



May 2013

On The Beat

Incorporated
1985



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: 902 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 #: ()

Summer is upon us!



Try these simple tips to stay active

- Wear a pedometer & track your steps (set daily goals)
- Develop a routine of going for walks during the day
- Find a local group to walk the mall or walking trails
- Don't forget the sunscreen when outside

Heart to Heart

Officers, Directors & Appointees

2012-2013

President _____	Elvin Dorscher -----	403-239-4850
Vice President _____	(vacant)	xxx-xxx-xxxx
Past President _____	Tony Schlee-----	403-241-5119
Treasurer _____	Glen Clark	403-226-4027
Secretary _____	Helen Foster -----	403-281-6595
Membership _____	Bernie Nemeth	403-289-7479
Phone Committee _____	Doreen Farnum -----	403-249-5770
Guest Speakers _____	Herb Brietkreutz	403-202-1417
Woman to Woman _____	Ilesha Scho -----	403-685-3688
Phoenix Club _____	Tony Schlee	403-241-5119
Social Convenor _____	Cecelia Clark -----	403-226-4027
Newsletter Editor _____	(vacant)	xxx-xxx-xxxx
Visitations _____	Clarence Callaway -----	587-365-0030
CWIC Liaison _____	Annalise Corcelli	403-571-6966
Joys & Concerns _____	Clarice Cohen -----	403-281-1752

www.hearttoheartsupportociety.ca

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 –

Our change of meeting venues from the Colonel Belcher Care West Centre evening meetings to the luncheon meeting times at the Royal Canadian Legion Centennial Branch, has been fairly successful with 35-40 member turnouts. Unfortunately it has caused problems for some of our members that have prior commitments during the day, to which I greatly apologize for. However, it has been a benefit for some of our senior members who do not like to drive at night. It is very unfortunate that we cannot accommodate everyone but we are always looking for suggestions for improvement.

We had our volunteer casino at the Cowboys Casino on March 10-11 and it was very successful, with all our volunteers showing up and on time. For all the volunteers that helped out I give a tremendous thank you. I also thank the Calgary Health Trust, Calgary Wellness Centre and the Airdrie Health Centre staff for their great support. The money raised from the casino will go to helping out the various cardiac health units throughout Calgary and Region. We should have the results of the money raised in another month or two.

Our May 15 Meeting followed by our June 1 wind-up luncheon is the last ones for the summer. Our next meetings will be starting again on September 18, 2013.

I wish you all a healthy and a fun filled summer.

Until we meet again in the fall.

Elvin Dorscher

True or False – Trivia

Can you guess which of the following are true and which are false?

- 1) Apples, not caffeine, are more efficient at waking you up in the morning.
- 2) Alfred Hitchcock did not have a belly button.
- 3) A pack-a-day smoker will lose approximately 2 teeth every 10 years.
- 4) People do not get sick from cold weather; it's from being indoors a lot more.
- 5) When you sneeze, all bodily functions stop, even your heart!
- 6) Only 7% of the population are lefties.
- 7) 40-people are sent to the hospital for dog bites every minute.
- 8) Babies are born without kneecaps. They don't appear until they are 2-6 years old.
- 9) The average person over 50 will have spent 5 years waiting in lines.
- 10) The toothbrush was invented in 1498.
- 11) The average housefly lives for one month.
- 12) 40,000 Americans are injured by toilets each year.
- 13) A coat hanger is 44 inches long when straightened.
- 14) The average computer user blinks 7-times a minute.
- 15) Your feet are bigger in the afternoon than any other time of day.
- 16) Most of us have eaten a spider in our sleep.
- 17) The REAL reason ostriches stick their heads in the sand is to search for water.
- 18) The only two animals that can see behind themselves without turning their heads are the rabbit and the parrot.
- 19) John Travolta turned down the starring roles in 'An Officer and a Gentleman' and 'Tootsie'.
- 20) Michael Jackson owned the rights to the South Carolina State Anthem.
- 21) In most television commercials advertising milk, a mixture of white paint and a little thinner is used in place of the milk.
- 22) Prince Charles and Prince William NEVER travel on the same airplane, just in case there is a crash.
- 23) The first Harley Davidson motorcycle built in 1903 used a tomato can for a carburetor.
- 24) Most hospitals make money by selling the umbilical cords cut from women who give birth. They are used in vein transplant surgery.
- 25) Humphrey Bogart was related to Princess Diana. They were 7th cousins.
- 26) If coloring weren't added to Coca-Cola, it would be green.

