What great news for the new year! The COVID-19 vaccine has been deemed safe and effective and a plan to distribute it is in the works. Although the physical library remains closed, we want to let you know about a few new things. We have a free monthly Take & Make Craft kit you can get through Curbside Pickup. We also have three great Wellness Wednesday health talks coming up, so be sure to RSVP. If you haven't checked out our eBook collection yet, now is the perfect time as we're having a contest to win a Kindle Fire Tablet for just using Overdrive/Libby. A happy & healthy new year to all!

Happy New Year & Healthy Holidays!

By Susan Davis, Library Assistant

What is Heart Valve Disease?

February is American Heart month, and since heart disease is still the number one cause of death in the United States, I thought I'd explore a particular aspect of heart disease that affects more than 11.6 million Americans, heart valve disease. Heart valve disease may be present at birth, but also occurs in adults due to infection, high blood pressure, high cholesterol, diabetes, heart attack or other heart disease, and most commonly, aging.

Every heart has four valves that keep blood flowing in the correct direction. These valves include the mitral valve, tricuspid valve, pulmonary valve and aortic valve. These valves have flaps (leaflet or cusps) that open and close once during each heartbeat. If the valves don't open or close properly, the blood flow to the heart is disrupted.

Heart Valve Symptoms

Symptoms of heart valve disease can include:

- Abnormal sound (heart murmur) when a doctor listens to the heart with a stethoscope.
- Irregular heartbeat
- Fatigue, shortness of breath, inability to maintain your regular activity level
- Chest pain
- Dizziness or fainting
- Swelling of your ankles, feet or abdomen

Heart valve problems may include:

- Atria - the valve isn't formed properly, and tissue blocks the blood flow between the heart chambers
- Regurgitation - the valve flaps don't close properly and blood leaks backward in the heart. This often occurs due to valve flaps bulging back, a condition called prolapse.

- Stenosis - the valve flaps become stiff or thick, and they may fuse together. This results in a narrowed valve opening and reduced blood flow through the valve.

Diagnosis of heart valve disease is made through several tests that may include echocardiography, Electrocardiogram (ECG), Cardiac MRI, Chest X-ray, or exercise stress test.

Treatment will depend on how severe the condition is, and may range from monitoring the condition with regular follow-ups to surgery. Surgery may include heart valve repair, when possible, as it preserves the existing valve and doesn't affect heart function. If a valve is not repairable, surgeons may replace the valve with a mechanical valve or a valve made from cow, pig, or human heart tissue. Biological valves deteriorate over time, and must be replaced in 10 - 15 years. Mechanical valves are more prone to blood clots, so the patient must take blood-thinning medications for the rest of their life. Recovery from heart valve surgery usually requires about 5 days in the hospital and a period of light activity during recovery.

For more information on heart valve disease visit: http://www.valvediseaseday.org/. If you have any questions the library staff would be happy to research information for you. Just give us a call!
Curbside pickup of books and DVDs is available to library card holders while our physical library is closed. Call or email to reserve an item. Search the catalog at https://tinyurl.com/herrick-catalog for titles, or reserve one of our new books below!

**General Health**
- Alzheimer's Disease: Advances in Prevention and Treatment 2020
- The Alzheimer's Disease Caregiver's Handbook
- The Caregiver's Guide to Dementia: Practical Advice for Caring for Yourself and Your Loved One
- Beat Breast Cancer Like a Boss: 30 Powerful Stories
- Dear Friend: Letters of Encouragement, Humor, and Love for Women with Breast Cancer
- Dementia: The Basics
- The Great Secret: The Classified World War II Disaster that Launched the War on Cancer
- The Holistic Rx: Your Guide to Healing Chronic Inflammation and Disease
- Navigating Life with Parkinson's Disease
- Non-Toxic: Guide to Living Healthy in a Chemical World (Dr. Well's Healthy Living Guides)
- Pandemic 1918: Eyewitness Accounts from the Greatest Medical Holocaust in Modern History
- Rugged Access for All: A Guide for Pushing America’s Diverse Trails with Mobility Chairs and Strollers

