



*Incorporated*  
1985

**October 2013**

# **On The Beat**



*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 #: ( ) .....

## **Halloween is upon us!**



Pumpkins are a tasty source of vitamins and minerals, particularly beta-carotene, vitamin C, and potassium. It also helps prevent arteriosclerosis, or hardening of the arteries, which can lead to strokes and/or heart attacks.

Pumpkin seeds can be toasted on a cookie sheet in the oven at a low temperature. Be sure to stir them often and watch for burning.

Try cooked mashed pumpkin in cakes or muffin recipes for added moisture and texture.

# Heart to Heart

## Officers, Directors & Appointees

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 _____	Janet Brindle -----	403-282-4411
Phoenix Club _____	Tony Schlee	403-241-5119
Social Convenor _____	Mary Figley -----	403-243-1882
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](http://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 –

I hope all of you had a great summer and didn't get caught up in the June flooding. For those who might of, I do extend my, and on behalf of the Heart to heart Support Society, our deepest sympathy at this time. We wish you a speedy and successful recovery from any property damages you might have sustained.

It was a pretty quiet summer for our Society, with not much happening. Our fall monthly meetings started again in September. While we didn't have a guest speaker at this meeting, we did have a great lunch and the meeting went well with some great comradeship. We got our results from our March casino in which we made \$68,965.55! Ninety percent of these funds will be donated to various cardiac health units in Calgary and area, through the Calgary Health Trust, in helping to enhance the quality of care for cardiac patients. The rest of the funds will go to help cover our newsletter and administration cost. We have also been informed that our next casino will be in the last quarter of 2014, so please keep that in mind as we will be needing your help for that casino.

October 30 marks the end of our calendar year, so we will be holding our election at our October 16 meeting. We will be electing our slate of executives, board members and committee chairpersons for the upcoming year. We are always looking for new people with fresh ideas to help in these positions, so if anyone is willing to help out in any way please do not hesitate to contact one of the executives or board members.

In place of our December monthly meeting, we will be holding our annual Christmas Dinner this year at the Royal Canadian Centennial Legion, on November 30th at 11:30am. It is open to all, but advance tickets are required. If you are interested in coming please contact our Social Convene, Mary Figley for more information.

Here's hoping to see you out at our monthly luncheon meetings at the Royal Canadian Centennial Legion over the coming year, as we have some great speakers lined up for these meetings.

Elvin Dorscher

## Not all **FAT** is bad for you!

The right fats are an essential part of your health

We live in a “low-fat” world, where everything from candy to TV dinners comes in low-fat version. The truth is that some fat has a bad rap. “We need to eat fat,” says Greta Kubis, a High River based public health nutritionist with Alberta Health Services’ Nutrition Services. “It is required for optimal health. We need some small amounts of fat in our diet, and we need specific fat in our diet.” What we need are “good” fats.

“Good fats are unsaturated fats,” Kubis explains. And they come in two forms: polyunsaturated and monounsaturated. Polyunsaturated fats are commonly advertised as omega-3 or omega-6 fatty acids.

Good sources of unsaturated fats include seeds, nuts, grains, fish and vegetable oils, such as canola, olive and soybean oil. Canola oil, for example, is high in monounsaturated fats, omega-3 and omega-6 and has the lowest level of saturated fat of all vegetable oils. Dairy products also contain good fats, which is why it is important that young children drink fuller fat milk. “Children need concentrated sources of energy. As they grow older, you can look at switching them to two or one percent milk,” says Lee Finell, an Edmonton based registered dietitian and nutrition educator with Alberta Milk.

Good Fats can also protect against heart disease, for example, by reducing inflammation in the arteries of the heart, and reducing blood pressure. Some types of fat are converted to other compounds, including hormones. In children, healthy fats are crucial to overall growth and brain and vision development.

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**Healthy Tip** – Get a pedometer. The federal government recommends that we log 10,000 steps a day for optimal health, so if your daily exercise consists of walking to the car and back, you may be surprised to find that you are only getting in a few hundred step a day. Ten thousand steps is the approximate equivalent of walking five miles, so a little creativity may be needed to reach this goal. Strapping on a pedometer and checking it periodically can help motivate you to add extra steps by taking a walk during lunch, going mall walking during the winter or walking to public transit rather than driving.

## Pumpkin Bran Bonus Muffins

This muffin has 177mg of potassium; add yogurt and a banana and you get 1,027mg of potassium.

2 cups (500mL)	bran cereal	½ cup (125 mL)	dried cranberries
2 cups (500mL)	buttermilk	½ cup (125 mL)	sesame seeds
1 ¼ cups (300mL)	all purpose flour	½ cup (125 mL)	ground flaxseed
1 ¼ cups (300mL)	whole wheat flour	½ cup (125 mL)	vegetable oil
1 cup (250mL)	raisins	¼ cup (50mL)	wheat germ
1 cup (250mL)	brown sugar	2 tsp	baking soda
1 cup (250mL)	canned or cooked mashed pumpkin	2	eggs

In a bowl combine bran cereal, all purpose flour, whole wheat flour, raisins, dried cranberries, sesame seeds, flaxseed, wheat germ and baking soda.

