



Support Society

**Spring 2020**

# **On The Beat**

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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



Heart to heart is now on Facebook

### **February is Heart Month!**

*1 in 5 adults in Canada live with high blood pressure*

During Heart Month, we encourage all Canadians to take the opportunity to learn more about the risks factors for heart disease and what can be done to prevent it.

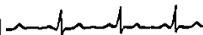
Making one small change towards a healthier lifestyle can make a big difference!

If you would like more information about our support group, contact:

Volunteer: .....

Phone #: ( ) .....

Check us out on Facebook [www.facebook.com/groups/hearttoheartalberta](http://www.facebook.com/groups/hearttoheartalberta)



# Heart to Heart

## Officers, Directors & Appointees 2020

President _____	Jim Dugan -----	403-208-8285
Vice President _____	(vacant)	xxx-xxx-xxxx
Past President _____	Elvin Dorscher -----	403-239-4850
Treasurer _____	Bill Sidey	403-286-4227
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 _____	Tony Schlee -----	403-241-5119
Woman to Woman _____	Charlotte Frankish	403-242-2177
Phoenix Club _____	Tony Schlee-----	403-241-5119
Social Convenor _____	Mary Figley/Shahid Saleem	
Newsletter Editor _____	Tony Schlee -----	403-241-5119

### **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 _____	Bill Sidey	403-479-3125
TCRRR* Liaison _____	Amanda McBride -----	403-781-4728

\* Total Cardiology Rehabilitation and Risk Reduction

### **Member SUPPORT Services**

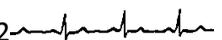
Computer help &	Damian Barnes	403-617-2561
Home cleaning	Nelia Barnes	

[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 –

This issue of the newsletter contains an assortment of good recipes and an excellent article on exercise after a heart attack. Highly recommended reading!

February 5 was World Nutella Day, for those of you who like that spread, and February is Heart Month.

I look forward to seeing everyone at the Heart to Heart meeting on February 19.

Jim Dugan  
President

[jdugan@ucalgary.ca](mailto:jdugan@ucalgary.ca)



# Scared to exercise after a heart attack?

## It's probably scarier if you don't!

Exercise is good for you. But for people who have had a heart attack, starting or resuming a workout routine may sound scary, exhausting, complicated — in short, the last thing they'd want to do. Instead, it probably should be one of the first.

"We're trying to make it clear that exercise is as much a part of the standard of care as aspirin or statins or beta blockers," said cardiologist Dr. Benjamin D. Levine, director of the Institute for Exercise and Environmental Medicine and a professor of medicine and cardiology at UT Southwestern Medical Center in Dallas.

Research abounds on the benefits. A recent Swedish study found heart attack survivors who identified as "constantly active" had a 71% lower risk of death than the "inactive" participants. A 2017 review of research found heart attack survivors who receive cardiac rehab were 53% less likely to die from any cause and 57% less likely to die from heart-related causes than survivors who did not get cardiac rehab."

Exercise preserves the strength and flexibility of the heart and enables blood vessels to relax," Levine said. "It helps improve lipids and blood pressure and reduces cardiovascular strain during daily activities."

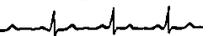
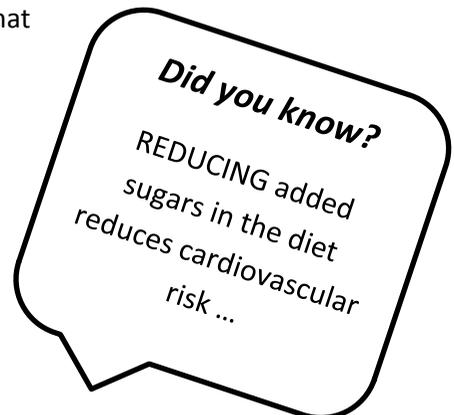
*A major key to reaping the benefits of exercise is incorporating it into a lifelong habit.*

"Sometimes people have an epiphany after a heart attack and that makes it easier for them to come around in their lifestyle," said Kate Traynor, director of the cardiac rehabilitation program at Massachusetts General Hospital's Corrigan Minehan Heart Center. "But many people after a heart attack are just not really ready yet."

