



June 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

Please visit our new website: www.hearttoheartalberta.com

SLEEP

the foundation of health at any age

One often-overlooked contributor to sleep deprivation is our increasing immersion in technology. We are texting, tweeting, browsing, playing and surfing our way into chronic fatigue. Dr. Charles Samuels, Medical Director at Calgary's Centre for Sleep and Human Performance, says, "Technology is the number one barrier to getting enough sleep." His solution? "Unplug yourself! For example, don't make or take any phone calls after 8 p.m."

- Apple Magazine, AHS



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 –

I hope all of you enjoyed the nice spring weather we have been having and that you had a chance to get out and enjoy it! It looks like it is going to be a hot, dry summer which is great for the vacationing but not so great for the farmers and gardeners.

Our May monthly meeting was the last one before our summer break and we will be reconvening them come September. However, you board members will be continuing to work to try to line up some interesting speakers for the fall and winter meetings, also be taking care of other Society business. They will still be available to answer any questions or concerns anyone may have during this time.

Our wind-up spring social is planned for June 16, 2015 at the RC Centennial Legion, so I hope all our members and guests have an opportunity to take it in. A great meal and entertainment is planned.

Have a good summer and I hope to see you all in the fall!

Elvin Dorscher
President

Sleep is **Important**

Sleep Disordered Breathing is when a person stops breathing many times during the night. Breathing stops because the airway collapses and stops air from getting into the lungs. This can cause extra sleepiness or feeling tired during the day. One of the most common forms of Sleep Disordered Breathing is **Sleep Apnea**.

Each time this temporary stop in breathing happens, the body wakes up for a very small time. The person does not remember waking up. Sometimes, a family member is the one who notices the pause in breathing and then hears the gasping or choking sounds as breathing starts again. People who often suffer from sleep apnea may stop breathing over a hundred times every night.

People with sleep apnea have a direct increased risk of obesity, diabetes, heart disease, and stroke. People with sleep apnea are also known to have a higher chance of traffic accidents and work injuries. Sleep apnea can also cause relationship problems and depression.

Do you suffer from Sleep Apnea?

Fill in your answers and see where you stand

0 = would never doze or fall asleep	1 = slight chance of dozing or sleeping
2 = moderate chance of dozing or sleeping	3 = high chance of dozing or sleeping

Read the situation and rate the chance of you Dozing or Sleeping below

Sitting and reading _____	Watching TV _____
Being a passenger in a vehicle for an hour or more _____	Stopped for a few minutes in traffic while driving _____
Lying down in the afternoon _____	Sitting and talking to someone _____
Sitting quietly after lunch (no alcohol) _____	Sitting inactive in public place _____

The Epworth Sleepiness Scale is used to determine the level of daytime sleepiness. If you score **10 or more on this test**, you should consider whether you are obtaining adequate sleep, need to improve your sleep hygiene and/or need to see a sleep specialist. These issues should be discussed with your doctor.

- Dil Walk



Baked whole-wheat Samosas

A samosa or samoosa is a fried or baked pastry with savoury filling, such as spiced potatoes, onions, peas, lentils and also with minced meat. They are a popular entree appetizer or snack.

For the dough

2 cups (500mL) whole
wheat flour

1/8 tsp (0.5mL) salt

1 cup (250mL) plain, non-fat
yogurt

For the filling

2 cups (500mL) mini new potatoes, skin on, cubed	1 cup (250mL) frozen green peas
1 cup (250mL) onion, chopped	1 clove of garlic, chopped
1 inch cube of ginger root, peeled & grated	1 tbsp. (15mL) canola oil
2 tsp (10mL) curry powder	1 tsp (5mL) cumin seed
Canola oil for brushing	1/4 tsp (1mL) salt
	Cayenne pepper (optional)

Preparation: (makes 12)

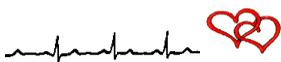
1) *Dough:* Mix flour, salt in bowl. Add yogurt and form into a ball. Knead adding more flour as needed. Wrap tightly. Place in the fridge until ready.

2) *Filling:* Boil the potatoes 15 minutes or until tender but not mushy. Drain and set aside. In the same pot, heat oil over medium heat, add onion, oil, garlic, ginger, cumin, curry powder and salt. Cook until the onion starts to soften. Add peas and cook until heated. Remove and add the potatoes. Toss to blend.

3) *Assemble and bake:* Preheat oven to 425° F (220° C). On floured surface, roll dough into a long rope. Divide it evenly into 12 pieces. One by one roll each piece into a circle. Place about 2 tbsp. (25mL) of filling on each circle and fold over. Dampen inside edge with finger dipped in water and crimp edges with a fork. Brush sparingly with oil. Place the samosas on greased baking sheet and cook 15 minutes. Remove them from the oven. Reduce the oven temperature to 350° F (180° C). Flip the samosas over and bake for an additional 5-10 minutes.

