



**October 2018**

# **On The Beat**

*Incorp.*  
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 [www.hearttoheartalberta.com](http://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**

### **SAVE THE DATE:**

**Our Christmas Party is Wed. Dec. 19**

Always looking for new members & volunteers

Our last casino was very successful, our share came in at a little over 70k, bringing our overall contributions to the Calgary Health Trust to ~500k!

**GREAT JOB EVERYONE!!**

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	403-242-2177
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](http://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 –

Well here we are in early fall, well it is supposed to be fall, but we're only just into October and here's winter already! With over a foot of snow! What happened to fall? Global warming I guess.

I hope you did have a chance to enjoy the short hot summer we had, before the smoke came in from our western neighbor's unfortunate forest fires. I am sure it was very devastating to those involved, with whom our heartfelt sympathy goes out to.

Environment Canada tells us that we are going to have a warm winter, so that is something to look forward to. Hope they are right. Winter means a lot of hazardous road conditions along with a lot of inexperienced winter drivers, so remember to just nod and realize they have the same right to be on the road as we do.

A wise man once said: "If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

Elvin Dorscher  
E-Mail: [elcoll@telus.net](mailto:elcoll@telus.net)

### Church Ladies with Typewriters

They're back! Those wonderful Church Bulletins! Thank God for the church ladies with typewriters. These sentences actually appeared in church bulletins or were announced at church services:



"Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands."

"Don't let worry kill you off - let the Church help."

"The Fasting & Prayer Conference includes meals."

"Next Thursday there will be try-outs for the choir. They need all the help they can get."

The Associate Minister unveiled the church's new campaign slogan last Sunday:  
'I Upped My Pledge - Up Yours.'



# Understanding **Blood** Pressure Readings

## What do your blood pressure numbers mean?

The only way to know if you have high blood pressure (HBP, or hypertension) is to have your blood pressure tested. Understanding your results is key to controlling high blood pressure.

## Healthy and unhealthy blood pressure ranges

Learn what's considered normal, as recommended by the American Heart Association. See the chart below.

## Blood Pressure Categories



Note:

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
<b>NORMAL</b>	<b>LESS THAN 120</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>ELEVATED</b>	<b>120 – 129</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	<b>130 – 139</b>	<b>or</b>	<b>80 – 89</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	<b>140 OR HIGHER</b>	<b>or</b>	<b>90 OR HIGHER</b>
<b>HYPERTENSIVE CRISIS (consult your doctor immediately)</b>	<b>HIGHER THAN 180</b>	<b>and/or</b>	<b>HIGHER THAN 120</b>

A diagnosis of high blood pressure must be confirmed with a medical professional. A doctor should also evaluate any unusually [low blood pressure readings](#).

©American Heart Association

[heart.org/bplevels](http://heart.org/bplevels)

## Blood pressure categories

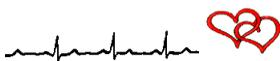
The five blood pressure ranges as recognized by the American Heart Association are:

### Normal

Blood pressure numbers of less than 120/80 mm Hg are considered within the normal range. If your results fall into this category, stick with heart-healthy habits like following a balanced diet and getting regular exercise.

### Elevated

Elevated blood pressure is when readings consistently range from 120-129 systolic and less than 80 mm Hg diastolic. People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.



## Hypertension Stage 1

Hypertension Stage 1 is when blood pressure consistently ranges from 130-139 systolic or 80-89 mm Hg diastolic. At this stage of high blood pressure, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease (ASCVD), such as heart attack or stroke.

Learn more about your risk with our [Check. Change. Control. Calculator™](#).

## Hypertension Stage 2

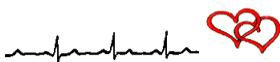
Hypertension Stage 2 is when blood pressure consistently ranges at 140/90 mm Hg or higher. At this stage of high blood pressure, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.

## Hypertensive crisis

This stage of high blood pressure requires medical attention. If your blood pressure readings suddenly exceed 180/120 mm Hg, wait five minutes and then test your blood pressure again. If your readings are still unusually high, contact your doctor immediately. You could be experiencing a [hypertensive crisis](#).

If your blood pressure is higher than 180/120 mm Hg and you are experiencing signs of possible organ damage such as chest pain, shortness of breath, back pain, numbness/weakness, change in vision or difficulty speaking, do not wait to see if your pressure comes down on its own. **Call 911.**

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## Mediterranean Potato Bowl

*Packed full of fibre this complete meal will leave you satisfied and content.*

### Ingredients

2 small sweet potatoes  
1/2 cup white kidney beans  
1/2 cup red onion, chopped  
1 green pepper, chopped  
1 roma tomato, chopped  
4-5 Kalamata olives pitted  
Crumbled feta cheese, optional



### Garlic Herb Sauce

1/4 cup hummus  
1 teaspoon grainy mustard  
1/2 teaspoon lemon zest  
1/2 lemon juiced  
3-4 garlic cloves minced  
Water as needed

Easy to make with minimal work, it's perfect for a cool fall day and will become a staple all year long.

