



Incorp.  
1985

# Spring 2010 **On The Beat**



*This newsletter is published quarterly 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.  
Alberta Societies Reg. #89059 4591 RR 0001*

*Meetings are held on the third Wednesday of each month in the auditorium at the Care West Colonel Belcher (1939 Veterans Way NW) at 7:30 p.m.  
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 #:.....

## **BENEFITS OF REGULAR EXERCISE ON CARDIOVASCULAR RISK FACTORS**

- Increase in exercise tolerance
  - Reduction in body weight
  - Reduction in blood pressure
- Reduction in bad (LDL) and total cholesterol
  - Increase in good (HDL) cholesterol
  - Increase in insulin sensitivity

# *Heart to Heart*

## **Officers, Directors & Appointees**

### **2008- 2009**

President . . . . .	Glen Clark . . . . .	403-226-4027
Vice President . . . . .	Tony Schlee . . . . .	403-241-5119
Past President . . . . .	Clarence Callaway . . . . .	403-272-4462
Secretary . . . . .	Elvin Dorscher . . . . .	403-239-4850
Treasurer . . . . .	Tammy Graham 403-273-3715 & Mary Trainor . . . . .	403-880-4962
Membership . . . . .	Janet Rivard . . . . .	403-273-6913
Phone Committee . . . . .	Doreen Farnum . . . . .	403-249-5770
Guest Speakers . . . . .	Herb Brietkreutz . . . . .	403-202-1417
Woman to Woman . . . . .	Jean deBruyn 403-288-0570 & Janet Brindle . . . . .	403-282-4411
Social Convenor . . . . .	Glen & Cecelia Clark . . . . .	403-226-4027
Dietitian & Advisor . . . . .	Marie Toone . . . . .	403-944-2443
Newsletter Editor . . . . .	Executive/Contact: Glen Clark . . . . .	403-226-4027
Graphics Co-ordinator . . . . .	Louise Yont . . . . .	403-281-3816
Visitations FMC & PLC . . . . .	Clarence Callaway . . . . .	403-272-4462
Visitations RGH . . . . .	Bernie Cohen 403-281-1752 & Ron Kindret . . . . .	403-251-7017
Phoenix Club Co-ordinator . . . . .	George Palmer . . . . .	403-257-7023
Director . . . . .	Mary Trainor . . . . .	403-880-4962
Director . . . . .	Dick Buchanan . . . . .	403-948-7965
Director . . . . .	Stephen Hardy . . . . .	403-285-6821
Director . . . . .	Carol Edwards . . . . .	403-273-3715
CWIC Liaison . . . . .	Annalise Corcelli . . . . .	403-571-6966
Joys & Concerns . . . . .	Clarice Cohen . . . . .	403-281-1752

*Serving the needs of cardiovascular patients and their families*

#### **Heart to Heart SUPPORT Society**

We not only SUPPORT each other at our monthly meetings but everyone is welcome to join the drop-in COFFEE (or Tea) GANG who gather every Monday morning around 9:30 a.m. in the food court at Chinook Centre. There is lots of laughter and chatter. Please drop by when you can as it is also a good way to become better acquainted with other members. You are very welcome.

#### ***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 —**

I hope you had a very pleasant Christmas season. Thank you to all who have renewed their 2010 memberships.

We are pleased to report that the proceeds from the September casino exceeded \$72,000. The monies will be dispersed through the Calgary Health Trust to help purchase much needed heart health medical equipment for hospitals and nursing homes. Thanks to those who helped with the casino.

We welcome a new decade and are researching new methods to improve communication and to encourage new members. We try to meet the needs of the members and would appreciate your input.

We have had some very good speakers and look forward to more of the same. We hope you will attend the general meetings to enjoy the informational evenings and the fellowship.

Respectfully submitted,  
Glen Clark, President

## **MESSAGE FROM THE SOCIAL CONVENOR —**

2010 rings in a new decade, new ideas and goals. The BBQ and corn roast at Fish Creek Park have been cancelled this year. Instead, there will be a social event on the regular May general meeting date in the Colonel Belcher meeting room. There is an outdoor area right off the meeting room that we will access if the weather permits. The social will be a supper gathering and entertainment will be provided.

A second social will be planned for late November. The details are still in the planning stage.

Respectfully submitted,  
Cec Clark, Social Convenor

# HEART AND STROKE FOUNDATION

## NUTRITION COLUMNS

### Top cholesterol-lowering foods

By Cara Rosenbloom RD

What do oats, nuts, beans, vegetables and fruit have in common? These delicious foods help naturally lower blood cholesterol levels and reduce the risk of heart disease. Along with other key foods, scientists have rigorously studied oats, nuts, beans, vegetables and fruit for their positive effects on preventing heart disease. This column will show you how to include more of these delicious delights in your diet to help you control your cholesterol.