Look for the answers in the following pages

ANATOMY OF THE HEART

It shouldn't be a surprise, given the average woman is much smaller, proportionally, than the average man, that a woman's organs may differ in size. The heart is no exception.

Women: A woman's heart weighs about 9 ounces (265 g) – 2 ounces (50 g) less than a man's. The aorta in a small woman is narrower than a man's – about half an inch (1.5 cm). In general, women's coronary arteries are much smaller and lighter than men's. Because of this, diagnostic and surgical procedures designed for men are more difficult and often less successful for women.

Men: An average man's heart weighs about 11 ounces (315 g). The aorta (the artery that takes blood from the heart to the rest of the body) is wider in a large man – about an inch (2.5 cm).

- Alive Magazine

POWER BARS

2 cups (500 ml) low-fat granola cereal	½ cup (125 ml) whole-wheat flour
¼ cup (50 ml) brown sugar, not packed	½ cup (125 ml) plain, non-fat yogurt
1/3 cup (75 ml) peanut butter	½ cup (125 ml) dried cranberries
2/3 cup (150 ml) low-fat silken tofu	½ cup (125 ml) raisins
1 egg	1 egg white

Directions:

1. *Preheat* the oven to 375° F (190° C). Line a glass 8x8 inch square baking dish with parchment paper. Set aside.
2. In a large bowl, combine granola, flour, cranberries and raisins.
3. In a second bowl, combine the rest of the ingredients. Add to the dry ingredients and mix until combined. Pour into the prepared baking dish.
4. Bake for 25 to 30 minutes. Let cool.
5. Loosen the bars from the edge of the pan and place the entire square on a cutting board. Cut into 6 equal long thin strips and then cut in half to make 12 bars.
6. Store in an air tight container for up to 2 days or wrap individually and freeze.

Did you know...?

10,000 steps a day is considered active.

Many doctors agree that if exercise were a pill, it would be the most prescribed. It can help you lose weight and trim inches from your waistline even when the scale isn't budging. It can boost self-esteem, improve quality of life and even help to reduce stress. Some heart-healthy benefits of exercise include:

- Improved heart and lung function
- Improved fitness
- Lower bad 'LDL' cholesterol and triglycerides
- Increased good 'HDL' cholesterol
- Improved blood pressure control

30 minutes of moderate intensity walking = 3,000 to 4,000 steps

Increase your daily activity. Current recommendations are for 30-60 minutes of physical activity most days of the week. Start off easy and slowly add to your daily activity with some easy first steps:

- Park on the opposite side of the parking lot
- Take the stairs
- Take a 10 minutes health walk at lunch or on a break
- Get up and move during TV commercials
- If you take public transit, get off the bus one stop early and walk
- Try a walking business meeting

www.cwic.ca

Perfect Parsnips

Try this quick and simple parsnip recipe as a side dish. Serves 4-6.

Ingredients:

- 3 Parsnips (peeled & cut into matchsticks)
- 1 carrot (peeled & cut into matchsticks)
- 3 Tablespoons non-hydrogenated margarine
- 1 Tablespoon lemon juice
- 2 Teaspoon fresh dill (or 1 teaspoon dried dill)

Method:

Over medium high heat, stir-fry the parsnips and carrots in butter for 3-4 minutes until tender crisp. Transfer to a casserole dish and evenly sprinkle with lemon juice and dill. Enjoy!

Answers to our Trivia Questions:

They are all TRUE! Now go back and think about #16!

A new arrival, about to enter hospital, saw two white coated doctors searching through the flower beds. "Excuse me," he said, "have you lost something?"

