



October 2014

On The Beat

Incorporated
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 www.hearttoheartsupportsociety.ca 

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 2014/2015 meetings:

- Nov. 2014 –Nutritionist (ideas for healthy eating during the Christmas holidays)
- Jan. 2015–Heart Healthy Exercise
- Feb. 2015 – Cardiologist (updated treatments for heart issues)
- Mar. 2015 – Dentist (dental health as it effects heart health)
- Apr. 2015 – Sleep Apnea (how it effects the heart)

** Dates are subject to change pending speakers schedules*

Heart to Heart

Officers, Directors & Appointees

2014 - 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 _____	Glen Clark -----	403-226-4027
*TCRRR Liaison _____	Amanda McBride	403-781-2728
Joys & Concerns _____	Colleen Dorscher -----	403-239-4850

* Total Cardiology Rehabilitation and Risk Reduction

www.hearttoheartsupportsociety.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 –

As summer draws to a close and we head into winter, I hope you all had the opportunity to get out and enjoy the wonderful summer we had.

We started our monthly meetings again, for the season, and in September it was nice to see a good number of our members be able to make it out. We had a very informative speaker from the Calgary Police Service, CST. Gemma Baker, making us aware of unscrupulous fraudster's out there to watch out for.

The summer itself was very quiet for our Society, with not much happening except for our Casino Coordinator, Bill Andrietz, being very busy rounding up volunteers for our major fundraiser of working a casino. The casino, which was held on October 6th and 7th was a great success, due to our hard working members that volunteered their time. Several of them helped out for both days, and the staff from Totalcardiology and Calgary Health Trust volunteered their time also. We thank everyone who was there and volunteered, you made it the success it was!

The majority of the funds derived from the casino will go to supporting the various cardiac facilities throughout the city and area. So a big **Thank You** again to all of you, as well to our Hospital Visitation members who continued visiting the heart patients in the various hospitals throughout the city over the summer.

Elvin Dorscher

Winter is around the corner and flu shots will soon be available!

Cardiologists want heart patients to be vaccinated for flu!

The Next Generation of Vaccines

For most of us, preventing disease is preferable to curing it. And vaccines are one of the most effective ways to prevent infectious diseases caused by viruses or bacteria. Thanks to the work of an Alberta researcher and his team, a new and better vaccine is on the horizon for diseases caused by bacteria or the toxins they generate.

The University of Calgary's Dr. Tony Schryvers, long supported by Alberta Innovates - Health Solutions for his research on childhood infections, says changing the usual approach to making vaccines for bacterial diseases has opened up new ways to develop better vaccinations to prevent them.

Vaccines used today for bacterial diseases are made by using the best antigen (a foreign substance that produces an immune response) to stop infection. Schryvers' team has turned that thinking upside down by finding ways to stop the disease-causing bacteria from thriving.

"What we did was find proteins that were absolutely essential for the bacteria to survive and targeted them," he explains. By targeting the proteins, Schryvers and his team aim to "disarm" the bacteria and prevent people from getting sick.

Schryvers' team is looking at ways to fight meningitis and upper and lower respiratory illnesses such as pneumonia, ear infections and sinusitis. Because the same kind of bacteria that caused these illnesses also cause shipping fever in cattle and Glasser's disease in pigs, the research team also receives funds from the Alberta Livestock and Meat Agency.

- Janet Harvey (Apple)

The Spread of immunization

- » Infectious diseases were once the world's leading cause of death.
- » Diseases such as smallpox, polio, measles and mumps caused illness, disability and death in millions of people.
- » Starting in the 1920s, immunization became a way to safely, affordably and effectively combat infectious diseases. By the 1960s, immunization was widespread.
- » The more people vaccinated against a disease, the less likely the disease can spread and infect.
- » For immunization to protect a community nearly everyone in the community must be vaccinated.
- » When not enough people are vaccinated, both those with good and with fragile health can become ill or die from a contagious disease.

- apple

Natural Remedies to Lower High **Blood** Pressure - By Lorna R. Vanderhaeghe, MS

Imagine trying to squeeze dishwashing liquid through a bottle head that has become caked and blocked with solidified soap. You have to press harder to get any out, and when it does, it shoots out erratically. This occurs everyday in those that have high blood pressure, or hypertension. With this common condition, the heart muscle contracts too forcefully and sends blood driving through the body with excess strength. Clogged arteries can create additional resistance that causes damage to the inner layers of the arteries. This "wear and tear" promotes the plaque buildup that leads to heart disease. People with high blood pressure are more than twice as likely to have a heart attack compared to people with normal blood pressure. Hypertension also strains and eventually weakens the heart, while very high blood pressure can cause blood vessels to burst in the brain, causing a stroke.

