



May 2018

On The Beat

Incorp.
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.

Announcement

June 20 - 11:30am

Wind up of our regular monthly meeting before summer break will be a Luncheon and entertainment at the Centennial Legion.

Tickets phone: Mary Figley (403) 243-1882

Elvin Dorscher (403) 239-4850

If you would like more information about our support group, contact:

Volunteer:

Phone #: ()



Heart to Heart

Officers, Directors & Appointees 2018

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 _____	Bill Diprose -----	403-235-5534
Membership _____	Bernie Nemeth	403-289-7479
Casino Coordinator _____	Bill Andrietz -----	403-503-0888
Phone Committee _____	Doreen Farnum	403-249-5770
Guest Speakers _____	(vacant) -----	xxx-xxx-xxxx
Woman to Woman _____	Charlotte Frankish	403-242-2172
Phoenix Club _____	Tony Schlee-----	403-241-5119
Social Convenor _____	Mary Figley	403-243-1882
Newsletter Editor _____	Tony Schlee -----	403-241-5119
Board member at large _____	Bill Sidey	403-286-4227

Visitations @ Calgary Hospitals

Rocky View _____	Bill Cumming -----	403-271-4569
South Health _____	Bill Cumming	403-271-4569
Peter Lougheed _____	Bill Cumming -----	403-271-4569
Foothills _____	David Stonehouse	403-606-0412
TCRRR* Liaison _____	Amanda McBride -----	403-781-4728
Joys & Concerns _____	Colleen Dorscher-----	403-239-4850

* Total Cardiology Rehabilitation and Risk Reduction

Member SUPPORT Services

Computer help &	Damian Barnes	403-617-2561
Home cleaning	Nelia Barnes	

www.hearttoheartalberta.com

Serving the needs of cardiovascular patients and their families

AIMS & OBJECTIVES

- ✓ To offer encouragement and support to individuals & families with heart disease
 - ✓ To assist their partners, families and friends
 - ✓ To educate the public to the risks of heart disease
- ✓ Hospital visitations to help patients and families cope with lifestyle changes



MESSAGE FROM THE PRESIDENT –

Hello Everyone,

Spring has finally arrived! April showers are turning to May Flowers, the days are getting longer and our sights are set on summer. After the long winter, you're likely anticipating the warmer days ahead, so here's hoping we do get a long warm summer. I hope you all have the opportunity to get out and enjoy it, no matter the weather.

With summer coming, June 20 will be our last monthly meeting before taking the July and August summer months off. We will resume our regular monthly meetings again in September. With the June meeting be the last of our regular meetings, we are planning a Luncheon with entertainment instead of the meeting, so I hope you will join us.

All are welcome!

I look forward to seeing you there.

Cheers

Elvin Dorscher

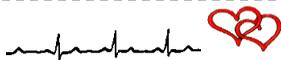
E-Mail: elcoll@telus.net

An old cowboy walks into a barbershop for a shave and a haircut. He tells the barber he can't get all the whiskers off because his cheeks are all wrinkled with age.

The barber gets a wooden ball from a cup on the shelf and puts it inside his cheek to spread out the skin. When finished the old the cowboy tells the barber that is the cleanest shave he has had in years but what would happen if he had swallowed the ball.



The barber said just bring it back in a couple days like everyone else does.



Is Owning a Pet Good for You?

by Jon Caswell-Heart Insight

A friend who rescued a dog had a bumper sticker that said, “Who rescued who?” For a moment, set aside the truth that a lot of love passes between pets and their people and focus on what pets do for our physical wellbeing. Now there is evidence that dogs — because they need walking — improve their owners’ cardiovascular health. In fact, there is enough research that the American Heart Association published a scientific statement on the subject. Here are a few findings from some of the studies they reviewed:

- Pet owners had lower [systolic blood pressure](#), pulse pressure, and mean arterial pressure and a reduced risk of high blood pressure. However, after adjustment for age and other factors, pet ownership was no longer associated with a lower blood pressure or incidence of hypertension.
- Ambulatory BP monitoring (blood pressure is measured as a person is moving about, doing their typical daily activities) two and five months after adoption demonstrated significantly lower systolic blood pressure in the dog-adoption group.
- Compared with nonowners and new cat owners, new dog owners increased their recreational walking significantly more over a 10-month period.
- On average, dog owners engaged in significantly more physical activity than nonowners (322.4 vs 267.1 minutes per week).
- After adjustment, dog owners were 57 percent more likely than nonowners to achieve the recommended level of physical activity.
- Pet ownership appeared to make little or no difference in obesity, but there may be a difference for owners that walk their dogs.