In a large bowl combine eggs, lightly beaten along with buttermilk, brown sugar, pumpkin and oil. Gradually fold in bran mixture until well combined.

Preheat oven to 400° F (200° C). Scoop about 1/3 cup (75 mL) of the batter for each muffin and place into prepared muffin tin.

Bake for 15 to 20 minutes, or until tops are firm to the touch. Let cool in tins for 10 minutes, then remove muffins to cool. Enjoy!

### Did you know?

1 in 2 people in southern Alberta will require some sort of cardiac care or cardiac diagnostic imaging in their lifetime

An elderly man was stopped by the police around 2 a.m. and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse & the effects it has on the human body, as well as smoking & staying out late."

The officer than asked, "Really? Who's giving that lecture at this time of night?"

The man replied, "That would be my wife!" 😊

# 5 Things You Should Know About South Health Campus (SHC)

Our cardiac sciences footprint at Calgary's newest hospital

**1) The Stephenson cardiovascular MR Centre has a new 3-Tesla Cardiac MRI machine.** It has been in full operation at SHC since January. It will help alleviate wait time for patients waiting for a cardiac MRI in Calgary. Previously, the only cardiac MRI machine in the city was the 1.5-Tesla machine at the Foothills Hospital.

**2) 16 Cardiology inpatient beds will open on April 8, 2013.** Four of those beds will be high observation care level beds. More than 90% of inpatient beds at SHC are located in single patient rooms.

**3) SHC heart clinics include:** Cardiac Function, Atrial Fibrillation, General Cardiology, Arrhythmia Clinic and a Device Clinic. The new heart failure clinic will be the largest one in Alberta.

**4) SHC outpatient services include:** Echocardiography (TTEs; TEEs; Stress Echo), Electrodiagnostics (ECGs; Clinical Stress Testing; BP Monitoring; Holter Monitoring; Event Recording; Metabolic Testing) and CT/Nuclear (CTAs; Calcium Scores; MPI and MUGAs). In addition, there is a procedure room for invasive procedures, and observation area where electrical cardioversions may occur.

**5) Wellness promotion is integrated into the design of this hospital.** There is a 29,000/sq.ft. Wellness Centre which features an onsite YMCA with fitness facilities and programs, a demonstration kitchen for healthy eating and a resource centre and community meeting rooms.

*“ The South Health Campus represents major enhancement in our ability to provide services to patients with, or at risk of, cardiovascular disease. We believe that there will be a significant improvement in our inpatient care, and that there will be major improvement in access to outpatient cardiac services. The impact will be felt all throughout the region, not just in Calgary.”* – Dr. Jonathan Howlett, Cardiac Science Site Lead, SHC



- courtesy from Libin Cardiovascular Institute of Alberta

## How Can I **Reduce** High Blood Pressure?

By treating high blood pressure, you can help prevent a stroke, heart attack, heart failure or kidney failure. Many people have high blood pressure without knowing it. Once you know about your condition, though, you can reduce your risk and live a healthier life. It takes proper treatment and some changes in your lifestyle. But it's worth it!

Here are steps you can take now:

- Lose weight if you're overweight.
- Eat a healthy diet low in saturated fat, cholesterol and salt.
- Be more physically active.
- Limit alcohol to no more than one drink per day for women or two drinks a day for men.
- Take medicine the way your doctor tells you.
- Know what your blood pressure should be and work to keep it at that level.

How can I lose weight?

If you're overweight, you're putting too much strain on your heart. You should talk with your health care professional about a healthy eating plan. When you lose weight, your blood pressure often goes down!

By eating a low-saturated-fat, low-cholesterol diet, you'll help avoid heart attack and stroke.

How do I limit salt?

Eating a lot of salt (sodium) adds to high blood pressure in some people. It holds excess fluid in your body and puts an added burden on your heart. Your doctor may tell you to cut down on the salt you use in cooking and not add salt to foods. He or she may also tell you to eat no salt at all.

Try to read food labels so you'll know which foods are high in sodium. And learn to use herbs or salt substitutes instead!

# EXERCISE SAFETY DURING WEATHER EXTREMES

*By: Cardiac Rehab Exercise Staff*

The arrival of colder weather often brings about a change in exercise routines. A simple walk requires more preparation than simply putting on your running shoes, and activities that are absent during the warmer months – such as snow shoveling – also rear their head.

For some people, the arrival of colder weather signals a move south for a few months to avoid the winter freeze.

The body responds to extreme cold in three ways:

1. Heart rates increase and the heart works harder at rest and with exercise.
2. Blood vessels can tighten and constrict, possibly leading to increased blood pressure or angina.
3. Blood flow to your extremities can decrease in an attempt to keep your core warm.