Causes of High Blood Pressure

- Age
- Stress
- Obesity
- Pregnancy
- Lack of exercise
- Chronic Insomnia
- A Poor Diet
- Too much alcohol
- Birth control pills
- Magnesium deficiency
- Health conditions like kidney disease or thyroid dysfunction (both more common in women than men)
- Certain Drugs, e.g. amphetamines (stimulants), diet pills and some cold and allergy pills

Sodium-Potassium-Magnesium

The connection between salt consumption and elevated blood pressure has been the focus yet even with a reduction in eating salt the rates of blood pressure continue to rise. New research suggest that increasing the amount of potassium and magnesium in the diet could counter the negative effects of salt consumption and lower blood pressure. We need sodium to modulate muscle and nerve function, and to regulate our fluid balance and blood pressure.

DHA Lowers High Blood Pressure

Fish oils are well known for their heart-healthy effects. Containing the fatty acids EPA and DHA, fish oils, are vital for the heart. Calamari oil, an alternative to fish oil, comes from South American calamari (squid) that are sustainably harvested and an eco-friendly source of omega-3 fatty acids with more DHA than fish oil. Calamari oil is more stable than traditional fish oils, making it less prone to rancidity. Also, calamari oil does not cause the fish aftertaste or unpleasant "repeating" that is common with fish oil supplements. DHA is superior for lowering high blood pressure and it is more potent at supporting circulation. DHA is also the key to raising "good" HDL cholesterol. Also, DHA, not EPA, has been found to support your brain and is the best fatty acid for eye health too.

Lowering high blood pressure is simple by adding the key nutrients like Magnesium bisglycinate, and Calamari DHA. Walk 30 minutes per day. De-stress your life and eat more potassium rich foods.

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Herbed Salmon with Kale and Fennel Salad

This speedy yet elegant meal will impress even the most discerning dinner guest

Herbed Salmon

4 Salmon fillets (approx. 450g. total)
2 tbsp Chopped fresh dill
2 tbsp Chopped fresh parsley

1 tsp Olive oil
¼ tsp of each Salt & Pepper

Kale and Fennel Salad

4 cups Packed baby kale
Half - bulb fennel, cored & thinly sliced
2/3 cup Jarred mandarin orange segments in
light syrup, drained
2 tbsp Extra-virgin olive oil
1 tbsp red wine vinegar
1 tsp liquid honey
Pinch of each Salt & Pepper

** If you can't find baby kale, you can easily substitute baby spinach.*

Preparation: (Serves 4)

In small bowl, stir together dill, parsley and oil. Sprinkle salmon with salt and pepper; spread dill mixture over tops. Place on lightly greased foil-lined rimmed baking sheet. Bake in 425°F (220°C) oven until fish flakes easily when tested with fork, approx. 12 minutes.

Kale and Fennel Salad: Meanwhile, in bowl, whisk together oil, vinegar, honey, salt and pepper. Stir in kale, fennel and orange segments. Serve with salmon.

Per Serving: approx. 306 cal, 21g pro, 19g total fat (3g sat. fat), 13g carb (2g dietary fibre, 8g sugar), 55mg chol, 234mg sodium, 689mg potassium. % RDI: 8% calcium, 11% iron, 44% vit A, 110% vit C, 25% folate.



Gotta love us seniors

During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in an old age home?"

"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person to empty the bathtub."

"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or teacup."
"No" he said "A normal person would pull the plug! Do you want a bed near the window?"

A case for Walking - 14 Reasons to walk year round - *Connie Bryson (Apple)*

- 1** Walking is easier on your body than many other physical activities, so you can do it throughout your life for better health, quality of life and independence.
- 2** Reducing the likelihood of developing diabetes by decreasing sugar levels and increasing insulin in your system.
- 3** Walking briskly 150 minutes a week (five times a week for 30 minutes) can help reduce the risk of being overweight or obese.
- 4** Immediate benefits. Right away you'll notice improved mood and self-esteem, increased energy and concentration and better sleep.
- 5** Improving balance, coordination and your ability to be active as you age.
- 6** Increasing blood flow to the brain and keeping your brain active. Our minds are stimulated by physical activity and social engagement with family and community.
- 7** Being something you can do anywhere, for free. A sturdy pair of walking shoes is all you need to keep active.
- 8** Maintaining bone health and strength. That's why medical professionals encourage people living with arthritis and many other diseases to walk.
- 9** Boosting romance with increased energy, improved blood flow and enhanced body image.
- 10** Reducing the risk of chronic disease by breathing fresh air, soaking up sunlight (and vitamin D) and easing stress.
- 11** Meeting new people and making friends on the walking trails or through a walking club.
- 12** Walking can help keep your bones strong and help ward off osteoporosis.
- 13** Connecting with your neighborhood. Creating a social bond that improves individual health vital to a long and healthy life - and the health of your community.
- 14** Helping prevent and manage heart disease, high blood pressure, and some cancers with regular light walking, 30 minutes a day.