There are probably a variety of reasons owning pets is associated with reducing your risk of cardiovascular disease. It may be that that people with dogs tend to exercise more. Pets may also play a role in providing social support to their owners, which could be an important factor in helping you stick with a new habit or adopting a new healthy behavior, such as walking. It’s unclear whether the results are because dogs are the pets most commonly owned and studied, if dogs are the pet most likely to increase their owner’s physical activity or because of additional beneficial effects of dog ownership.

The scientific statement concluded with these recommendations:

- Pet ownership, particularly dog ownership, may be reasonable for reduction in cardiovascular disease risk.
- Pet adoption, rescue or purchase should not be done for the primary purpose of reducing cardiovascular disease risk.

Whether or not you have a pet, regular aerobic physical activity can help you lead a healthier life. Your physical activity plan should include three to four sessions per week, lasting on average 40 minutes per session, and involving moderate- to vigorous-intensity physical activity.



Turkey and bean rice wraps

Easily a new family favourite to enjoy for lunches or dinner.

Pack the turkey and bean mixture separately and wrap your lunch on site with the lettuce.

Ingredients

500 g (1 lb) turkey cutlets or scalloppini	1 head Boston lettuce, leaves separated
250 mL (1 cup) no salt added chicken broth	125 mL (1/2 cup) long grain brown rice
250 mL (1 cup) canned cooked black beans, drained and rinsed	250 mL (1 cup) corn kernels
3 cloves garlic, minced	175 mL (3/4 cup) salsa
5 mL (1 tsp) chili powder	25 mL (2 tbsp) lime juice
10 mL (2 tsp) canola oil	2 mL (1/2 tsp) grated lime rind
25 mL (2 tbsp) chopped fresh coriander	

Directions (serves 6 | 25mins)

In saucepan, bring rice and broth to boil. Cover and reduce heat to low and cook for 25 minutes or until tender and liquid is absorbed.

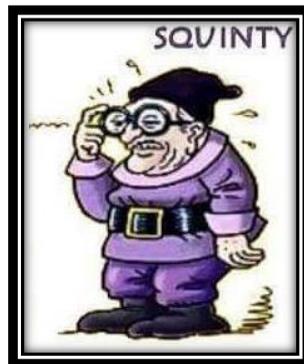
Meanwhile, cut turkey cutlets into strips crosswise; place in bowl. Add 5 mL (1 tsp) of the oil, garlic, chili powder, lime rind and juice; stir until well coated.

In large nonstick skillet, heat remaining oil over medium high heat and cook turkey stirring for about 5 minutes or until no longer pink inside. Add cooked rice and salsa; stir to coat.

Stir in corn and beans and cook for about 2 minutes or until warmed through. Stir in coriander and spoon into lettuce leaves and roll up to enjoy.

Per Serving (1 cup/250ml): 244 calories, 24g protein, 4g total fat (1g saturated fat, 43mg Cholesterol), 346mg sodium, 28g carbohydrates (4g fibre, 2g total sugars, 0g added sugars), 601mg Potassium.

FIND The Seven Dwarves of OLD AGE



A Diet Soda a Day May **Raise Risk** of Stroke & Dementia

One or more artificially sweetened drinks a day was associated with higher risk of stroke and dementia, a new study suggests.

The research, published in the science journal *Stroke*, examined consumption of beverages sweetened with sugar and artificial sweeteners but did not find that same association with sugary beverages. The results, however, come with a host of caution flags raised by experts. They say the study does not even hint that regular sugary drinks are better for you, or even that artificially sweetened drinks directly cause strokes or dementia.

The study's lead author said the observational study shows an association or trend in a group of people and not a direct cause-and-effect link. It's more "hypothesis-generating."

"The jury is still out, and this just shows people need to be cautious," said Matthew Pase, Ph.D., a fellow in the department of neurology at Boston University School of Medicine and an investigator at the [Framingham Heart Study](#).

Previous studies have looked at artificial sweeteners' impact on stroke risk. Pase believes this is the first study to look at its association with risk of dementia — and he hopes the work will spur more research into the effects of these sweeteners on the brain.

Researchers analyzed the self-reported diets of two sets of people participating in the Framingham Heart Study, the longest-running heart study in the U.S., funded by the National Heart, Lung, and Blood Institute and run in partnership with Boston University. The study examined beverage intake of 2,888 people over the age of 45 for its stroke analysis and 1,484 people over the age of 60 for the study's dementia analyses.

Over seven years, researchers used food frequency questionnaires up to three different points in time. They then followed up for the next 10 years to determine who developed stroke and dementia.

At the end of the follow-up period, researchers counted 97 strokes, or 3 percent of the participants in the stroke analysis arm of the study. Of those, 82 were ischemic. The study found 81 cases of dementia, or 5 percent of the participants in the dementia arm of the study. Of those, 63 were diagnosed as Alzheimer's disease.