### Cholesterol control

Unhealthy blood cholesterol levels can increase your risk for stroke and heart disease, as well as conditions such as atherosclerosis (narrowing of the arteries). If you have high cholesterol, you can get your numbers back on track by being active (30 to 60 minutes most days), achieving and maintaining a healthy body weight, becoming smoke-free and making some dietary changes:

- Follow a lower-fat diet with between 20% to 35% of calories from fat. That's equal to 45 to 75 grams of fat per day for women and 60 to 100 grams per day for men.
- Avoid trans fat, which is found in foods made with shortening or partially hydrogenated vegetable oil, such as fast foods and many packaged foods. Trans fats raise "bad" LDL cholesterol and lower "good" HDL cholesterol levels.
- Reduce your intake of foods that are high in saturated fat, such as fatty meats, and dairy products such as butter, cheese, cream or homogenized milk.
- Opt for healthy unsaturated fat found in oils, nuts and fish.
- Eat more high-fibre foods, including whole grains, nuts, legumes, vegetables and fruit.

(- continued on page 5)

**Diet Fact:** The problem with curbing our appetites is that most of us do it at the drive thru window of McDonalds.



## **Nutrition Columns** (-continued from page 4)

### **Nutritious cholesterol fighters**

Here are some foods that can help lower cholesterol as part of a healthy, balanced diet:

#### **Oats**

Oats contain a type of soluble fibre called beta-glucan, which works like a trap to bind to the cholesterol in your digestive system and naturally eliminate it from the body. Just three grams of soluble fibre per day may help lower cholesterol levels by about 10% (125 mL/half-cup of oatmeal contains 1 gram of soluble fibre). To include more in your diet, use oats, oat bran or oat flour when you cook and bake. Start by trying our *Oatmeal Blueberry Walnut Muffins*, *Baked Cinnamon Pears with Oat Topping* and *Hot 'n' Spicy Turkey Burgers*.

#### **Nuts**

Nuts are loaded with a perfect combination of unsaturated fats and fibre, which reduce cholesterol levels naturally. They also contain unique plant sterols, which mimic cholesterol and replace it in the body, in a healthy way. Enjoying 70 mL/quarter-cup (1 gram/1 ounce) of nuts about five times per week can lower heart disease risk by 25%. Choose unsalted nuts that are raw or dry-roasted. Avoid nuts that are salted, flavoured or roasted in oil. Use nuts to replace a serving of meat or a high calorie snack, not just as addition to the diet, since the calories add up quickly. Sprinkle toasted almonds on a stir-fry or salad, try pecans in trail mix, and use crushed walnuts to coat chicken, fish or tofu. Try our *Cakes with Sole* or *Crunchy Fruit and Nut Salad*.

#### **Beans**

Like oats, chickpeas, lentils, soybeans and kidney beans are high in soluble fibre, which prevents cholesterol from being absorbed into the body. Eating 125 mL/half-cup of beans per day can lower cholesterol levels by about 10%. Beans are a perfect addition to soups, stews, salads and pasta. Try hummus, burritos, *Vegetarian Chili* or *Salmon, Bean and Orzo Salad*.

(- continued on page 6)

### **Comments from doctors as recorded on patient charts:**

"Patient has chest pain if she lies on her left side for over a year."



"On the 2nd day the knee was better and on the 3rd day it disappeared completely."

## Nutrition Columns (-continued from page 5)

### Vegetables and fruit

Vegetables and fruit have different functional properties that work to lower cholesterol levels. For example:

- Eggplant, pears and okra are high in cholesterol-lowering fibre
- Blueberries, grapes and cranberries are high in the antioxidant pterostilbene, which helps metabolize cholesterol.
- Tomatoes, watermelon and papaya contain the antioxidant lycopene, which helps to keep cholesterol from oxidizing. (Oxidized cholesterol is harmful because it contributes to the formation of narrowed arteries).

Consuming 7 to 10 servings (a serving equals 125 mL/half-cup) per day of a variety of vegetables and fruit is ideal. Choose fruit for dessert, snack on vegetables and dip, and try our mixed vegetable stir-fry or oven-roasted asparagus as a perfect side-dish.

- the recipes mentioned in this column can be found on [www.heartandstroke.ca](http://www.heartandstroke.ca)

- article submitted by Marie Toone

### SCOTCH SCONES

*Scotch Scones are so rich and tasty you won't want to add butter. Nutty flavored, they go well with soups or as an afternoon snack served with a little fruit spread.*

1¾ cups	quick rolled oats	½ tsp	salt
1½ cups	all purpose flour	½ cup	margarine or butter, melted
¼ cup	sugar	1/3 cup	2% or skim milk
1 tbsp	baking powder	1	egg

Combine rolled oats, flour, sugar, baking powder and salt in a large bowl. Beat together margarine, milk and egg. Stir liquid ingredients into flour just until combined. DO NOT OVERMIX. Turn mixture onto a lightly floured surface and pat out or roll into a rectangle about 9 x 12 inches. Cut into 9 rectangles, then cut each again diagonally to form 18 triangles. Place on a lightly greased baking sheet. Bake in a 425° F oven 12 to 14 min until golden brown. Serve warm. Makes 18 scones.

