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Dr. Ward Chambers – Heart Health



Dr. Ward Chambers, Cardiologist at University of Nebraska Medical Center (UNMC), received his degree in Electrical Engineering from the University of Missouri, went to Medical School, and practiced cardiology at Jennie Edmundson, Clarkson and UNMC for a total of 46 years, the latter being 31 years. He is a Treynor native.

Ward stated that heart disease is the leading killer of people in the U.S., particularly in males. He said if we want the simple presentation, he could give it in three minutes: "If it tastes good, you can't eat it. If it feels good, you can't do it. If it makes you miserable physically, you gotta do it."

Pre-COVID, the average life span in the U.S was 79 and now has dropped to 76 years Western Europe's is 83. He said their public health system is much better than ours, because they try to prevent disease, and we focus on treating disease.

Life's 8 things for Heart Health:

- 1) **Not Smoking.** Most think it causes cancer, but it's bad for the heart. Vaping too. Filters don't work. Marijuana used regularly can cause heart issues. A chemical change in the brain causes it to be hard to quit. If you want to, then you can. There are medications that will help.
- 2) **Regular physical activity.** Everything is automated today! Instead of escalators and elevators take the stairs for 1-2 floors. Walk to class instead of using a bike or hover board. Even 2500 steps a day improves your heart health and you can measure it on your wrist. Ward feels exercise is the single most important thing to do.
- 3) **Healthy weight** – This is more complicated. BMI (body mass index) applied to weight and height is not as accurate as thought. Obesity and weight is bad. He is not fat shaming, but fat cells produce cells called cytokines that are proteins that cause inflammation. Inflammation that is not caused by an accident causes cancer.

Inflammation of blood vessels cause heart attacks and strokes- a big problem with being overweight. Some weight is worse than others: pericardial fat and abdominal fat.

4) **Blood Sugar:** If your blood sugars and cholesterol are not right, then obesity is very bad. Exercise can overcome the risk factor if you don't have blood sugar and cholesterol issues. Most overweight is due to not exercising. He said that actually sticking to a diabetic diet and exercise would help. But he has found with people it is easier to stop smoking than that.

5) **Healthy diets:** He stated only two are proven and spoke highly about the Mediterranean Diet – fish, fresh fruits, fresh veggies, extra virgin olive oil, lean red meat and no processed meats. Don't eat anything processed. Extra virgin olive oil is good. Calories - if eat too much, it's bad for you.

6) **Sleep:** If you have poor sleep habits, you may have more heart disease. What causes poor sleep habits? Alcohol is not in the healthy 8. Alcohol helps you fall asleep, but once it wears off, you wake up. Women are allowed 1 oz. a day, Men 2 oz. Mental stress and alcohol frequently go together. Important to have work-life balance. There are medications that link to dementia and alcohol is a factor.

7) **Blood pressure:** It is asymptomatic so need to check it. Treating blood pressure works well so need to periodically be checked for blood disease. Have an annual physical.

8) **Cholesterol:** Medication works well and statin drugs are extraordinarily good at helping with cholesterol issues. High doses could cause muscle pain. Actually alcohol increases the HDLs in cholesterol which is good. He stated there are studies that show that people who drink 1 oz. of alcohol a day live longer than teetotalers, but there can also be an increased rate of dementia.

The classic textbook heart attack is crushing pressure, not painful, up the neck, down the arm, right in center of chest, but 25-30% of time you don't even know. The attack, however, can vary.

Dr. Chambers shared much more and had a captive audience!

Next week's Speaker:

Tom Trede
School Bus Issues

Famous Quote

“Above all, try something.”

Franklin D. Roosevelt

Meeting Minutes

Dale Willenborg, called the meeting to order. Twenty members were present. Dr. Ward Chambers, Dr. Brad Dimering, Brooklyn Currin, David and Maureen Beat were guests.

Gary Funkhouser introduced his guest Dr. Dimering who is a friend of the family visiting Gary and Julie. They know him through their son Kirk.

The group recited the pledge and Dale Willenborg offered the prayer.

Jokes: Phil Waggoner, Gary Gutttau, Brad Dimering, Bill Vorthmann, Keith Denton, Dee Gutttau, and Steve Chambers

Dale stated that he found an ad for totally chocolate gifts – 1 lb. \$46 customized with logo. We will stick with our pens!

50/50: Kirk Vorthmann won.

Attendance: Chuck Nielsen but it went unclaimed.

Football Contest: Judy Gutttau won.

Birthdays: Today is John Klein's birthday and his wife Carol made cookies for the Optimists. Thank you!