The body responds to excess heat in two ways:

1. Heart rates increase to move blood from the heart, lungs, and other vital organs to the surface of the skin.
2. Sweating increase to disperse body heat through evaporation.

When too much sweat is lost through heavy labour or working under hot, humid conditions, the body will not have enough water left to cool itself. The result dehydration.

Your heart works a lot harder during extreme temperatures. Whether you are an Albertan staying put through the winter or a snowbird heading south to escape the chill, here some tips to ensure you exercise safely and prepare for the weather ahead.

## **Cold** Weather Tips:

- Dress in layers to keep warm and avoid excess sweating
- Wear a scarf over your mouth to warm the air you are breathing in
- Keep hydrated
- Increase warm-up and cool-down time

## **Warm** Weather Tips:

- Dress in loose fitting, light weight and light colored clothing
- Drink fluids to avoid dehydration
- Increase warm-up and cool-down time
- Slow down and avoid strenuous activities during excessive heat
- Exercise at a cool time of day or indoors with air conditioning

**Walking:** On average, every minute you walk extends your life by 1.5 to 2 minutes



## Chocolate Quinoa Cupcakes

3 large eggs	2 cups cooked & cooled Quinoa
1 teaspoon vanilla	1 cup cocoa power sifted
1 teaspoon baking soda	2/3 cup cocoa nut oil – melted
1 teaspoon baking powder	3/4 cup honey
½ teaspoon sea salt	

### Directions:

1. In blender mix eggs, vanilla, oil, honey and quinoa. Blend until smooth
2. In medium bowl mix cocoa, baking soda, baking powder and salt. Combine quinoa mix and blend thoroughly
3. Spoon into muffin tins until approx. 3/4 full
4. Bake for 20 mins at 350° or until centers spring back when gently pressed
5. Cool down for 10 mins. Run knife around cakes and tap out onto wire rack to cool completely.

**Enjoy!**

A middle aged woman has a heart attack and is taken to the hospital. While on the operating table she has a near-death experience. During that experience she sees God and asks if this is it. God says no and explains that she has another 30-40 years to live. Upon her recovery she decides to just stay in the hospital and have a face lift, liposuction, breast augmentation, and a tummy tuck. She even has someone come in and change her hair color. She figures since she's got another 30 or 40 years she might as well make the most of it.

She walks out the hospital after the last operation and is killed by an ambulance speeding up to the hospital.

She arrives in front of God again and asks, "I thought you said I had another 30-40 years?"

God replies, "I didn't recognize you."



## Not all **FAT** is bad for you! – continued from page 4

Getting the right fats into your diet isn't just a good idea – it's essential. "We call them *essential* fatty acids for a reason," Kubis says. Too little of them can lead to reproductive problems, skin abnormalities and, contrary to what many think, heart disease. Kubis adds fat is also needed to carry and absorb fat-soluble vitamins A, D, E and K – all very important to health. When making healthy fats a part of your diet, think fresh. You can use unsaturated fats in cooking or baking, but they are healthiest with a minimum of processing and cooking. This means using canola or vegetable oil is not a good excuse to start deep-frying.

To get the most benefits out of healthy fats, eat them in moderation. "We need to eat fat, but people have the tendency to eat more than we need," say Kubis. *Canada's Food Guide* recommends eating between 30-45 ml (two and three tablespoons) of unsaturated fats each day. That includes the fat in dairy, meat, fish and any oils used for cooking.

### Some foods with good fat

- **Fish:** salmon, herring, mackerel, sardines and trout
- **Fruit:** olives and avocados
- **Seeds:** sunflower, sesame and flax
- **Spreads:** non-hydrogenated margarine
- **Nuts:** walnuts, pistachios, pecans and almonds
- **Vegetable Oils:** canola, olive, peanut, corn, sunflower, sesame and flaxseed

### Cheesy Quinoa & Broccoli Patties

5 large broccoli florets	½ cup Quinoa
1 cup water	¼ cup shredded cheese
1 small onion	Salt & Pepper
1 large egg	Olive oil for cooking

**Directions:** Cook quinoa and let cool. Sauté onion and let cool. Cook broccoli until softened, then cool and dice into small pieces. Mix all the ingredients and add the egg last. Make into patties, approx. ¼ cup each, and squash down a little bit. Lastly, cook in olive oil on Med. heat (7-8 mins per side) and ENJOY!

Be careful about reading health books. You may die of a misprint.  
- Mark Twain

Shot my first turkey yesterday.  
Scared the heck outta everyone in the frozen food section. It was awesome!  
Getting old is so much fun.

## ***Two Special Support Groups***

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### ***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](http://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 2<sup>nd</sup> 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. Please register me as a member.

Please print:

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

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

Phone #: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_

[www.hearttoheartsupportsociety.ca](http://www.hearttoheartsupportsociety.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.