



February 2016

On The Beat

Incorporated
1985



www.hearttoheartalberta.com

This newsletter is published three times a year by the Heart to Heart Support Society and is designed to help provide support, encouragement and comradeship to individuals, their partners, family and friends. It is a non-profit organization incorporated under The Societies Act of the Province of Alberta.

Meetings are held on the third Wednesday of each month, (except for June, July & Aug), in the RCL Centennial Legion. Location: 9202 Horton RD SW. Luncheon meetings at 11:30am. Membership is open to anyone who is interested in cardiovascular disease.

Sorry we missed you! If you would like more information about our support group, contact:

Volunteer:

Phone #: ()

Announcement

New **Heart to Heart** Drumheller Board Members

President: Trevor Gough
Vice President: Barb Penner
Treasurer: Flo Moffat
Secretary: Sherry McBride

Heart to Heart Meeting Speakers

March 16: Travel - "Senior Discovery Tours" Speaker to be confirmed
April 20 : Fire Hazards - Member from the Calgary Fire Department
May 18 : Life Insurance and Wills - Guy Cochrane



Heart to Heart

Officers, Directors & Appointees

2016

President _____	Elvin Dorscher -----	403-239-4850
Vice President _____	(vacant)	xxx-xxx-xxxx
Past President _____	Tony Schlee-----	403-241-5119
Treasurer _____	Jim Dugan	403-208-8285
Secretary _____	Helen Foster -----	403-281-6595
Membership _____	Bernie Nemeth	403-289-7479
Phone Committee _____	Doreen Farnum -----	403-249-5770
Guest Speakers _____	(vacant)	xxx-xxx-xxxx
Woman to Woman _____	Ilesha Scho -----	403-800-8292
Phoenix Club _____	Tony Schlee	403-241-5119
Social Convenor _____	Mary Figley -----	403-243-1882
Newsletter Editor _____	(vacant)	xxx-xxx-xxxx

Visitations at Calgary hospitals

Rocky View & South Health ___	John-Paul Maillot -----	403-278-6087
Peter Lougheed _____	Glen Clark	403-226-4027
Foothills _____	(vacant) -----	xxx-xxx-xxxx
TCRRR* Liaison _____	Amanda McBride	403-781-4728
Joys & Concerns _____	Colleen Dorscher -----	403-239-4850
Casino Coordinator _____	Bill Andrietz	403-503-0888

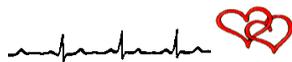
* Total Cardiology Rehabilitation and Risk Reduction

www.hearttoheartalberta.com

Serving the needs of cardiovascular patients and their families

AIMS & OBJECTIVES

- To offer encouragement and support to individuals with heart disease
 - To assist their partners, families and friends
 - To educate the public to the risks of heart disease
- To visit with patients while in hospital and after discharge to help them and their families cope with lifestyle changes



MESSAGE FROM THE PRESIDENT –

A new year is upon us! With the down turn in the economy, the slumping dollar, world tragedies and not knowing what is ahead in the coming months, we need to think positive and know that things will turn around for the better. We have been through times like this in the past and things seem to have a way of turning themselves around. Let's all keep positive and be patient.

We lost another of our long time members and one of our dedicated hospital visitors, with the passing of Roy Shorrocks in December. Our deepest condolences' go to his wife Elsie, and family. We know he will be deeply missed.

We hope you can make it out to one, or all, of our regular third Wednesday of the month luncheon gatherings. We have some great speaker's lined up for the rest of the season before we take our summer break in July and August.

Hope to see you there!

Cheers,

Elvin Dorscher
President



Three old men are at the doctor's office to take a memory test.

The doctor says to the first old guy, "What is three times three?" "274," was his reply.

The doctor worriedly says to the second old man, "It's your turn. What is three times three?" "Tuesday" replies the second man.

The doctor sadly says to the third one, "Okay, your turn. What's three times three?" "Nine" says the third old man.

"That's great!" exclaims the doctor. "How did you get that"?

"That was easy Doc, I just subtracted 274 from Tuesday."



Natural Heart Health News

Aged garlic extract isn't the only natural substance that appears to improve heart health in an integrated way.

LYCOPENE

A powerful antioxidant that may help protect cells from damage, Lycopene is a naturally occurring red pigment that gives certain fruits their colour and that's found in abundance in tomatoes. It has been shown to relieve the impairment of blood vessels, which could help explain why people who eat a Mediterranean diet have a reduced incidence of cardiovascular disease.

A study published in 2014 in *PLOS ONE* looked at the effects of oral lycopene supplementation on vascular function in people with heart disease who were receiving statin treatment and in healthy volunteers.

The randomized controlled trial found that vascular function among those with cardiovascular disease taking lycopene improved by 53%; there was no effect on those without the condition. Ten times more potent than vitamin E, lycopene improved and normalized function of the endothelium (the inner lining of blood vessels) in volunteers with cardiovascular disease, researchers from the University of Cambridge found.