The study found that people who reported drinking at least one artificially sweetened drink a day compared with less than one a week were 2.96 times as likely to have an [ischemic stroke](#), and 2.89 times as likely to be diagnosed with dementia due to Alzheimer's disease. The results were adjusted for variables such as age, sex, caloric intake, diet quality, physical activity and smoking.

“Nobody ever said diet sodas were a health food.”

Pase and other researchers say the work points clearly to the need to investigate the possible biological reasons artificial sweeteners might affect the brain and the need for more experimental and clinical trials.

But, Johnson said, there is a part of the issue that is “settled science.”

“We have a robust body of literature on the adverse effects of sugary drinks. Absolutely the message is not to switch to sugary drinks,” she said.

Studies linking added sugars and conditions that lead to cardiovascular disease have been around for years. Diets high in added sugars have been connected to heart risk factors such as obesity and high blood pressure.

In 2012, the AHA and the American Diabetes Association issued a scientific statement on the use of artificial sweeteners, saying “that when used judiciously, [artificial sweeteners] could facilitate reductions in added sugars intake.” The statement called for further research on non-nutritive sweeteners and cardiovascular risk but noted that “limiting added sugars is an important strategy for supporting optimal nutrition and healthy weights.”

Consumers shouldn't “over-interpret” the latest study's results, said Christopher Gardner, Ph.D., director of Nutrition Studies at the Stanford Prevention Research Center and a professor of medicine at Stanford University. Gardner was lead author on the 2012 statement.

“It's a tricky thing,” said Gardner, who leads research into how people can optimize their diets. “Nobody ever said diet sodas were a health food.”

“So, the bottom line is, ‘Have more water and have less diet soda,’” he said. “And don't switch to real soda.”

Pase, who studies how people can change behavior or diet to prevent dementia, said people need to be skeptical when deciding whether to select something with artificial sweeteners or real sugar.

“Just because a beverage is advertised as being healthy because it doesn't have any sugar doesn't mean that it is healthy,” Pase said. “Artificial sweeteners may have effects in the body that we haven't begun to explore.”

- *By American Heart Association News*



Taking a “Non-Diet” Approach to Lower **Blood Pressure**

Cardiac dietitian Cheryl Strachan spoke at our April meeting about salt, sodium & blood pressure.

Thank you for having me! After spending nearly ten years with Total Cardiology Rehabilitation, I have a special place in my heart for Heart to Heart and Woman to Woman.

Some of what we discussed was a refresher for veteran members, including salt versus sodium, sea salt, and how much sodium to have. We talked about the blood pressure-lowering DASH eating plan and the new US hypertension guidelines.

For a copy of the slides and information on these topics, visit www.sweetspotnutrition.ca/H2H.

One novel topic I introduced was the “non-diet” approach, by which I mean eating for satisfaction and health, rather than restriction or weight loss. Eating for pleasure, without guilt or shame.

But if you’ve had a cardiac event, is the non-diet approach wise? Shouldn’t you be avoiding those “naughty” foods that caused the problem?

It turns out that for most, restrictive eating doesn’t work very well. Dieting rules trigger rebellion and cravings. Restricting your eating or labeling certain foods as “bad” or “off-limits” can cause a problematic “restrict and binge” cycle.

Also, dieting for weight loss sets you up for failure. While some people can lose weight in the short run, very few can keep it off. Our bodies are adept at defending our weight.

In fact, weight loss efforts may actually be harmful. Trying to lose weight almost always leads to weight cycling, which is associated with cardiovascular disease, emotional eating, disordered eating, and weight gain.

What to do instead? Explore and enjoy the many delicious heart-health boosting foods. Give yourself unconditional permission (!!) to eat ALL foods, including the ones you may have labeled as “bad,” and you’ll likely soon find yourself less obsessed with them and balancing naturally.

Other principles that help:

- Eat with the intention to feel good (satisfaction is about more than taste)
- Eat a nourishing meal or snack every 2-5 hours so you don’t get overly hungry
- Eat away from the TV or other distractions, so you truly experience satisfaction from eating and notice when you start to fill up
- Learn to cope with emotions without using food.

To learn more, read the book *Intuitive Eating* by Tribole and Resch. And for more resources, visit www.sweetspotnutrition.ca/H2H

Sweet Spot Nutrition
Heart health, for life.