Maybe they're depressed or afraid to make changes, experts say. "What I think is that people are frightened after a heart attack, and they're not sure what they're capable of doing, whether recreational exercise, occupational exercise, even sexual relations," Levine said.

"Everyone who has a heart attack should go through a period of cardiac rehabilitation. It helps people get past that initial fear and get control of all the risk factors within a multidisciplinary approach after a cardiovascular event," he said.

*Continued on page 7 ...*



## 7 ways meal planning can help you and your **heart**

Cheryl Strachan, RD *is a cardiac nutrition specialist & author of the 30-Minute Heart Healthy Cookbook.*

I polled my blog readers about which topic they'd like to learn more about, and "30-Minute Heart Healthy Meal Planning" was the winner by far. No surprise there. Meal planning can help you in so many ways!

But first, let's clarify what I mean when I say "meal planning". Some people imagine I mean a detailed document that dictates every bite they eat, from morning to night.

**No!**

Don't do this. I don't even recommend planning for every dinner.

Really you should meal plan in whatever way works for you, as simple or as elaborate as you like, but typically I suggest just figuring out 3-5 meals you're going to have for dinner that week. That's it.

If you like, you can note a special breakfast or snack you'd like to make, but typically for those I rely on "go-to" lists: 2-3 regular breakfasts and snacks you like and always have the ingredients for. And lunch is leftovers.

Boom. Easy.

If you want to get more detailed, of course you can. But even with a very simple plan, you'll still be better able to:

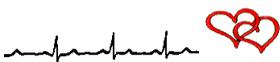
1. Make changes to your eating habits.
2. Cook more, take-out less.
3. Eat more fun, satisfying food.
4. Save time. (Fewer trips to the store).
5. Save money. (Less restaurant food, less food wasted).
6. Recruit helpers in the kitchen.
7. Reduce stress. (And that's good for your heart, right?)

I know this isn't easy. You have to find 30-45 minutes to do it properly. It takes time to save time, right? But you'll be glad you did.

Sweet Spot Nutrition  
Heart health, for life.

Look for more meal planning help, recipes, and food reviews on her website at

[www.sweetspotnutrition.ca](http://www.sweetspotnutrition.ca)



# Greek Frittata with Spinach Goat Cheese and **Roasted** Red Bell Peppers

## SLOW COOKER EDITION

Surprise! You can make brunch in a slow cooker. This veggie-packed frittata is infused with Mediterranean flavors. Invite your friends over, toss a fresh fruit salad, toast some whole-grain country bread, and you're ready for an almost effortless get-together.

Slow Cooker Size/Shape: 3-4.5 quart round/oval

Slow Cooker Time: 2.5 to 3hrs on low

- 10 ounces frozen chopped spinach, thawed, drained, and squeezed until very dry
- 3 ounces soft goat cheese, crumbled
- 4 large eggs & 4 large egg whites
- 2 small thinly sliced green onions
- ½ cup bottled roasted red bell peppers, drained, patted dry, and chopped
- 1/3 cup low-fat milk
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ tsp dried oregano (crumbled)
- Cooking spray

**Directions:** (serves 6)

- 1) Lightly spray the slow cooker with cooking spray.
- 2) In a large bowl, whisk together the eggs, egg whites, milk, oregano, salt, and pepper. Stir in the remaining ingredients. Pour into the slow cooker
- 3) Cook, covered, on low for 2½ to 3 hours, or until set (the frittata doesn't jiggle when the slow cooker is gently shaken). Using a wide spatula, gently lift the frittata out of the slow cooker. Transfer to a cutting board. Let stand for 5 minutes before slicing.

### **Quick Tip**

Don't be alarmed by the liquid in the slow cooker when the frittata is done — and don't drain it off. By letting it stand, you give the liquid time to absorb into the frittata, preserving its moisture and flavor.

Per Serving: 121 calories, 6.5g total fat (3g saturated fat, 1g Polyunsaturated, 2g Monounsaturated), 11g protein, 286mg sodium, 4g carbohydrates (2g Dietary fibre, 2g sugars, 0g added sugars)



Continued from page 4... **Scared** to exercise after a heart attack?