Constriction of the blood vessels can lead to heart attack and stroke. Having a healthy endothelium is a key factor in preventing the development of heart disease. The study authors noted that the potency of lycopene appears to be enhanced when consumed puréed, such as in ketchup, or in the presence of olive oil.

NITRIC OXIDE

Success has also been seen using nitric oxide (NO) to help reduce the risk of heart disease. Not to be confused with nitrous oxide, a gas used in anesthesia, NO has been described as the "miracle molecule" because of the role it plays in the health of nearly every cell in the body.

Its impact on heart health is well established: researchers from UCLA received the Nobel Prize in Medicine in 1998 for discovering that NO is a signalling molecule responsible for the dilation of blood vessels.

One of those researchers, pharmacologist Louis Ignarro, went on to write *NO More Heart Disease: How Nitric Oxide Can Prevent - Even Reverse - Heart Disease and Strokes* (St. Martin's Griffin, 2006). The book explains how the arteries produce nitric oxide to lower blood pressure and improve blood flow to organs. The substance widens and releases the arteries so that more blood can flow through them, lowering the pressure within the arterial system.

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Pulled pork with Smoked Paprika-Lime Oil

Easy-to-make dish of tender pork over warmed tortillas is topped with a citrus oil of smoked paprika, lime and garlic and finished with a sprinkling of pungent cilantro.

<u>Pulled Pork</u>	<u>Paprika-Lime Sauce</u>
1 lb. (500 g) pork tenderloin	8 soft corn tortillas
1 medium red onion, cut into 12 wedges	4 cups (1 L) shredded lettuce
1 medium jalapeno, seeded and minced	1 medium lime, cut into 8 wedges
1/2 cup (125 mL) water	1 medium garlic clove, minced
2 tsp (10 mL) canola oil	1/4 cup (60 mL) chopped fresh cilantro
1 1/2 tsp (7 mL) ground cumin	2 tbsp (30 mL) fresh lime juice
1/4 tsp (1 mL) salt	1 tbsp (15 mL) canola oil
1/4 tsp (1 mL) ground black pepper	1 tsp (5 mL) smoked paprika
	1/4 tsp (1 mL) salt

Preparation: (makes 4 servings – serving size: 2 tortillas)

- 1) Sprinkle pork with cumin, salt and pepper. In skillet, heat 2 tsp (10 mL) canola oil over medium-high heat. Brown pork for 2 minutes, turn and cook other side for 2 minutes.
- 2) In slow cooker, add onion, jalapeno and water. Add pork and cook 3 ½ hours on high setting or 7 hours on low setting or until pork is fork tender.
- 3) Meanwhile, in small bowl, whisk together all ingredients for Paprika-Lime Sauce. Set aside.
- 4) Transfer pork to cutting board, leaving onion mixture in slow cooker. Let pork stand 3 minutes. Shred meat using two forks and stir back into onion mixture.
- 5) Warm tortillas according to package directions. Top with equal amounts of shredded lettuce and pulled pork. Stir paprika mixture and spoon evenly over tortillas and top with cilantro. Serve with lime wedges.

Health Tip: Homemade sauces are fresher than store-bought ones, and using natural ingredients enhances flavours rather than hiding them the way sugar and salt do.

Per Serving: 300 Calories, Total fat 10g, Saturated Fat 1g, Cholesterol 75mg, Carbohydrates 27g, Fibre 4g, Protein 26g, Sodium 360 mg

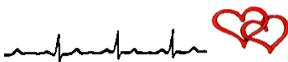
What is green and jumps a lot? ... A frog with hiccups.

How do porcupines play leapfrog? ... Very carefully.

What has two hands, a big round face, always runs but stays in place? ... A clock

Did you know ...

Approx. 190 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular greeting card-giving occasion, after Christmas.



Natural Heart Health News

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When nitric oxide is deficient, people are at greater risk of high blood pressure, arteriosclerosis, and heart disease. The body makes NO through physical activity - increased blood flow through the arteries stimulates nitric oxide production - as well as through the use of two amino acids. The predominant one is arginine, which is found in vegetables, garlic, green tea, meats, grains, and fish; the other is citrulline.

Integrative cardiologist Stephen Sinatra says that nitric oxide is the single most important chemical compound for cardiovascular health. Based in Lancaster, Pennsylvania, Sinatra says on his website that “adequate NO production is the first step in a chain reaction that promotes healthy cardiovascular function, while insufficient NO triggers a cascade of destruction that eventually results in heart disease”.