Each scone:	Calories	130	protein	3 g
	carbohydrate	16 g	fat	6 g

— Canadian Diabetes Association

## **Women face unique symptoms, risk factors for heart disease**

– Alberta Health Services

Women need to pay particularly close attention to their heart health, says Dr. Sandeep Aggarwal, the Cardiac Wellness Institute Medical Director in Calgary.

Women face unique risk factors, symptoms and treatment issues when compared to men and as a result need to take extra care when looking after their heart.

There are many things men and women can do to reduce their risk for heart disease. And there are many risk factors that we can control and others we can't.

While the risk factors apply to both men and women, there is variation in the factors that make women's circumstances unique.

Some of the controllable factors include high blood pressure, which is more common in older women. As well, women with diabetes have a higher cardiovascular mortality rate than men, and women are also less likely to be active.

Uncontrollable factors include a family history of heart disease, being of South Asian, African or Aboriginal descent. Advancing age is another uncontrollable factor, and is also one that affects women differently. As women pass menopause their risk for heart disease increases more rapidly than men's.

"Women need to manage the risk factors that can be controlled by maintaining a heart-healthy lifestyle," says Aggarwal.

Physicians also face a challenge in treating heart disease in women, as it can cause a wide variety of symptoms, many of which are very vague.

The typical symptoms people associate with heart disease are discomfort in the chest (pressure, ache or burning) or other areas of the upper body.

"Women are less likely than men to have the typical symptoms of chest discomfort when presenting with a heart attack," says Aggarwal.

In fact, for many women — about half — none of these typical symptoms may appear, so women also need to watch out for other symptoms such as shortness of breath, sweating or nausea for no apparent reason, says Aggarwal.

Sometimes a symptom is an "ominous" feeling something is wrong. With this, women feel afraid or anxious but many dismiss these symptoms as nothing serious, he added.

Since their symptoms aren't typical, women seek medical care an average of about two hours later than men.

– (continued on page 8)

## **Women face unique symptoms** – (continued from page 7)

"If you, or a woman you know, experiences these symptoms, especially if they are persistent or in combination, you must err on the side of caution and seek medical attention immediately," says Aggarwal. "The key is to seek medical attention early."

Treating the risk factors for heart disease is the best way to avoid heart disease. Again, there are differences between men and women.

Although the treatment is the same in each gender, women participate in the treatment of risk factors less than men.

Women are less likely to participate in cardiac rehabilitation programs that have been proven to reduce death and heart attacks.

As well, there are barriers to a woman's participation in such programs, including family needs, a lack of social support, and an increased feeling of depression following a cardiac event.

Women who have a heart attack often have a different experience with treatment too. Women often go to hospital later than men and therefore are less likely to get life-saving therapies. As well, women are less likely to get angioplasty or bypass surgery and are less likely to be referred to cardiac specialists.

Aggarwal emphasizes the importance of everyone reducing their risk of heart disease. He suggests three key measures people should take:

- **Adopt a heart-healthy lifestyle** —

Make choices to handle stress in healthy ways, quit smoking, select healthy food consistently, stay active and manage your weight.

- **Have risk factors tested regularly** —

Women should also have regular cholesterol, blood pressure, triglycerides, blood sugar, weight and waist circumferences checked regularly.

- **Learn the symptoms of a heart attack** —

Recognizing symptoms of a heart attack and seeking medical attention as soon as they appear reduces the risk of heart damage.

### **The risk factors for heart disease include:**

- Smoking and second-hand smoke
  - Cholesterol levels
  - High blood pressure
- Diabetes and pre-diabetic conditions such as metabolic syndrome
  - Obesity
  - Physical inactivity
    - Stress
    - Depression



## Exercise and Cardiovascular Health

– Jonathan Myers, PhD, Cardiology Division,  
VA Palo Alto Health Care System, Stanford University

### **How Should You Begin if You Want to Become More Physically Active?**

First, if you currently have heart disease or are over 45 years of age and have 2 or more risk factors (immediate family member with heart disease before age 55, cigarette smoking, high blood pressure, abnormal cholesterol levels, diabetes, sedentary lifestyle, or obesity), you should consult your physician before starting any type of exercise.