Natural Remedies to Lower High **Blood** Pressure - continued from page 5

Magnesium Regulates Heart

Magnesium has a significant effect on lowering high blood pressure. Japanese researchers have finally clarified inconsistent results from other investigations of magnesium and blood pressure. Some results had indicated that magnesium lowered high blood pressure whereas other research did not. Japanese research following individuals over an eight-week period showed that blood pressure was significantly lower while taking magnesium. And the higher the blood pressure, the larger the decrease seen in those supplementing with magnesium. Researchers believe magnesium acts to relax blood vessels, an effect proven to help lower blood pressure. When blood vessels are constricted – not relaxed – the heart works harder to pump blood through the body, causing blood pressure to increase.

Women should be particularly interested in magnesium supplementation if they have high blood pressure. Often, traditional high blood pressure medications do not work as well for women, but magnesium supplementation effectively lowers high blood pressure in women.

Magnesium supplements are available in many forms. The best form of magnesium is magnesium bisglycinate. When magnesium is bound to amino acids like glycine no diarrhea occurs, absorption is increased and maximum benefit is achieved. Magnesium bisglycinate crosses the blood brain barrier and enters cells quickly.

- Healthy Directions

What You Don't Know Can Cause a **Heart** Attack

By W. Gifford-Jones, MD

What is one of the greatest tragedies in medicine? It's to die of a disease that could be easily prevented. Every 37 seconds in North America someone dies of a heart attack. Now, there's proof that coronary deaths could be avoided by high doses of vitamin C and lysine.

During an interview 25 years ago Dr. Linus Pauling, two-time Nobel Prize winner, told me something I had not learned at The Harvard Medical School. It was that animals produce their own vitamin C but humans lost this genetic ability eons ago.

Pauling claimed this was bad luck for humans as vitamin C is needed to make collagen. Bricks are held together by mortar, coronary cells are glued together by collagen. Pauling believed that a lack of vitamin C triggered cracks in collagen, setting the stage for a fatal blood clot.

Pauling's critics ridiculed him, claiming humans no longer die from scurvy, the result of insufficient amounts of C. Years ago sailors on long voyages used to die of this disease due to a lack of fruit. But to avoid scurvy you only need 10 milligrams of vitamin C whereas several thousand are required to manufacture healthy collagen. As Pauling reminded his opponents, "It's the dosage, stupid".

Three years ago I read in an obscure medical journal that Dr. Sydney Bush, an English researcher, had discovered proof that Pauling was right. Bush, an optometrist, noted that patients with contact lenses were more prone to eye infections. he decided to prescribe 6,000 milligrams of vitamin C along with 4,000 mg of lysine, an amino acid, to see if this combination had any effect.

Fortunately, he took photos of the retina (the back part of the eye) before this treatment and one year later. He was surprised to find that previously blocked retinal arteries were gradually returning to normal.

This was such monumental news that I couldn't believe it. so I travelled to England and spent several days looking at "before and after" photos of the retina. Bush was right; he had reversed blocked retinal arteries. And since the head is connected to the body, vitamin C and lysine can prevent blockage of coronary arteries and, if present, remove it.

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Pistachio-Crusted Salmon with Garlic Rapini

A handful of stellar ingredients pack a lot of flavor into this heart-healthy weeknight meal. Serve alongside steamed mini potatoes tossed with olive oil & fresh garden herbs.

4 Skinless salmon fillets (each 170g)	2 tsp Dijon mustard
3 cloves of garlic, minced	¼ cup shelled pistachios, toasted and coarsely ground
1 bunch rapini, trimmed	

Preparation: (Serves 4)

Place salmon on parchment paper-lined rimmed baking sheet; sprinkle with a pinch of each salt and pepper. Brush tops with mustard; sprinkle with pistachios, pressing firmly to adhere. Bake in 425°F (220°C) oven until fish flakes easily when tested with fork, 12 to 15 minutes.

Meanwhile, in large pot of boiling salted water, cook rapini until tender-crisp, about 2 minutes; drain. Transfer to bowl of ice water until chilled; drain well.

In large skillet, heat 1 tbsp olive oil over medium-high heat; sauté garlic until fragrant, about 1 minute. Add rapini; sauté until heated through, about 3 minutes. Serve with salmon.