4) Serve with your favorite dipping sauce!

Per Serving (1 samosa): 142 calories, 5g protein, 3g total fat (0g saturated fat, 0g dietary cholesterol), 25g carbohydrate (4g dietary fibre), 99mg sodium, 266mg potassium



Handshake strength 'could predict' **heart** attack risk

New research suggests the strength of a person's hand-grip could predict the risk of heart attacks & strokes- and is a stronger predictor of death than blood pressure checks.

The strength of your handshake could signal the chance of a future heart attack, a major study in *The Lancet* suggests.

The research found the vigour of a person's hand-grip could predict the risk of heart attacks and stroke - and was a stronger predictor of death than checking systolic blood pressure.



Experts said a grip test could be a simple, low-cost way to predict the risk of heart attacks and strokes.

The international study, involving almost 140,000 adults in 17 countries found weak grip strength is linked with shorter survival and a greater risk of having a heart attack or stroke.

The researchers suggest that it could be used as a quick, low-cost screening tool by doctors to identify high-risk patients among people who develop major illnesses such as heart failure and stroke.

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The longer I live, the more I realize the impact of attitude on life.

Attitude is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or do.

It is more important than appearance, giftedness or skill.

It will make or break a company ... a church ... a home.



DIY: How to Make Citronella Candles

Making citronella candles in cans is a great recycling project that is inexpensive and an effective solution from the expensive store bought alternative. Plus you can create a bug-free barrier around your patio and use up any old candles you may have.

Materials

- Clean metal cans / glass jars
- A double boiler
- Hot glue gun
- Soy wax / Paraffin wax / Old candles
- Pre-waxed wicks with tabs (150mm/6")
- Citronella oil

Additional Scents / Essential Oils

Catnip (very effective)	Eucalyptus
Lemon Eucalyptus	Rosemary
Lemongrass	Tea Tree
Cedarwood / Pine	Mint
Lavender	Cajeput

Directions

Using the hot glue gun, affix the wicks to the bottom of the can(s) and press it firmly into the center. If you're using a larger can, add two or three wicks spaced apart around the center.

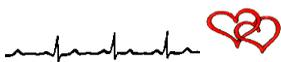
In double boiler add wax or old candles in small pieces. Don't worry so much about bits of wick or other specks in the wax, as you won't see them in the candles when they are done. Heat over medium heat until the wax is completely melted.

When the wax is melted it's time to add the fragrance. Add 1oz of citronella oil per pound of wax and any additional scents/oil at 0.5oz per pound. Stir in.

Let the wax cool slightly and carefully pour into containers. Ensure wicks stay in the center; try securing to chop sticks or a clothespin to keep in line. Careful not to disturb them too much, and leave in a warm place to cool. Cooling slowly and completely will create the best looking candles.

Allow your candle to cure for 48 hours undisturbed before burning. Then, when you light it up, let the candle burn so that there is a full, wide pool of wax before you blow it out.

TIP: Mosquitoes are weak fliers; use a fan on your patio/deck to keep them away!



Handshake strength 'could predict' heart attack risk

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Reduced muscular strength, which can be measured by grip strength, has been consistently linked with early death, disability, and illness. But there has been limited research on whether grip strength could be used to indicate heart health.

The new study followed 139,691 adults aged between 35 and 70 living in 17 countries from The Prospective Urban-Rural Epidemiology (PURE) study for an average of four years. Grip strength was assessed using a handgrip dynamometer.

It is measured as the force exerted when a subject squeezes an object as hard as possible with their hands.

The findings show that every five kilos decline in grip strength was associated with a 16% increased risk of death from any cause; a 17% greater risk of cardiovascular death; a 17% higher risk of non-cardiovascular mortality; and more modest increases in the risk of having a heart attack (7%) or a stroke (9%).

Overall, grip strength was a stronger predictor of all-cause deaths, including deaths from heart disease, than systolic blood pressure, which is normally seen as a "robust causal factor" for death, the study showed.

The associations persisted even after taking into account differences in other factors that can affect mortality or heart disease such as age, education level, employment status, physical activity level, and tobacco & alcohol use.

A low grip strength was linked with higher death rates in people who suffer a heart attack or stroke and non-cardiovascular diseases, for example cancer, suggesting muscle strength can predict the risk of death in people who develop a major illness.

Lead author Dr. Darryl Leong, of McMaster University in Canada, said: "Grip strength could be an easy and inexpensive test to assess an individual's risk of death and cardiovascular disease."