Anniversaries: None



Brooklyn Currin, a 2023 Treynor graduate, received her \$500 scholarship today. She is playing golf and majoring in education at IWCC. She is enjoying sciences and may go to a 4 year school after this year. She set the school record with a 75 at the WIC

Golf Championship.



Jeff Jorgensen made a special presentation of \$1000 to the Optimist Club in memory of his wife Mary Beth, who passed in May. While living in Treynor, Richard Vorthmann talked to him about getting involved in Optimist Club and Mary Beth encouraged him to do so. Jeff expressed how being an Optimist helped him in so many different ways. Mary Beth's younger sister, Maurine, and her husband David Beat were present. Thanks so much, Jeff! This is indeed very special!

Kelsey Stupfell, Director of Public Relations at TS Bank, was present to talk about events that the bank is doing to celebrate its 100th Anniversary. Yesterday was a Homecoming Open House after the parade. At the next home football game vs. Underwood on Friday, Sept. 29, TS Bank is issuing 200 free vouchers worth \$5 each at the gate starting a little before 7 to attendees. This is called a concession stand takeover, which is not taking money from the Concession stand group, but paying it forward – \$1000 is being donated to the Prom Committee, who are running the stand. Some TS Bank workers will also help the Prom Committee in the stand. It's a fun way to be unique in Treynor.

Kelsey also talked about TS Promise which began in 1999. Some TS Bank employees benefitted from this program when they were students (such as Kelsey) and are now planning and helping with it. The speaker is Brad Hurting, who lost two arms in a factory accident as a teenager. He will speak to 13 schools in SW Iowa, sponsored by TS Bank, the last week of September. The public is invited to attend the speech in the Treynor auditorium on Tuesday, Sept. 26 at 11 a.m. If you wish to attend at another school, please contact Kelsey at Kelsey.stupfell@tsbq.com for times and places.

Kelsey also stated that the bank and this year Cutler O'Neill sponsor a livestock match at Westfair. 4-Hers are asked to participate in donating a minimum of \$5 to go toward the Livestock Building Fund and that is matched by the two sponsors. This year there was 100% participation. This year also marked \$30,000 through the years of contributing back.

Bragging Rights: (Dollars are contributed to benefit local youth programs.)

- Gary Gutttau contributed for the Treynor Homecoming win over Red Oak 44-6.
- Kirk Vorthmann bragged on his wife, Lynelle and Bill Vorthmann helping with the Optimist float: "I Love Luey Cans" was in keeping with the Classic TV theme of the parade.
- John Klein paid tribute to Jordan Campbell who had a busy day yesterday leading the Cardinal Combine. Well over 100 kids participated in what used to be known as "Punt, Pass, Kick", which used to be run by the Optimists. Working with Jordan, John passed out a list of leaders of our organizations in town to parents at the event so they can see who to contact about getting involved in the community.

Community:

- John Klein shared that a block party in their neighborhood is Sun., Sept. 17 at 1:30 PM.
- Kevin Underwood shared that the McClelland Soup Supper is Sun., Sept. 24 from 5-7 PM and the public is invited.

Business:

- Flags will be taken down at 6 PM today.
- Membership dues were determined at the board meeting to stay at \$75 per member

and \$44 for lifetime members. Dues are due Oct. 1. What we will pay to International will be over \$80 per member.

- Can Kennel sorting will be at 4 PM to help Zion Youth on Sunday, Sept. 24. The date is different than normal because of the need to load cans to transport the next morning.
- Thanks to Jim Clausen for obtaining several boxes of gloves for the Can Kennel.

There being no further business the meeting was adjourned with the saying of the Creed.

HUMOR

Which rock group has four guys who can't sing or play instruments? Mount Rushmore

Calendar

Events

Sept 24 Can Kennel Sorting for Zion Youth- 4 PM

Birthdays

Sept 22 Dee Gutttau

Anniversaries

Sept 24 Phil & Jan Waggoner
Sept 26 Bill & Ann Vorthmann

Programs:

Sept Steve Chambers (3rd & 4th Sat)
Judy Gutttau (5th Sat.)
Oct Gary Gutttau
Nov Jordan Campbell (1st/2nd Sat)
Jerry Hempel (3rd/4th Sat)

Speakers

Sept. 23 Tom Trede, School Bus Issues
Sept. 30 Jason Schupp, Treynor Athletic Director

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Dues/Donations/Flag Money: Mail to Optimist Club of Treynor, PO Box 354, Treynor, IA 51575