It's probably scarier if you don't!

In cardiac rehab, cardiologists, cardiac nurses, physical therapists, exercise specialists, mental health counselors and nutritionists team up to support each patient. And thus, Traynor said, reduce the risk of another heart attack.

Starting small leads to attainable goals, she said. "We help them have successes being on the treadmill or bike and feeling, 'OK, maybe there's more to this.' It becomes more self-fulfilling and keeps them going."

In Dallas, the cardiac rehab clinic at Parkland Health & Hospital System recently added high-intensity interval training (HIIT) — short bursts of activity with short rest periods — for heart disease patients who meet certain criteria. With HIIT, 15-minute sessions can be as effective as 60 minutes of a lower-intensity workout, according to some studies.

HIIT helped Parkland patient Jesus Rodrigo Sanchez feel better and to believe in himself. The 60-year-old, who has a family history of heart disease, had bypass surgery in December.

"It was hard at first," said Sanchez, who bought an elliptical machine to use at home, "but the rehab staff promises they won't give you anything you can't do. I didn't believe I could, but now I'm walking 2.8 mph at level 4 incline."

For patients whose doctor has not recommended cardiac rehab, Levine suggests they ask for a referral. "Exercise is just really important to aid return to a normal life."

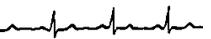
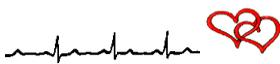
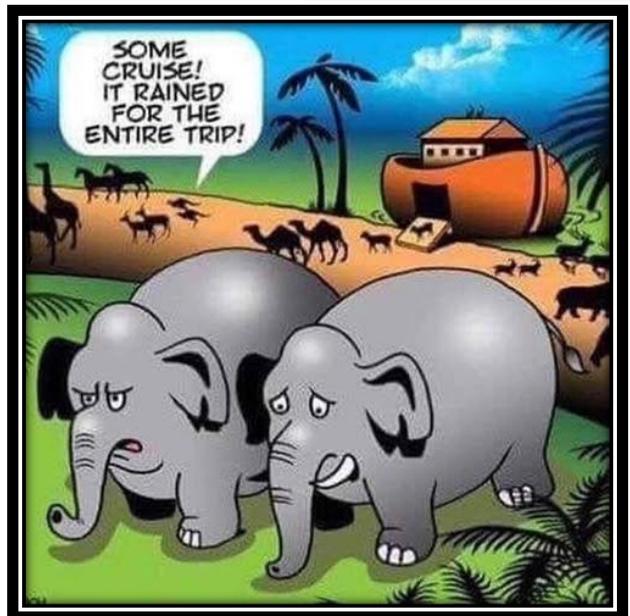
*See the full story at American Heart Association News.*

THEY SAY MONEY TALKS ... BUT  
ALL MINE EVER SAYS IS GOOD-  
BYE.

YOU'RE NOT FAT,  
YOU'RE JUST...  
EASIER TO SEE

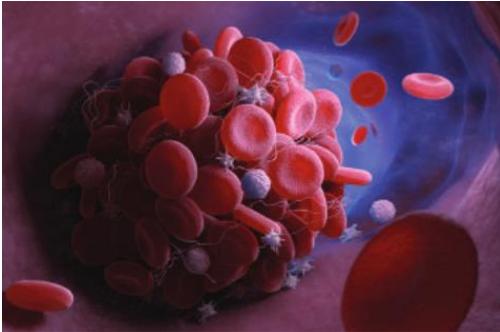


MONEY CAN'T BUY HAPPINESS,  
BUT IT KEEPS THE KIDS IN TOUCH!



# Dangerous **blood clots** may be the latest risk from ‘bad’ cholesterol

By American Heart Association News



**LDL** cholesterol — the so-called “bad” cholesterol — is known to narrow arteries, which can lead to heart attacks and strokes. It’s also now suspected of contributing to venous thromboembolism, new research suggests.