"No," replied one of the doctors. "We're doing a heart transplant for an income-tax inspector and want to find a suitable stone." 😊

CATCH AND RELEASE

Cut bait on these seafood options for greener catches

Farmed Salmon

Things have improved, but salmon farming is still rife with problems, including pollution of surrounding waterway, heavy use of wild feed and antibiotics, disease transfer to wild stocks, and escapes, which can impact native species. Sometimes farmed salmon is simply labeled Atlantic salmon (wild Atlantic salmon is not available on the market).

Smart swap: wild salmon, rainbow trout, arctic char

Chilean Sea Bass

These are slow-growing fish that are overfished, sometimes illegally with environmentally destructive methods such as bottom trawling and longlines that can hook birdlife.

Smart Swap: Sablefish, Pacific halibut

- alive magazine

Imported Shrimp

Conditions vary from country to country, but mangrove forest destruction to build shrimp farms and pollution of surrounding waters is a common ailment of the industry. So it's often best to toss shrimp of unknown origins overboard. There is also concern that the shrimp meat can be contaminated with the chemicals and drugs tossed into dirty, overcrowded pens.

Smart swap: Canadian – and US – sourced shrimp/prawns

Bluefin Tuna (toro as sushi)

A highly prized fish that unfortunately harbours unhealthy levels of mercury and is being caught faster than it can reproduce, causing a population tumble.

Smart Swap: pole-and-line caught albacore and yellowfin tuna; also look for canned tuna from smaller companies that pack sustainable, low-contaminant tuna meat

Heart Rate

Heart rates for both men and women differ because of their sizes, but will also differ depending upon their level of athletic fitness. Someone who regularly engages in aerobic training will have a lower heart rate than that of someone who is sedentary.

The peak heart rate also differs for woman from that of men. This is important not only as a measurement of exercise efficiency, but also as a tool to predict risk of heart-related death during a stress test.

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WHY EXERCISE IS MORE THAN JUST CALORIES BURNED

- Stephanie Schlaak, ACSM Certified Clinical Exercise Specialist

Do you ever find yourself focused on how many calories you burn while you exercise, hoping to meet weight loss goals? Many people consider exercise as their only means to losing weight. While exercise plays an important role in reaching and maintaining a healthy body weight, it also provides many other health benefits, beyond just calories burned.

By now you have probably heard (or know) that exercise is good for your heart. It can reduce your risk for heart disease and other chronic conditions by lowering blood pressure and blood glucose levels, as well as help to optimize your cholesterol profile. Exercise also helps to improve overall fitness levels as the heart becomes stronger and more efficient with activity. It allows us to enjoy many life activities such as gardening, hiking, biking, or swimming and helps maintain our independence as we age.

In terms of weight management, focusing only on exercise and activity to meet weight loss goals is often not as successful as an action plan that combines diet and exercise. The number of calories burned when exercising is relatively low - you need a reduction of 3,500 calories in order to burn one pound of body weight! But, exercise creates a powerful snowball effect on the type of food and amount of calories we eat, which plays an important role in weight management. Exercise promotes healthier food choices and portion size which can lead to a decrease in caloric intake and body weight.

When we exercise, hormones that have a positive affect on our mood and stress levels are released into our body. These hormones make us feel good and give us more energy, encouraging us to be more active. When we feel good, we also tend to forgo the heartier comfort foods in favor of healthier choices.

Choosing to take part in an activity or exercise when we feel stressed or bored can also help to decrease any tendencies and opportunities to overeat. These positive emotional effects, combined with the physical benefits of exercise and activity, help to keep calories consumed and waist lines in check. Exercise really is more than just calories burned.

Next time you are peddling away on your bike, take some time to reflect on your personal exercise and weight management goals and be proud of all the health benefits that you have achieved by incorporating exercise into your weekly routine.

See a preview of the well-done DVD @ www.forksoverknives.com and get your copy which can be ordered at Chapters or on-line at the above website.

