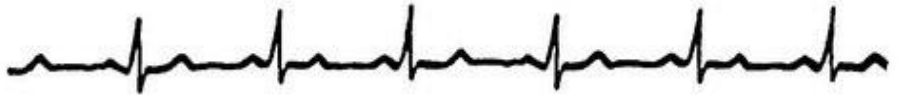




October 2015

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

Guest Speaker Agenda for the 2015 / 2016 meetings:

Oct. 21/2015 - John Lee, Certified Life Coach

Nov. 18/2015 - Christine Conley, Meals on Wheels

Jan. 20/2016 - Total Cardiology, "What it is all about and how the different locations differ"

Feb. 17/2016 - Candace Lacina, "About Health Trust and also, how they spend donations"



Heart to Heart

Officers, Directors & Appointees 2015

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 _____	John-Paul Maillot -----	403-278-6087
*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 –

Our summer has now come and gone... As we enter into fall season, which hopefully will give us a beautiful Indian summer, we hope all of you had the opportunity to take advantage of the wonderful weather we had during the summer. Even despite all the hail storms we had in parts of the city and surrounding area, but that's typical Calgary for you. I hope not too many of you suffered too much damage on your homes and yards.

It is with great sadness that we lost another one of our long time members, Clarice Cohen, who passed away on July 20th, at the age of 83. Clarice looked after our Joys and Concerns for a number of years. She will be greatly missed.

We started our new season, after the summer break, with our luncheon meeting on Sept. 16th with a good turnout! It was most unfortunate that our guest speaker got tied up and could not make it to the meeting, but it allowed an opportunity for our members to get caught up on their summer happenings and the event turned out well.

We have a good line up of speakers for our next meetings, so I hope you all can join us, as everyone is welcome to attend!

See you there.

Elvin Dorscher



Using the **Nutrition** Facts Table: % Daily Value

How to CHOOSE

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these 3 steps:

1) **LOOK** at the amount of food

Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.

2) **READ** the % DV

The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a little

15% DV or more is a lot

This applies to ALL nutrients.

3) **CHOOSE**

Make a better choice for you. Here are some nutrients you may want.

Less of

- Fat
- Saturated & trans fats
- Sodium

More of

- Fiber
- Vitamin A
- Calcium
- Iron

Here is an example of how to choose:

You are at the grocery store looking at yogurt. The small container (175g) you pick has **a little** fat (4% DV) and **a lot** of calcium (20% DV) - this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!

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Nutrition Facts

Serving Size 1 bar (40 grams)

Servings per Container 5

Amount Per Serving

Calories 180 Calories from fat 80

% Daily Value*

Total Fat 9g **13%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 130mg **5%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2g **10%**

Sugars 8g

Protein 2g

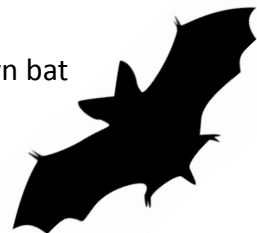
Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Animal Trivia

A single little brown bat can catch 1,200 mosquitoes-sized insects in just one hour.



All About Heart Rate (Pulse)

What should you know about your heart rate?

Even if you're not an athlete, knowledge about your heart rate can help you monitor your fitness level and it might even help you spot developing health problems.

Your heart rate, or pulse, is the number of times your heart beats per minute. Normal heart rate varies from person to person. Knowing yours can be an important heart-health gauge.

“As you age, changes in the rate and regularity of your pulse can change and may signify a heart condition or other condition that needs to be addressed,” said Richard Stein, M.D., professor of medicine and cardiology at the New York University School of Medicine in New York City and a volunteer for the American Heart Association.

Where is it and what is a normal heart rate?

The best places to find your pulse are the:

* wrists * inside of your elbow * side of your neck * top of the foot

To get the most accurate reading, put your finger over your pulse and count the number of beats in 60 seconds, Stein said.

Your **resting heart rate** is the heart pumping the lowest amount of blood you need because you're not exercising. If you're sitting or lying and you're calm, relaxed and aren't ill, your heart rate is normally between 60 (beats per minute) and 100 (beats per minute), Stein said.

But a heart rate lower than 60 doesn't necessarily signal a medical problem. It could be the result of taking a drug such as a beta blocker. A lower heart rate is also common for people who get a lot of physical activity or are very athletic, Stein said. Active people often have lower heart rates because their heart muscle is in better condition and doesn't need to work as hard to maintain a steady beat.

“Moderate physical activity doesn't usually change the resting pulse much,” Stein said. “If you're very fit, it could change to 40. A less active person might have a heart rate between 60 and 100,” he added. That's because the heart muscle has to work harder to maintain bodily functions, making it higher.

