

TO YOUR HEALTH

Carleton-Willard Village Out-Patient Clinic - 100 Old Billerica Rd., Bedford, MA 01730

Volume 26, Number 2



February 2021

Celebrating American Heart Month



Broken Heart *Maeve Lobo LICSW*

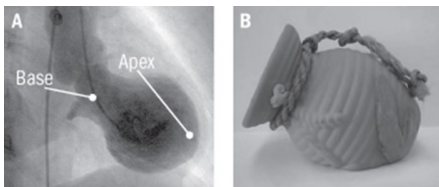
Can you suffer from a broken heart?

Takotsubo cardiomyopathy or broken-heart syndrome was first diagnosed in Japan around 1990. It mainly affects women between the ages of 58 – 75 years. Extreme forms of stress or emotions may give rise to this condition. An increase in the stress hormone adrenaline cortisol may accelerate the condition. Death of a family member or caring for an aging parent are some of the causes for this illness. The syndrome mainly affects post-menopausal woman.



The weakening of the left heart ventricle, the pumping chamber, is the source of the syndrome. A broken heart is usually diagnosed if there is no evidence of blockages in the coronary arteries. Small but sharp rises in the cardiac biomarkers can be another indication. Biomarkers are substances that are released in the blood when the heart is run down. An ultrasound image would also reveal a broken heart. Reducing stress levels and being prescribed heart medications will help alleviate the condition.

Takotsubo in Japanese means octopus pot, something that is used by fishermen. During an episode the heart takes on this unusual shape.



Harvard Women's Health Watch : January 29, 2020
Harvard Health publishing

Your Heart's Desire

Did you know that one in three individuals have cardiovascular problems? Here are some ways to take care of your heart.

- Know your blood pressure and take it regularly.
- Speak to your health providers about diabetes.
- Stop smoking.
- Check cholesterol and triglycerides.
- Limit alcohol intake
- Manage Stress
- Keep Moving

www.cdc.gov/heartdisease/women

Hearty Facts

Eileen Batchelor NP



- The average heart is the size of a fist in an adult and it weighs less than 1 pound.
- On average, a man's heart is 2 ounces heavier than a woman's heart.
- A woman's heart beats slightly faster than a man's heart.
- The heart will beat about 115,000 times each day.
- The heart pumps about 2,000 gallons of blood every day.
- An electrical system, called the cardiac conduction system, controls the rhythm of your heart.
- The heart can continue beating even when it's disconnected from the body.
- The fairy fly, which is a kind of wasp, has the smallest heart of any living creature.
- Whales have the largest heart of any mammal.
- The iconic heart shape as a symbol of love is traditionally thought to come from the silphium plant.
- Laughing is good for your heart. It reduces stress and gives a boost to your immune system.



Wells, Diana., 2017. *How the Heart Works*.
Healthline.com.



Spotlight on Transitions

Transitions are inevitable, and constantly weave their way into the fabric of our lives. Residents who have moved in the CWV are all too aware of the lifestyle changes they have had to navigate. It is important not to ignore the changes but accommodate them with confidence. Two residents in their nineties offered some reflections on change in their later years.

Mary Semon was a resident of Lexington for forty years before she moved to Falmouth Court. She resided in her home for a period of fourteen years before transferring to Llewysac Lodge last March. Mary noted that she, “wanted to come to Carleton–Willard Village...as she was familiar with the place. I had many friends, and it was a good transition.” As the years rolled on Mary had planned to move to Badger Terrace and added that she, “was tired of taking the jitney” and wanted to be more centrally located. At 97 years old, illness made her reconsider this option.

Mary relocated to Llewysac Lodge in early March 2020, just before the pandemic gripped the country and the shutdown became a way of life. She had little time to prepare for the transition and said, “It was a terrible move, but I’m glad I did it.” She is still missing some of her personal items and, added it has taken her about six months to make the adjustment. The best part of being at Llewysac Lodge is, “getting help when I need it.” Armed with a laptop Mary has been involved in groups via Zoom. She has been participating in the Woman’s Group, poetry and a church group. The staff at Llewysac have helped her with the technology, but Mary pointed out that she can manage her email.

Mary wanted to convey to the Independent Residents the benefits of being at Llewysac Lodge and what a positive experience it has been for her. She concluded by saying that it is a, “very good place to be if you need help” and further stated that, “it was the best place to be in, especially when you are old.”

Trish Gately has resided at Carleton Willard for twenty-three years. Her aunt and uncle lived at Dartmouth Court when it originally opened in the mid-eighties. Trish had explored other places and concluded that CWV was the, “Most beautiful place you would ever want to be.” Following her family’s experience, she thought it was a natural progression to move into the cluster homes. Her brother resided at Badger Terrace for eight years.

After years of living at the family home in Arlington, Trish said, “the house was getting a little too much...things started to fall apart.”



She did not want to be preoccupied with fixing the house. At seventy-two Trish moved into Bedford Court and added she had no regrets. Prior to the pandemic she enjoyed meeting other residents and taking part in activities. She added there is always someone to help her out and particularly liked the services of the hair salon and having her home cleaned on a weekly basis. Trish observed that over the years CWV has changed but she had no complaints. Trish wrapped up by saying that, “there has been very good living” at CWV.

Raising Awareness



February 28th is Rare Disease Day. The Orphan Drug Act (1983) defines a rare disease as a condition that affects less than 200,000 people in the US. Most of them have genetic origins.

There are more than 6800 rare disease registered with the Genome Research Institute.

www.genome.gov www.fda.gov/patients/rare-disease

Please send feed back to Maeve Lobo

mlobo@cwvillage.org

