days not with a shower or a cup of coffee, but with the latest daily Wordle puzzle. If you haven't played it, you've probably heard of it or at least seen it on social media ~ a series of green, black and yellow boxes denoting how well players perform with each puzzle. Loyal fans of the game aren't just showing off their word game prowess ~ they're giving their brains a daily boost, too.

In an interview with Healthline, neurologist Douglas Scharre, M.D., says that daily problem-solving challenges like Wordle or crossword puzzles are great for brain health. According to Scharre, a neurologist at The Ohio State University Wexner Medical Center,



puzzles and games keep the brain active and help prevent cognitive decline due to age. New puzzles are even better for giving your brain a daily workout.

According to a study published in the International Journal of Geriatric Psychiatry, puzzles like Wordle can improve memory, attention, executive function of the brain and information processing.

According to The Ohio State University, anyone with cognitive issues could potentially benefit from games like Wordle, including people with conditions like head trauma, stroke, sleep apnea and conditions that diminish attention.



WHO IS . . . MENDED HEARTS. INC?

The Mended Hearts, Incorporated, is a National Voluntary Health, Education, Non-profit organization. Its purpose is to offer help, support and encouragement to heart disease patients and their families, by:

- ♥ Visiting patients with their physicians' approval.
- ♥ Distributing information of specific educational value to our membership and heart disease patients and their families.
- ♥ Cooperating with other organizations in education and research activities pertaining to heart disease.
- ♥ Establishing and assisting heart rehabilitation programs for our members.
- ♥ Planning and conducting suitable programs of social and educational interest for our members and for heart disease patients and their families.

Fruit Salad with Avocado Coconut Lime Dressing

Protein: 4g Per Serving
Fiber: 7g Per Serving

Servings 8
Serving Size 1 cup



Salad Dressing Ingredients

1 avocado
1 5.3-ounce can nonfat blended Greek yogurt, coconut creme flavor
3 tablespoons lime juice
1 teaspoon honey

Salad Ingredients

2 avocados (diced)
1/2 cup strawberries (quartered)
1 mango (diced)
1/2 cup blueberries
1 cup red grapes
2 kiwi (sliced, quartered)
1 large banana (sliced, quartered)
2 mandarin oranges, peeled, segmented

Directions

1. First, place all salad dressings components into a food processor and blend to a smooth consistency. If dressing is too thick, add 1-2 TB of non-fat milk (or non-dairy milk) to liquify dressing.
2. Refrigerate until needed, up to 24 hours. (Use the remaining dressing for another use.)
3. For the salad base, first place all ingredients into a large bowl.
4. When ready to serve, toss with Avo Coconut Lime Dressing to taste.

Recipe borrowed from <https://recipes.heart.org/en/recipes/hcm-fruit-salad-avocado-coconut-lime-dressing>



Mended Hearts

Cinnamon Sweet Tortilla Chips with Fruit Salsa

Calories 66 Per Serving
Protein 1g Per Serving
Fiber 2g Per Serving
Servings 8

Serving Size, 6 tortilla chips and 1/4 cup salsa

Cooking spray

2 teaspoons olive oil
12 drops cinnamon-flavored liquid stevia sweetener
1/2 packet stevia sweetener or 1/4 teaspoon stevia sweetener
1/2 teaspoon ground cinnamon
1/8 teaspoon salt
8 6-inch corn tortillas, each cut into 6 wedges
1 medium orange, peeled and diced
1/2 cup diced mango (from 1/2 of a medium mango)
1 medium kiwifruit, peeled and diced
1/4 cup pineapple tidbits, canned in their own juice, drained
1/4 cup diced strawberries (about 2 large)
1 tablespoon chopped cilantro
1 teaspoon grated lime zest
2 squeezes tropical punch-flavored stevia water enhancer



Directions

1. Preheat the oven to 400°F. Lightly spray a large baking sheet with cooking spray.
2. In a small bowl, stir together the oil, liquid stevia sweetener, stevia sweetener, cinnamon, and salt.
3. Place half of the tortilla wedges in a medium bowl. Drizzle half of the oil mixture over the wedges. Repeat with the remaining tortilla wedges and oil mixture. Using a spoon or clean hands, toss the wedges with the oil mixture.
4. Arrange the wedges in a single layer on the baking sheet. Bake for 5 to 7 minutes.
5. Remove the baking sheet from the oven. Turn over the wedges. Bake for 5 to 7 minutes, or until the wedges are golden brown and crisp. Let cool for 10 minutes.
6. Meanwhile, in a small bowl, stir together the orange, mango, kiwifruit, pineapple, strawberries, cilantro, lime zest, and stevia water enhancer. Serve with the tortilla chips.

Recipe taken from: <https://recipes.heart.org/en/recipes/cinnamon-sweet-tortilla-chips-with-fruit-salsa>



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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 370 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>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 * One year annual subscription to Heartbeat magazine (\$30 value) * 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>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 * One year annual subscription to Heartbeat magazine (\$30 value) 	<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
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<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 Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors 	

ALL Donations are tax deductible

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Mended Hearts Mended *Little* Hearts
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****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.**