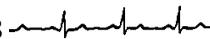
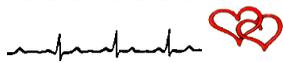
"Further research is needed to establish whether efforts to improve muscle strength are likely to reduce an individual's risk of death and cardiovascular disease."

Commenting on the findings, Professor Avan Aihie Sayer, of Southampton University, and Professor Thomas Kirkwood, of Newcastle University, discuss whether grip strength could be a new biomarker of ageing.

Prof Sayer said the idea is built on previous theories.

He said: "Loss of grip strength is unlikely to lie on a single final common pathway for the adverse effects of ageing, but it might be a particularly good marker of underlying ageing processes, perhaps because of the rarity of muscle-specific diseases contributing to change in muscle function."

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Three **active** hours per week, lowers risk of death

Thirty minutes of physical activity six days a week can lower the risk of death from any cause among elderly men, a British study claims.

The researchers say that almost 26,000 men born between 1923 and 1932 were invited for a health check in 1972 and in 1973.

The height, weight, cholesterol and blood pressure of 15,000 men who chose to participate in the study were all assessed, and they were asked whether they smoked.

In 2000, some 6,000 of the surviving men repeated the process, and were monitored for almost 12 years to see if physical activity level over time was associated with a lowered risk of death from cardiovascular disease, and if its impact were equivalent to quitting smoking.

The analysis indicated that more than an hour a week of light physical activity was linked to a 32% to 56% lower risk of death.

The impact would seem to be as good for health as quitting smoking among this age group, the researchers say.

Their findings were published online in the British Journal of Sports Medicine.

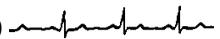
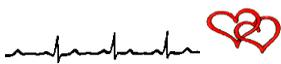
- Postmedia Network (The Calgary Sun, 05/17/15)

- HUGS -

It's wondrous what a hug can do,
A hug can cheer you, when you're blue.
A hug can say 'I love you so,'
Or, 'Gee, I hate to see you go.'
A hug is 'Welcome back again!'
And, 'Great to see you!' or
'Where've you been?'
A hug can soothe a small child's pain
And bring a rainbow after rain.
We scarcely could survive without it.
A hug delights and warms and charms
It must be why God gave us arms.

Hugs are great for fathers and mothers,
Sweet for sisters, swell for brothers,
And chances are some favorite aunts
Love them more than potted plants.
Kittens crave them. Puppies love them.
Heads of State are not above them.
A hug can break the language barrier,
And make the dullest day seem merrier.
No need to fret about the store of 'em.
The more you give, the more there are of 'em
So stretch your arms without delay,
and give someone a hug today.

- Author Unknown



Handshake strength 'could predict' heart attack risk

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The countries involved in the study were Canada, Sweden, United Arab Emirates, Argentina, Brazil, Chile, Malaysia, Poland, South Africa, Turkey, China, Colombia, Iran, Bangladesh, India, Pakistan, and Zimbabwe.

Doireann Maddock, Senior Cardiac Nurse at the British Heart Foundation, said: "The findings of this study are interesting, however it doesn't explain why grip strength should be related to cardiovascular disease. More research is needed to understand any possible link between the two.

"The good news is we already know there are several established risk factors for cardiovascular disease and an NHS health check can assess your risk. So if you're over 40 years old speak with your GP or practice nurse about getting this done.

"Whatever your situation, you can help reduce the impact of any risk factors by adopting healthy lifestyle habits such as stopping smoking, keeping active and eating a healthy diet."

- Laura Donnelly, Health Editor, Telegraph

Notes left for the Milkman

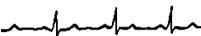
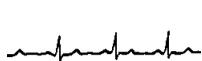
For those of us who remember Milk Deliveries in Bottles. Here's a good example of a collection of notes left in milk bottles...

- Sorry about yesterday's note. I didn't mean one egg and a dozen pints, but the other way around.
- Milk is needed for the baby. Father is unable to supply it.
- My daughter says she wants a milkshake. Do you do it before you deliver or do I have to shake the bottle?
- Please leave no milk today. When I say today, I mean tomorrow, for I wrote this note yesterday.

Man in a hot air balloon is lost over Ireland.

He looks down and sees a farmer in the fields and shouts down to him,
"Where am I?"

The Irish farmer looks back up and shouts back, "You can't fool me.
You're in that basket up there."



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

www.womenscardiacsupport.org

for more information contact:
info.womantowoman@gmail.com

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

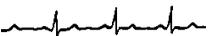
For location,
time and attendance confirmation,
and more information.

VISITOR VOLUNTEERS WANTED

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

Please call 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.