**Diet and Exercise**
- The Cancer-Fighting Kitchen, Second Edition: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery

**Family and Parenting**
- The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through Weaning
- Caring for Your Baby and Young Child, 7th Edition: Birth to Age 5
- Caring for Your School-Age Child, 3rd Edition: Ages 5-12
- Helping Your Child with Language-Based Learning Disabilities: Strategies to Succeed in School and Life with Dyslexia, Dysgraphia, Dyscalculia, ADHD, and Processing Disorders
- LACTIVATE!: A User's Guide to Breastfeeding
- The Nursing Mother’s Companion, 7th Edition, with New Illustrations: The Breastfeeding Book Mothers Trust, from Pregnancy Through Weaning
- Nolo’s IEP Guide: Learning Disabilities
- Therapy Games for Teens: 150 Activities to Improve Self-Esteem, Communication, and Coping Skills

**Kids Books**
- Adam’s Healing Adventures: From Sickness to Health
- Ami’s Light
- Franklin Goes to the Hospital
- A Gift You Don't Want: A Fun Story and Simple Lessons for Children to avoid Germs, the Flu and Visits to the doctor!
- Grow Kind
- I Can’t Eat This Stuff: How to Get Your Toddler to Eat Their Vegetables
- I Promise
- Lulu the One and Only
- My Book about Brains, Change and Dementia: What is Dementia and What Does it Do?
- My Wandering Dreaming Mind
- My Whirling Twirling Motor
- No Dragons for Tea: Fire Safety for Kids (and Dragons)
- No Dragons for Tea: Fire Safety for Kids
- Visits to the doctor!

**Memoirs**
- Eat, Pray, Love: A Relentless Life
- The Open Heart Club: A Story about Birth and Death and Cardiac Surgery
- The Well Spouse: My Journey of Love, Resilience, and Alzheimer’s
- What It’s Like To Be Bipolar: A Child’s Perspective on a Childhood Condition

**Monthly Wellness Wednesday Meeting**
- Wednesday January 27
  - Resources for Seniors
  - Speaker: Dan McNamara, Program Coordinator, Senior Resource Center, Sharp Grossmont Hospital
  - Listen to information about the Sharp Senior Resource Center as well as other local resources geared toward seniors, including COVID-related resources.

- Wednesday February 24
  - Self-Care Through Integrative Therapy
  - Speaker: Denise Kelly, Sharp Hospice Care
  - Hear about alternative methods to treating pain, anxiety and negativity. Provide calming and stress reducing treatment methods to the daily life of your loved ones and yourself.

Wellness Wednesday meetings are held from 10:00 a.m. to 11:00 a.m. Meetings are held virtually via Zoom, and registration is required. Contact the library to RSVP: info@herricklibrary.org or 619-825-5010.

**New ebooks available online with Libby**
https://herricklibrary.overdrive.com/

**Win a Kindle Fire Tablet!**
Simply check out any eBook, audiobook or streaming video from Overdrive or the Libby app from January 1st to February 28th and be automatically entered to win a Kindle Fire Tablet. Contact the Library for full rules.

**Documentary DVDs**
- Before the Plate
- The Greatest Bond
- Miss Sharon Jones

**Hollywood DVDs**
- A Deeper Dive into NOVA: The Truth About Fat
- Babyteeth
- Book Club
- Marriage Story
- Military Wives
- My Dinner with Hervé
- Knives Out
- SkySCRAPER
- The Wife
- Whiplash

**Medical DVDs**
- Blood Sugar Rising
- Elmo’s World - Food, Water & Exercise
- NOVA: Mysteries of Sleep
- NOVA: The Truth About Fat

**Check Out Our Digital Magazines Using Flipster!**
https://www.herricklibrary.org/elibrary/

**Disclaimer:** The Library provides public access to a wide range of health and medical information and is not a substitute for medical advice. You are advised to consult with your physician or other health care professional concerning specific questions or to obtain medical advice.