"Inspired by discoveries made during cutting edge research by top biochemists and surgeons, FORKS OVER KNIVES examines the ground breaking idea that most, if not all, degenerative diseases that afflict us can be controlled or even reversed, by rejecting animal based products and processed foods.

Cameras follow patients who have chronic conditions from heart disease to diabetes and even some forms of cancer, and show how adopting a whole food, plant-based diet as primary medicine to treat their ailments, has remarkable results. The idea of food as medicine is put to the test as leading experts tackle the issue of diet and disease in a way that will keep people talking for years".

The above is a quote from the back cover of the DVD, Forks over Knives.

Heart Surgeon vs. Mechanic

In a car garage, where a famous heart surgeon was waiting for the service manager to take a look at his Mercedes, there was a loud mouthed mechanic who was removing the cylinder heads from the motor of a car. He saw the surgeon waiting and lured him into an argument.

He asked the doc after straightening up and wiping his hands on a rag, "Look at this car I'm working on. I also open hearts, take valves out, grind them, put in new parts, and when I finish this baby will purr like a kitten. So how come you get the big bucks, when you and I are doing basically the same work?"

The surgeon very calmly leaned over and whispered to the loudmouth mechanic, "Try doing it with the engine running."



Heart Rate – continued from page 7

Men: the peak heart rate for men is calculated by subtracting the man's age from the number 220 (220 minus age).

Women: the peak heart rate for women is calculated by subtracting 88 percent of the woman's age from the number 206 (206 minus 88% of age). This new formula for woman changed only recently on advice from researchers following a large study involving 5,437 healthy woman ages 35 and older, which began in 1992.

- alive magazine

Roasted Arctic Char with Avocado Mango Salsa

Much like its cousins salmon and trout, this northern swimmer is a good source of docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), two superstar omega-3 fats that may reduce the risk for heart failure and depression.

Unlike salmon, land-based contained farming practices for arctic char aren't linked to pollution or escapes into the wild, so it's fine to opt for farmed over wild-caught (which is very hard to come by anyway). Generally milder tasting than salmon, char takes well to lively salsas such as this mango-infused one.

Ingredients

2 ripe mangoes, peeled & cubed
1 ripe avocado, diced
1 red bell pepper, finely diced
½ cup (125 ml) finely diced red onion
1 jalapeno pepper, seeded & minced
1/3 cup (80 ml) fresh cilantro, chopped
¼ cup (60 ml) chopped fresh mint
2 tsp (10ml) orange zest
2 Tbsp (30 ml) orange juice
1 ½ lb (750 g) arctic char fillets, cut into
4 equal-sized pieces
¼ tsp (1 ml) freshly grated black pepper

Directions

Combine mango, avocado, bell pepper, red onion, jalapeno, cilantro, mint, orange zest, orange juice, and ¼ tsp (1 ml) salt in large bowl. Set aside.

Preheat oven to 375 F (190 C). Rinse arctic char under cold water, pat dry with paper towel, and season with remaining salt and pepper. Place fish skin side down on silicone – or parchment paper-lined baking sheet, and bake for 12 minutes, or until flesh is opaque and flakes easily.

Serve fish topped with mango salsa.
Serves 4.

<i>Per Serving:</i>	<i>Calories</i>	482	<i>Protein</i>	39g
	<i>Fat</i>	20g	<i>Carbohydrates</i>	28g
	<i>Sat. Fat</i>	7g	<i>Sugar</i>	19g
	<i>Trans. Fat</i>	0g	<i>Fibre</i>	7g
	<i>Sodium</i>	435mg		

- alive magazine

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, 4:00PM at

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

www.womenscardiacsupport.org

for more information contact:

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 pm at different locations

Please call:

Tony at (403) 241-5119

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

VISITOR VOLUNTEERS WANTED

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

Please call CJ Callaway at (587) 365-0030

Thank-you to all visitors in all three 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 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: _____ - _____

Phone #: (____) _____ - _____

Email: _____

Signature: _____

www.hearttoheartssupportsociety.ca

***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.