OMEGA-3 FATTY ACIDS

Omega-3 fatty acids are also known for their positive effects on heart health. One study that backs up these claims was published in the *Journal of the American College of Cardiology Foundation* in 2011; the researchers concluded that these polyunsaturated fatty acids reduce the risk of cardiac death. The omega-3 fatty acids were found to improve vascular and cardiac function, thrombosis (blood clotting), and arrhythmia, a condition in which the heart beats in an irregular or abnormal rhythm.

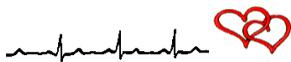
The researchers suggested that doctors recommend fish consumption to patients. They also said that government and public health agencies should implement strategies to help people meet the recommended levels of fish and omega-3 fatty acid consumption to reduce the burden of mortality due to coronary heart disease and sudden cardiac death.

PLANT STEROLS

Found naturally in foods such as grains, vegetables, fruits, legumes, nuts, and seeds, plant sterols (phytosterols) can help lower LDL (bad) cholesterol without affecting HDL (good) cholesterol levels. According to studies, the effect of plant sterols in the body is to mimic cholesterol in the small intestine which has the effect of partially blocking cholesterol absorption.

Plant sterols can also be found added to certain foods, such as margarine, mayonnaise, salad dressings, yogurt and yogurt drinks, and vegetable and fruit drinks.

- Alive Magazine



February is **Heart** Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs and symptoms may occur.)

- Chest pain described as crushing, squeezing, pressure or chest heaviness
- Pain that moves beyond the chest, such as shoulder, arm, neck, or jaw pain
- Shortness of breath, sweating, or nausea and vomiting

Reduce your risk

Heart attack risk factors include:

Obesity*
High cholesterol*

Sedentary lifestyle*
Age/Gender

Smoking*
Family History

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call **9-1-1** immediately. Early treatment can greatly reduce heart damage and make the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

- Alberta Health Services



The Mediterranean Dietary Pattern

Proving the importance of nutritional choices

The iconic Lyon Heart Study that took place between 1993 and 1999 was the first clinical trial to demonstrate the ability of a simple dietary pattern to achieve very powerful outcomes: prevention of secondary cardiovascular events in people who had survived a heart attack.

The Mediterranean dietary pattern (MED) is a fruit-and-vegetable diet that is rich in whole grains and plant-based omega-3 and omega-9 fatty acids; emphasizes fish and lean meats as protein sources; and is likewise low in red meat, organ meats, saturated fats, and cholesterol.

Compared to participants receiving standard care (including pharmacological agents), participants who received standard care plus counseling on the MED achieved a 56 percent reduction in the risk of all-cause death and a 67 percent reduction in the risk of any major coronary event.

Compare these outcomes to those of standard care interventions (pharmacological agents) for secondary coronary prevention:

- 22 percent reduction in the risk of all-cause death per 10 beat-per-minute reduction in resting heart rate from beta-blocker medicine administration
- 12 percent reduction in risk of all-cause death per 1 mmol/L reduction in LDL (bad) cholesterol from statin administration.
- 13 percent reduction in risk of all-cause death through administration of low-dose Aspirin therapy.

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Shocking Results: AED's Change Outcomes

2 part series, 2nd part in the next newsletter

The normal heart is a strong, muscular pump a little larger than a fist. It pumps blood continuously through the circulatory system. Each day the average heart beats 100,000 times and pumps about 2,000 gallons of blood. In a 70 year lifetime, the average heart beats more than 2.5 billion times.

These heart beats are the result of electrical signals coming from within the heart itself. Sometimes the heart's electrical system goes askew. As a result it may beat very fast (tachycardia), or very slow (bradycardia). And sometimes the electrical system just stops; this is called Sudden Cardiac Arrest (SCA).

Typically SCA is caused by either the large chambers of the heart quivering instead of contracting (ventricular fibrillation), or a rapid heartbeat that does not allow enough time for the heart to fill with blood before it contracts (ventricular tachycardia). Regardless of the cause, blood does not get pumped to the body, and survival depends on getting the heart beating correctly again within minutes. That's when an electric shock to the heart - called defibrillation - is necessary.

Developments in defibrillation

Experiments with shocking the heart date back to the late 18th century, but the first successful defibrillation occurred in 1947. Cardiac surgeon Claude Beck used an experimental defibrillator he was developing on a 14-year-old boy whose heart stopped during surgery. The patient was saved, and Beck's action sparked research into defibrillators.

In 1961, alternating current (AC) was used to stop ventricular tachycardia for the first time. Later that decade, we learned that direct current (DC) was more effective and safer than AC for defibrillation.

SCA doesn't always occur in a hospital setting. The ability to bring the machine to the patient was paramount, and the first portable defibrillator was produced in 1965. In 1969, emergency medical technicians (EMTs) preformed defibrillation without a doctor present for the very first time.

Early defibrillators produced a severe shock of up to 400 joules, which placed the patient at risk for cardiac injury and intense burns from the shock pads. The machines needed to be refined in order to better save lives without serious risk to the patient.