1 tablespoons olive oil  
2 tablespoons maple syrup  
Dash Worcestershire sauce  
Salt & pepper to taste

### Directions

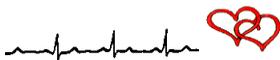
Bake potatoes in oven at 350F until tender and skin is crispy.

While potatoes are baking prepare the sauce. To a small mixing bowl combine the hummus, grainy mustard (if you don't have grainy mustard use Dijon), lemon zest and juice, minced garlic, olive oil, and maple syrup. Add enough water to make the sauce pourable but not too thin. Marinate beans for 30-45 minutes while potatoes cook.

When potatoes are cooked heat a medium sized skillet over high heat. Sauté red onion and green pepper until tender. Add marinated beans and enough marinade to lightly coat everything. Add Kalamata olives that have been torn or sliced into pieces, and fresh tomato. Season to taste and continue cooking until heated through, about 1 minute.

Remove from heat, add crumbled feta if using. Pour veggie mix over the potatoes which have been sliced in half. Generously pile them high allowing them and the sauce to spill over on to the plate. Drizzle with additional sauce if desired. Garnish with chopped parsley and serve immediately.

***Cheers to good health & good food*** ~ Susan



# Cardiac Rehabilitation for People Undergoing Heart Surgery

by Dr. Sandeep Aggarwal (Cardiologist) & Dr. Codie Rouleau (Provisional Psychologist)

When someone goes through a heart operation like bypass surgery, they often hear about cardiac rehabilitation. Cardiac rehabilitation programs are meant to help people recover more quickly from heart attacks, heart surgery, stents, and other type of heart conditions.

Cardiac rehabilitation can look different depending where you live. These programs usually have exercise sessions that happen at a clinic, a hospital, or a fitness center. The exercise sessions are usually held 2-3 times a week. Some programs offer the option to do all the exercises at home. Other parts of cardiac rehabilitation include medical assessment of physical abilities and risk factors, support with lifestyle changes, and help with managing stress. There is also research that shows cardiac rehabilitation can help people when deliver *before* heart surgery; these programs for people on the waitlist for surgery are often called “prehabilitation.”

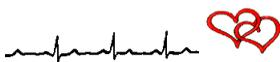
Cardiac rehabilitation is a proven way to help people with heart disease live longer and healthier lives. In 2016, researchers from the University of Exeter Medical School did a summary of studies that measured what happens to people in cardiac rehabilitation. Cardiac rehabilitation was linked with lower chance of dying from heart disease and lower chances of needing to go back to hospital in the years after a heart problem.

A study from Calgary found a similar result. The researchers looked at over 5,000 people with heart disease who were referred to the Calgary cardiac rehabilitation program. They found that people with heart disease who completed cardiac rehabilitation had a lower chance of dying when they were measured at least one year later. This was compared to people who were referred to the cardiac rehabilitation program but did not complete it. Research has also shown that cardiac rehabilitation increases people’s fitness, lowers their risk factors, and improves their emotional well-being.

A big problem is that many people who could benefit from cardiac rehabilitation do not attend. This happens all over the world, including in Canada. The Toronto Star had an article last year to draw attention to this issue. The article talked about how two-thirds of people who are referred to cardiac rehabilitation either never start or never finish the treatment.

There are many reasons why people with heart disease don’t go to cardiac rehabilitation. Some people don’t get a referral from their doctor. Other people don’t attend cardiac rehabilitation because of personal barriers. People sometimes have health issues what can make exercise tiring or painful. Some people feel like they are “too old” to go to cardiac rehabilitation, or they worry about whether they will benefit. Some people feel like they’re getting enough exercise on their own, and some have practical barriers like trouble getting time off work or driving to the clinic.

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## Cardiac Rehabilitation for People Undergoing Heart Surgery

This tells us that even though cardiac rehabilitation is very beneficial, people often find it hard to attend. Cardiac rehabilitation programs are working to be more accessible. About 10 years ago, the Calgary cardiac rehabilitation program made it so that everyone who gets a stent gets automatically referred to the program by their doctor. Other cardiac rehabilitation clinics in Canada are starting to offer services through online portals so people can benefit even if they can't drive down to the clinic. Many programs also work one-on-one with patients to help them overcome barriers to attendance.

In Canada, 2.4 million people are living with heart disease including thousands of people who get heart surgeries each year. Many of these people are not able to access cardiac rehabilitation, a type of treatment that helps people live longer and healthier lives. Cardiac rehabilitation programs can help people of all ages and fitness levels. They are tailored to people's individual needs and medical status. If you wonder whether cardiac rehabilitation is right for you, or if you want to know more, talk to your doctor.