... continued on page 10



How to COMPARE

Use the amount of food and the % Daily Value (% DV) to compare and choose healthier food products. Follow these 3 steps:

Cracker A

Nutrition Facts			
Per 9 crackers (23 g)			
Amount	% Daily Value		
Calories 90			
Fat 4.5 g	2.5 g		7 %
Saturated	2.5 g		13 %
+ Trans	0 g		
Cholesterol 0 mg			
Sodium 275 mg	12 %		
Carbohydrate 12 g	4 %		
Fibre	1 g		4 %
Sugars	0 g		
Protein 3 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	8 %

Cracker B

Nutrition Facts			
Per 4 crackers (20 g)			
Amount	% Daily Value		
Calories 85			
Fat 2 g	0.3 g		3 %
Saturated	0.3 g		2 %
+ Trans	0 g		
Cholesterol 0 mg			
Sodium 90 mg	4 %		
Carbohydrate 15 g	5 %		
Fibre	3 g		12 %
Sugars	1 g		
Protein 2 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	7 %

1) LOOK at the amounts of food

Compare the amounts of food (also known as the serving sizes) in the Nutrition Facts tables.

Cracker A has 9 crackers and weights 23 grams.

Cracker B has 4 crackers and weights 20 grams.

Because the weights are similar, you can compare these Nutrition Facts tables.

2) READ the % DVs

Since you are comparing crackers, you may want to look at the % DVs for saturated and trans fats, sodium and fiber.

Cracker A has 13% DV for sat. and trans fats, 12% DV for sodium and 4% DV for fiber.

Cracker B has 2% DV for sat. and trans fats, 4% DV for sodium and 12% DV for fiber.

Remember: 5% DV or less is a little and 15% DV or more is a lot.

This applies to all nutrients.

3) CHOOSE

In this case, **Cracker B** would be a better choice if you are trying to eat less saturated and trans fats, less sodium and more fiber is part of a healthy lifestyle.

Use the Nutrition Facts table and Eating Well with Canada's Food Guide to make healthier food choices.

Sautéed Mushroom Linguine

This indulgent pasta can be thrown together even on the busiest weeknight

6 cloves garlic, minced
1 cup grated Parmesan cheese
1/3 cup whipping cream (35%)
2 tbsp chopped fresh parsley
2 tbsp lemon juice
2 tsp grated lemon zest

340 g linguine
1 pkg (227 g) cremini mushrooms, thinly sliced
2 cups (125 g) sliced shiitake mushrooms
4 tsp butter
1 tsp chopped fresh thyme
1/2 tsp pepper

Preparation: (Serves 4 || Total Time 15 min.)

- *Mushrooms cook faster when spread over a large surface, so choose your largest non-stick skillet.*

In large pot of boiling lightly salted water, cook pasta according to package directions until al dente. Reserving 1/3 cup of the cooking liquid, drain.

Meanwhile, in large non-stick skillet, melt butter over medium-high heat; sauté garlic until fragrant, about 1 minute. Add cremini and shiitake mushrooms and thyme; sauté until just softened, about 3 minutes.

Stir in pasta, reserved cooking liquid, Parmesan cheese, cream, lemon zest, lemon juice and pepper; cook, stirring, until sauce is slightly thickened, about 1 minute. Stir in parsley.

❖ Top with an extra sprinkling of Parmesan, if desired.

Per Serving:

Approx. 568 cal, 25 g pro, 20 g total fat (12 g sat. fat), 72 g carb (5 g dietary fibre, 3 g sugar), 58 mg chol, 724 mg sodium, 525 mg potassium. % RDI: 30% calcium, 25% iron, 14% vit. A, 13% vit. C, 95% folate.



I changed my car horn to gunshot sounds.
People move out of the way much faster now!!

I don't like making plans for the day because then the word "premeditated", gets thrown around in the courtroom.



Too Much Salt in Your Diet Can Contribute to High Blood Pressure

Most Canadians eat more than double the recommended daily amount of sodium. Limiting your intake of salt and other sources of dietary sodium can benefit your health. Those especially affected include those over 45 years old, with heart failure or kidney disease or of African descent.

Did you know that with the amount of salt in the today's diet, 9 out of 10 Canadians will develop high blood pressure?

Reducing your salt intake may help lower your blood pressure. High blood pressure is a major risk factor for heart attack, heart failure, stroke, and kidney disease.

Guidelines for Sodium Intake:

- The Canadian Government has developed sodium recommendations based on age-specific requirement. See the table below.