Roasted trout with avocado-mango salsa

This is a basic recipe for roasting fish – quick, easy, and simple

Ingredients

For trout	For salsa
4x (120 g/4-oz) trout fillets	1 mango, peeled & cut into 1/2 inch (1.25 cm) cubes
Juice of 1 lemon or (about 3 tbsp/45 mL)	1 medium avocado, peeled & cut into 1/2 inch (1.25 cm) cubes
2 lemons, whole	1/2 red onion, diced
1/4 tsp (1 mL) ground black pepper	2 tbsp (30 mL) cilantro, chopped
1 tbsp (15 mL) canola oil	1 tbsp (15 mL) lime juice
Canola oil cooking spray	1 tsp (5 mL) chili pepper powder
	1 tbsp (15 mL) canola oil

Directions

For trout

- 1) Preheat oven to 375° F (190° C).
- 2) Spray a 9 x 9 inch (22 x 22 cm) roasting pan or baking sheet with the canola oil spray. Place fillets inside and coat them with lemon juice, canola oil and pepper.
- 3) Slice whole lemons into thin rounds, and remove seeds from each slice. Distribute slices equally among trout fillets.
- 4) Roast fillets for 15-20 minutes, depending on thickness of fillets. Fish should be translucent and flakes easily when pulled apart.

For salsa

- 1) Place mango, avocado, onion, lime juice, canola oil, chili powder, cilantro in a small mixing bowl and mix to combine. Salsa will keep in refrigerator for two to three days.

Per Serving (1 fillet & ½ cup (125ml) salsa): 390 calories, 35g protein, 19g total fat (2.5g saturated fat, 95mg Cholesterol), 50mg sodium, 22g carbohydrates (4g fibre, 14g total sugars, 0g added sugars), 1175mg Potassium.



More Fruits & Vegetables a Day May Keep Blockages in Legs Away



In a new study on 3.7 million people, those who reported eating three or more daily servings of fruits and vegetables had 18 percent lower odds of PAD than those reporting eating less.

“Our study provides important information to the public that something as simple as adding more fruits and vegetables to your diet

could have a major impact on the prevalence of life-altering peripheral artery disease,” said Jeffrey Berger, M.D., associate professor of medicine and surgery at New York University School of Medicine in New York City.

PAD is a narrowing of the peripheral arteries to the legs, stomach, arms and head — most commonly in the legs — that limits blood flow to the muscles and makes it hard or painful to walk or stand.

Previous studies linked lower consumption of fruits and vegetables with the increased occurrence of coronary heart disease and stroke. But there’s little research on the association of eating fruits and vegetables and PAD.

In the new study, 6.3 percent of participants had PAD and 29.2 percent reported eating three or more servings of fruits and vegetables daily.

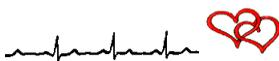
Participants completed medical and lifestyle questionnaires and ankle brachial index tests at more than 20,000 sites across America. An ankle brachial index test is a comparison of blood pressure differences between readings at the ankle and forearm.

The study findings also **confirmed** that Americans’ fruit and vegetable intake remains dismally low, researchers said. Low fruit and vegetable intake was particularly associated with PAD among current and former smokers.

The research is reported in the American Heart Association journal *Arteriosclerosis, Thrombosis and Vascular Biology*.



- By American Heart Association News



Two 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 once a month on the 2nd
Wednesday at different locations

Please call or text:
Tony at (403) 615-2662

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

April 3, 2018	Art Therapy: Join us for a fun card making session to create your own personalized cards: Presented by Barb Fuller and Renate Worthington
May 1, 2018	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
May/June TBA	Spring Social Event: Sponsored by Heart to Heart Details announced in Spring
June 5, 2018	End of Year Potluck Celebration & Planning Meeting: Details TBA Everyone welcome to attend!

www.womenscardiacsupport.org

VISITOR **VOLUNTEERS** WANTED

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

Rocky View hospital – Please contact Bill Cumming at (403) 271-4569
South Health hospital - Please contact Bill Cumming at (403) 271-4569
Peter Lougheed hospital – Please contact Bill Cumming at (403) 271-4569
Foothills hospital - Please contact David Stonehouse at (403) 606-0412

Thank-you to all visitors in all four hospitals for your visitations.
Keep up the good work!



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

President

Trevor Gough: (403) 820-1887
Not a heart to heart in your city?
Contact Elvin to help open a chapter.

- 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 isn't 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.

Fold on line



BECOME A MEMBER (or make a charitable donation)

**Membership is open to
anyone interested in
cardiovascular disease**

New Member Renewal

Enclosed is a \$25.00 cheque payable to Heart to Heart Support Society,

Mail to: **Box 5242, Stn. A - Calgary, AB T2H 2K6**

Please register me as a member.

Please print:

Phone #: (____) _____ - _____

Name: _____

Address: _____

City: _____

Province: _____

Postal Code: _____ - _____

Signature: _____

www.hearttoheartalberta.com

Email: _____