Per Serving: approx. 382 cal, 35g pro, 24g total fat (4g sat. fat), 6g carb (3g dietary fibre, 1g sugar), 84mg chol, 390mg sodium, 922mg potassium. % RDI: 13% calcium, 15% iron, 45% vit A, 68% vit C, 53% folate.

Signs of a **Heart** Attack

Chest discomfort

(uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness)

Discomfort in other areas of the upper body

(neck, jaw, shoulders, arms, back)

Shortness of Breath

Sweating

Nausea

Light-headedness

- Heart & Stroke Foundation

Signs of a **Stroke**

Weakness

Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.

Trouble Speaking

Sudden difficulty speaking or understanding or sudden confusion, even if temporary.

Vision Problems

Sudden trouble with vision, even if temporary.

Headache

Sudden severe and unusual headache.

Dizziness

Sudden loss of balance, especially with any of the above signs.

- Heart & Stroke Foundation

What You Don't Know Can Cause a **Heart** Attack- continued from page 8

Sixteen years ago I suffered a coronary attack followed by bypass surgery. Cardiologists told me it was madness not to take cholesterol-lowering drugs. But I did not believe in their effectiveness and was well aware of their side-effects. So I bet my life on vitamin C and lysine. Now at 90 years of age I've proved them wrong. But for years I've been swallowing tons of pills everyday and not enjoying it.

Fortunately, powders containing high concentrations of vitamin C and lysine are now available in health food stores. For those without a history of heart problems 2,000 mg of C and 1,300 mg of lysine twice a day is sufficient. But if there's been a heart attack or a family history of cardiac disease it's prudent to take 6,000 mg of C and 4,000 mg of lysine. But it is always prudent to check with your own doctor when either changing or starting a new supplement.

Cardiologists believe that cholesterol-lowering drugs are still the be-all-and-end-all solution to heart attack prevention. They've been brain washed by the hundred of millions of dollars spent by pharmaceutical companies to market these drugs. But criticizing, cholesterol-lowering drugs are akin to damning Motherhood and apple pie.

History shows that closed minds to new ideas have caused countless deaths over the ages. Dr. Semmelweiss proved in 1847 that washing hands before an obstetrical delivery saved many women from dying of infection. Colleagues ridiculed him and one in six women continued to leave the hospital in a coffin rather than with their newborn baby.

Unfortunately, hell will freeze over before cardiologists change their ingrained ideas and prescribe high doses of vitamin C and lysine. It means that countless people will continue to die needlessly of heart attack and continue to take cholesterol-lowering drugs associated with hazardous side-effects.

This tragedy could end if doctors would only look at Dr. Bush's retinal photos that show dramatic reversal of atherosclerosis after treatment with high doses of vitamin C and lysine.

***W.Gifford-Jones, MD** is a graduate of The University of Toronto and The Harvard Medical School. He took post-graduate training in surgery at the Strong Memorial Hospital in Rochester, McGill University in Montreal and Harvard. During his medical training he has been a family doctor, hotel doctor and ship's surgeon. He is a Fellow of The Royal College of Surgeons and author of seven books.*

- Healthy Directions

Editors Disclaimer: You should ALWAYS check with your doctor / pharmacist before starting any new supplements (Vit. C or lysine) to ensure it is safe to use alongside your current prescriptions.

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. 4, 2014	'DOES THE SHOE FIT?': Importance of proper footwear. Presented by Gord from Gord's Running Store.
Dec. 6, 2014	CHRISTMAS LUNCHEON WITH HEART TO HEART: Centennial Branch 285 Royal Canadian Legion, 9209 Horton Road SW. Luncheon @ 11:00AM.
Jan. 6, 2015	WOMEN & HEART DISEASE: What Are The Issues? Presented by Heather Russell, RN, MN, PH.D., Associate Professor, MRU School of Nursing.
Feb. 3, 2015	SLEEP APNEAS: Presented by An Educator from The Sleep Clinic at Foothills Hospital.
Mar. 3, 2015	HEART DISEASE VITAMINS & SUPPLEMENTS: Presented by Dr. Shelley Krake.
Apr. 7, 2015	SHARING OUR STORIES: Realizing all our stories are unique but with one underlying factor that unites us all. Amanda and Michelle from TCRRR will be our facilitators.
May 5, 2015	EXERCISE WITHOUT INTIMIDATION: Tour of Talisman Centre to familiarize you with equipment and guidelines for safe exercise. Presented by Talisman Centre & TCRRR.

www.womenscardiacsupport.org

VISITOR **VOLUNTEERS** WANTED

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

Please call Glen Clark at (403) 226-4027

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.hearttoheart-supportsociety.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.