Age	Adequate Daily Sodium Intake (mg)
9 - 50 years	1,500
50 - 70 years	1,300
> 70 years	1,200

- The 2006 Canadian Hypertension Education Program recommends that our sodium intake should be restricted to:
 - Less than 2,300 mg to reduce the risk of high blood pressure and to reduce blood pressure in those with hypertension.

Sources of Sodium:

Where is most of the sodium in your diet?



Restaurant and proceed foods contribute 77% of the sodium in our diet. Sodium is added to both change the taste of food and to preserve it.



Did you know that a typical fast food burger contains approximately 1,000mg of sodium? Add a large order of french fries and this amount increases to about 1,500mg. From this meal alone, you will eat all of the recommended daily amount of sodium for blood pressure control.

Where is the rest of the sodium in your diet?

11% occurs naturally in foods and 12% is added at the table or in cooking.

Tips to Help Lower your Sodium Intake:

There are many small changes you can make in your food choices that will help lower your sodium intake.

- ✓ Eat fresh foods more often
- ✓ Cut down on salt at the table and in cooking. Instead, use herbs and spices to flavour your foods
- ✓ Read food labels and buy brands with the lower mg of sodium per serving
- ✓ Limit restaurant & processed foods
- ✓ Use only small amounts of condiments such as ketchup, mustard, soy sauce, gravies and salad dressings that are high in salt
- ✓ Reduce pickled foods, olives, salsa, and dips

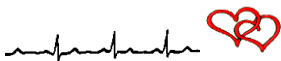
Read Nutrition Fact Labels for Sodium:

One of the most important ways to reduce your sodium intake is to learn to understand Nutrition Fact Labels.

I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning.

Why do I have to press 1 for English when you're just gonna transfer me to someone I can't understand anyway?

Last year I joined a support group for procrastinators. We haven't met yet ...



All About Heart Rate (Pulse)... continued from page 5

How Other Factors Affect Heart Rate

Air temperature: When temperatures (and the humidity) soar, the heart pumps a little more blood, so your pulse rate may increase, but usually no more than five to 10 beats a minute.

Body position: Resting, sitting or standing, your pulse is usually the same. Sometimes as you stand for the first 15 to 20 seconds, your pulse may go up a little bit, but after a couple of minutes it should settle down. Emotions: If you're stressed, anxious or "extraordinarily happy or sad" your emotions can raise your pulse.

Body size: Body size usually doesn't usually change pulse. If you're very obese, you might see a higher resting pulse than normal, but usually not more than 100.

Medication use: Meds that block your adrenaline (beta blockers) tend to slow your pulse, while too much thyroid medication or too high of a dosage will raise it.

When To Call Your Doctor

If you're on a beta blocker to decrease your heart rate (and lower blood pressure) or to control another abnormal rhythm (arrhythmia), your doctor may ask you to monitor and log your heart rate. Keeping tabs on your heart rate can help your doctor determine whether to change the dosage or switch to a different medication.

"If your pulse is very low or if you have frequent episodes of unexplained fast heart rates, especially if they cause you to feel weak or dizzy or faint, tell your doctor, who can decide if it's an emergency," Stein said. "Your pulse is one tool to help get a picture of your health."

- America Heart Association

- I'm Okay -

My Joints are locked, my bladder leaks,
My eyeballs are hanging on my cheeks.
My fingers ache, my ankles crack
But worst of all is the pain in my back.
But I'm O.K.

My hair's falling out, my dandruff flakes
My feet are swollen, my big toe aches.
The shoes that I'm wearing are number ten
I'm oversized in skirts from way back when -
I started to eat like a hungry horse
I don't tell the doctor that of course.

My bust has spread but it hasn't dropped
My backside's widened, my middle's flopped.
I don't sleep well in my bed at night
Nightmares give me an awful fright.
But I'm O.K.

This O.K. is a bit of a farce
In fact it gives me a pain in the arse
I'm not O.K., I'm a bloody wreck
But I'm eighty-one, so what the heck.
I'm O.K.

- E.M. Lane, May 1993



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

Nov. 3, 2015	BALANCING & BEING ACTIVE INDOORS: Presented by Tibor Buzath, Clinical Exercise Physiologist, NSCA, Strength and Conditioning Specialist
Jan. 5, 2016	Women and Heart Disease: What are the issues?: Presented by Heather Russell, RN, MN, PhD, Associate Professor, Mt. Royal University School of Nursing & Midwifery
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 will be 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 three hospitals.**

Please call John-Paul Maillot at (403) 278-6087

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. 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.