During the 1970s, safer prototypes were developed and tested in the Portland area. In the early 1990s, training and use of automated external defibrillators (AEDs) by police officers and other first responders began, and the FDA approved AED use by non-medical personnel in the 1990s. AEDs are portable devices capable of diagnosing certain arrhythmias and recognizing a rhythm that requires a shock.

Author: Jon Caswell – AHA- Heart Insight 2015



The Mediterranean Dietary Pattern

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WHAT ABOUT PREVENTION?

In 2013, Spanish researchers conducted a large trial and randomized 7,500 individuals who had no existing heart disease but were considered at high risk for heart disease into one of the three groups: MED plus supplemental olive oil, MED plus supplemental mixed nuts, or control (advice to reduce dietary fat). Researchers stopped the trial early, just under five years in, due to the clear and important benefit of the MED.

The primary endpoint was a composite of myocardial infarction, stroke, and death from cardiovascular cases. Compared to control, participants assigned to the MED plus olive oil or MED plus mixed nuts were 30 percent less likely to suffer such an event.

The truly immense magnitude of benefit reproducibly demonstrated by the MED has garnered significant research interest over the past decade and a half. While the seminal research on this dietary pattern for cardiovascular health is more than 15 years old now, there is yet to be a pharmaceutical intervention that compares to adherence to the MED for reduction of risk in settings of secondary coronary prevention or for primary coronary prevention.

By Philip Rouchotas, MSc. ND

- Alive Magazine, Feb 2016

AN ELDERLY COUPLE had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said,
"Last night we went out to a new restaurant and it was really great!
I would recommend it very highly."

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said,
"What's the name of that flower you give to someone you love? You know,
the one that's red and has thorns."

"Do you mean a rose?"

"Yes, that's the one," replied the man. He then turned towards the kitchen and yelled, "Rose,
what's the name of that restaurant we went to last night?"



Special Support Groups

Phoenix Club

This is a special interest group for the younger men with heart disease who meet to discuss: career, family, exercise, lifestyle changes and contemporary issues in a supportive environment.

They meet every 2nd Tuesday
between 6 & 8 pm at different locations

Please call:
Tony at (403) 241-5119

For location, time and attendance confirmation, and more information.

Woman to Woman

This is a special interest group addressing the specific concerns of women with heart disease. An active lifestyle is also part of their emphasis. This group is organized and operates under the parent society in consort with the Canadian Council of Cardiovascular Nurses.

Meetings are held on the first Tuesday of
each month, 4:00PM

For more information contact:
info.womantowoman@gmail.com

Feb. 2, 2016	Art Therapy: Presented by Kathie McDuff, over 18 years experience
Mar 1, 2016	Why Am I Having This Test & What Can it Tell Me?: Presented by Barb Jones, RN, MN, Clinical Nurse Specialist, Cardiac Sciences, Foothills Medical Centre
Apr. 5, 2016	Travel Insurance: The ins and outs of what you need to know
May 3, 2016	Importance of Dental Health in Relation to Heart Health: Presented by a Registered Dental Hygienist
May/June June 7, 2016	Spring Social Event: Sponsored by Heart to Heart: Details announced in Spring End of Year Potluck Celebration & Planning Meeting: Details TBA

www.womenscardiacsupport.org

VISITOR **VOLUNTEERS** WANTED

We need volunteers to visit Cardiac patients at all of the four hospitals.

Rocky View & South Health – Please contact John-Paul Maillot at (403) 278-6087

Peter Lougheed hospital – Please contact Glen Clark at (403) 226-4027

Foothills hospital coordinator position is vacant.

Thank-you to all visitors in all four hospitals for your visitations.

Keep up the good work!

*Membership is open to
anyone interested in
cardiovascular disease*

BECOME A MEMBER

New Member ___ Renewal ___

Enclosed is a \$25.00 cheque payable to Heart to Heart Support Society, Box 5242, Stn. A, Calgary, AB, T2H 2K6. Please register me as a member.

Please print:

Name: _____

Address: _____

City: _____

Province: _____ Postal Code: _____ - _____

Phone #: (____) _____ - _____

Email: _____

Signature: _____

www.hearttoheartalberta.com

Heart to Heart Chapters Established In Alberta Cities

To obtain more information or become a member, you may choose to contact the Regional Hospital or the Heart to Heart Contact Person in the particular city.

Drumheller:

District Health Services: (403) 823-6500
Cliff Dietz: (403) 823-2175

- NOTICE -

On the Beat offers information regarding the treatment therapies and help that is available to readers. We welcome and encourage your comments and suggestions.

All medical and therapeutic information contained in this newsletter is necessarily to your particular condition.

Consequently, we caution all readers that the information and advice in this newsletter (or in any publication) should be acted or relied upon only after consultation with your physician and health care professional.