Clearly, most people can derive significant benefits from integrating a half hour of moderate activity into their day. If you know you simply cannot or will not set aside a half hour of activity on a given day, then try to work more activities into the day by taking the stairs rather than the elevator, or try walking rather than driving a short distance to the store. Try to work several shorter periods of activity, such as 10 minutes, into your schedule. The most important thing is to get started. There is mounting evidence in the scientific literature that physical activity and physical fitness have a powerful influence on a host of chronic diseases, a fact underscored by the recent Surgeon General's report on Physical Activity and Health. Reducing the risk of heart disease through greater physical activity could have an enormous impact on health in the United States.

### **Recommendation for Physical Activity From the CDC/ACSM Consensus Statement and Surgeon General's Report**

*Every American adult should participate in 30 minutes or more of moderate intensity activity on most, and preferable all, days of the week.*

- Moderate activities: activities comparable to walking briskly at about 3 to 4 miles per hour; may include wide variety of occupational or recreational activities, including yard work, household tasks, cycling, swimming, etc.
- Thirty minutes of moderate activity daily equates to 600 to 1200 calories of energy expended per week.

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."



## Light Salmon Loaf with Dill

*Fresh dill adds a wonderful flavor to this moist loaf. If it is unavailable, substitute fresh parsley and 1 tsp dried dillweed.*

1	tbsp	soft margarine	1	can (7.5 oz)	salmon
1		medium onion, chopped	1	cup	fresh homemade bread crumbs
1	cup	sliced mushrooms	2/3	cup	milk
1	cup	diced celery	1/4	cup	chopped fresh dill
2		eggs*			Pepper

In skillet, melt margarine over medium heat; cook onion, mushrooms and celery, stirring, for about 5 minutes or until tender-crisp.

In bowl, lightly beat eggs; add mushroom mixture. Drain salmon liquid into egg mixture. Flake salmon and mash bones; add to bowl along with bread crumbs, milk, dill, and pepper to taste. Stir lightly to mix.

Transfer to lightly greased 8½ x 4½ - inch loaf pan. Place in larger pan and pour in enough hot water to come 1 inch up sides of pan. Bake, uncovered, in 350° F oven for 45 to 55 minutes or until firm to the touch. Pour off any liquid.

**Microwave Method:** Cover and microwave loaf at High power for 7 minutes; let stand for 5 minutes.

**Variation:** Prepare above recipe but substitute 1½ cups diced (unpeeled) zucchini for the mushrooms and celery. Instead of dill, use ½ cup coarsely chopped fresh parsley.

\*If you are on a cholesterol-lowering diet, use 1 whole egg and 1 egg white.

Makes 4 servings.

Per Serving:	Calories	201	carbohydrate	11 g
	total fat	10 g	cholesterol	130 mg
	saturated fat	3 g	sodium	354 mg
	fibre	1 g	potassium	487 mg
	protein	17 g		

— Anne Lindsay Cookbook

### **Five things you can't recover:**

The stone ..... after the throw.

The word ..... after it's said.

The occasion ..... after it's missed.

The time ..... after it's gone.

The email ..... after you hit send.



## *Two Special Support Groups*

---

### *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, 4:00 PM at

**Calgary Cardiac Wellness Institute  
The Talisman Centre  
2225 Macleod Trail SE**

More information contact:

**Jean: 403-288-0570 (or)**

**Janet: 403-282-4411**

### *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 p.m. at different locations

Please call:

**George at 403-257-7023  
or 403-861-7181**

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

---

### **THE POTTY**

A little three-year old boy is sitting on the toilet. His mother thinks he has been in there too long, so she goes in to see what's up. The little boy is sitting on the toilet reading a book. But about every 10 seconds or so he puts the book down, grips onto the toilet seat with his left hand and hits himself on top of the head with his right hand.

His mother says, "Billy, are you all right? You've been in here fo a while."

Billy says, "I'm fine, Mommy ... I just haven't gone 'doody' yet."

Mother says, "OK, you can stay here a few more minutes. But, Billy, why are you hitting yourself on the head?"

Billy says, "Works for ketchup."



*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 and a self-addressed, stamped envelope for return of membership card and receipt. Please register me as a member.

Please print:

Name: .....

Address: .....

City: .....

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ - \_\_\_\_\_

Telephone #:(\_\_\_\_\_) - \_\_\_\_\_ - \_\_\_\_\_

Signature: .....

## ***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.*

### **Brooks:**

Palliser Health Authority: (403) 501-3232  
Carol Johnson: (403) 362-7566

### **Drumheller:**

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

### **Lethbridge:**

Chinook Health Region: (403) 382-6111  
Carl Wojtowicz: (403) 328-3191

### **Medicine Hat:**

Palliser Health Authority: (403) 529-8000  
John Sidlick: (403) 580-3730

## **IN MEMORIAM**

### **Ron Kindret**

*In memory of Ron Kindret a lifetime membership in the Heart to Heart Support Society is awarded to Wendy Kindret.*

## **— 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 general in nature and may not be appropriate 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.