### Cheesy Bannock

4 cups all-purpose flour	1 tbsp unsalted butter, melted
1 ½ water	4 tsp baking powder
½ cup unsalted butter, melted	1 tsp salt
1 cup grated sharp cheddar	

#### Directions (serves 10)

**PREHEAT** oven to 350F. Brush an ovenproof skillet (cast iron is best) with 1 tbsp melted butter.

**STIR** flour with baking powder and salt in a large bowl. Stir butter with water in a small bowl, then stir into flour mixture until it comes together. Dough will be a little sticky. Transfer into the prepared skillet. Spread dough to edges and pat down. Sprinkle with cheddar and pat gently so cheese sticks to dough.

**BAKE** in center of oven until golden and a cake tester inserted into the center comes out clean. 35 to 40 min. Keep bannock in skillet. Cut into wedges.



**Per Serving: 321** calories, 8g protein, 15g total fat, 424mg sodium, 39g carbohydrates, 2g fiber



## Understanding **Blood** Pressure Readings

### Your blood pressure numbers and what they mean

Your blood pressure is recorded as two numbers:

- **Systolic blood pressure** (the first number) – indicates how much pressure your blood is exerting against your artery walls when the heart beats.
- **Diastolic blood pressure** (the second number) – indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

Which number is more important?

Typically, more attention is given to systolic blood pressure (the first number) as a major risk factor for cardiovascular disease for people over 50. In most people, systolic blood pressure rises steadily with age due to the increasing stiffness of large arteries, long-term buildup of plaque and an increased incidence of cardiac and vascular disease.

However, either an elevated systolic or an elevated diastolic blood pressure reading may be used to make a diagnosis of high blood pressure. According to recent studies, the risk of death from ischemic heart disease and stroke doubles with every 20 mm Hg systolic or 10 mm Hg diastolic increase among people from age 40 to 89.

Why blood pressure is measured in mm Hg?

The abbreviation mm Hg means millimeters of mercury. Mercury was used in the first accurate pressure gauges and is still used in medicine today as the standard unit of measurement for pressure.

Taking your pulse versus checking your blood pressure

While both are indications of health, blood pressure and heart rate (pulse) are two separate measurements. Learn more about [the difference between blood pressure and heart rate](#).

For those of you who have children and don't know it, we have a nursery downstairs.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.



At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

# Warm Cannellini Bean Salad with Salmon and Citrus Vinaigrette

*A quick workday meal for the entire family*

## Ingredients

15 ounce call cannellini beans, rinsed  
and drained  
One 12 ounce wild salmon filet  
1 medium red onion, thinly sliced  
1 red bell pepper, seeded & chopped  
½ English cucumber, thinly sliced  
2 tablespoon chopped fresh mint  
1 garlic clove, minced  
4 Bibb or Boston lettuce leaf cups  
Olive oil cooking spray

## Citrus Vinaigrette

¼ cup fresh orange juice  
1 teaspoon grated orange zest  
1 tablespoon white wine vinegar  
2 tablespoons extra virgin olive oil  
1/3 teaspoon kosher salt, optional  
Freshly ground pepper

## Preparation (serves 4)

- 1) Place beans in a salad bowl. Set aside.
- 2) Heat ridged grill pan or barbecue grill. Coat grill or pan with cooking spray. Grill salmon: Cook for 10 to 15 minutes, turning once, until cooked through. Use a sharp knife to check for doneness. When done, cool 5 minutes and divide into four sections.
- 3) Coat non-stick skillet with cooking spray. Sauté onions until translucent. Add garlic and continue to sauté for 1 minute more. Stir into reserved beans. Add cucumber, bell pepper and mint. Toss the salad.
- 4) In a small bowl, whisk together orange juice, zest, vinegar, oil, salt (if using) and pepper; toss with salad. Place lettuce cups on four plates. Top with salad and place salmon alongside. Serve immediately.



**Per Serving: 320** calories (41% from fat), 23g protein, 14g total fat (2.5g saturated fat, 45mg Cholesterol), 260mg sodium, 23g carbohydrates, 6g dietary fiber, 620mg Potassium.

*DIETITIAN'S NOTE: Packed with fiber, potassium, and your daily allotment of omega-3-rich fats, this Italianate dish is a winner!*



## 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 2<sup>nd</sup>  
Wednesday at different locations

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

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

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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

For more information contact:  
[info.womantowoman@gmail.com](mailto:info.womantowoman@gmail.com)

Oct 2, 2018	Woman's hormones post menopause and the effect on the heart: Presented by Sofia Ahmed from the LIBIN Institute.
Nov 6, 2018	<b>Personal safety</b> for you in your home and safe in the city for the coming holidays: Presented by Constable Carter Duchesney CPS Crime Prevention Team.
Jan 8, 2019	<b>Stay Strong, Stay Active</b> - Start 2019 with finding the right exercise for you: Presented by Amanda McBride BSc, Kin. and Exercise Physiology, from Total Cardiology.
Feb 5, 2019	What you need to know before you travel presented by an AMA Travel specialist.

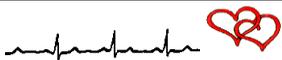
[www.womenscardiacsupport.org](http://www.womenscardiacsupport.org)

## 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](http://www.hearttoheartalberta.com)

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