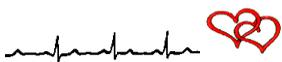
The preliminary study, presented at the American Heart Association’s Vascular Discovery Scientific Sessions, looked at genes and proteins that might influence venous thromboembolism, or VTE, a condition that causes potentially dangerous blood clots to form in the legs or arms that can break free and travel to the lungs.

Researchers studied DNA from people with and without VTE who took part in two large programs, the Department of Veterans Affairs’ Million Veteran Program and UK Biobank. After testing for 13 million genetic variants and finding 26,066 cases of VTE, researchers identified several new factors that might cause VTE, including a protein called plasminogen activator inhibitor 1.

They also identified LDL cholesterol as a risk factor for VTE. “We don’t usually think of cholesterol as being important in venous disease, but our work on this study provides strong evidence that it may be predisposing people to venous thrombosis,” said one of the study’s lead authors, Dr. Scott Damrauer, a vascular surgeon at the Corporal Michael J. Crescenz Veterans Affairs Medical Center in Philadelphia and an assistant professor of surgery at the University of Pennsylvania.

Damrauer said the study raises the possibility of using cholesterol-lowering statins to specifically reduce VTE risk, since past research suggests treating cholesterol with statins can also help prevent blood clots.

Dr. Geoffrey Barnes, a cardiologist and vascular medicine specialist who was not involved in the new study, said more research is needed. Even so, he called it a significant study that could help identify potential new targets for prevention and treatment.



Venous thromboembolism is an important cause of cardiovascular death and disability in the United States and worldwide, said Barnes, an assistant professor at the University of Michigan in Ann Arbor. “So anything we can do to understand why it occurs and how to better treat it is really important.”

About an estimated 1 million people in the U.S. were treated for VTE in 2014, based on the latest statistics from the American Heart Association. VTE can occur at any age but is most common in adults 60 and older. It is a leading cause of preventable death among U.S. hospital patients, according to the Centers for Disease Control and Prevention.

Damrauer called for more research to explore how VTE can best be detected and treated. “This study shows how we can use genetics to try to more accurately understand who will go on to develop venous thromboembolism and who will not,” he said. Damrauer said future genetic research will benefit greatly from huge medical databases such as the VA Million Veteran Program study, an ethnically diverse group of veterans who voluntarily gave their health information. The program provided genetic data from more than 11,000 VTE patients for the current study, Damrauer said.

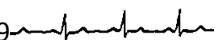
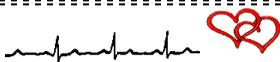
“Because of this innovative program started by and funded by the VA, we were able to assemble the largest study of venous thromboembolism to date, with about 10 times more people than previous studies,” he said.

“Large projects like this will push the power of discovery and allow us to better understand the genetics of a whole host of diseases. I think ultimately, these projects will change how we look at health.”

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6		2		9		4		
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1	2	3		5	4	7	6	
				4	1			
				9	4	2		
2			8			9	5	
9		4			2		3	8

	5		3	2				
			1			7	3	
		7	6	5		8	2	
	4		5			2	9	
1			4	3	2			7
5	2				6		3	
2	6			7	5	1		
9	5				3			
				6	1		2	

Every Sudoku has a unique solution that can be reached logically. Enter numbers into the blank spaces so that each row, column and 3x3 box contains the numbers 1 to 9 without repeats.



# Black Bean Soup

*This soup is ready in minutes. We enjoy it with Herbed Dinner Rolls. Add a salad for a complete meal that's really tasty!*



## READY IN JUST 10 MINS!

1 can (15 ounces) black beans, rinsed and drained  
1/2 cup canned whole kernel corn, drained  
1-1/2 cups chicken broth  
3/4 cup chunky salsa  
1 cup shredded cheddar cheese                      2 teaspoons lime juice  
2 tablespoons chopped green onions              Dash hot pepper sauce

## **Directions** (makes 4 servings, 1 quart each)

In a microwave-safe bowl, combine the first 5 ingredients. Cover and microwave on high until heated through, about 2 minutes. Pour into 4 serving bowls; drizzle each with lime juice. Sprinkle with cheese and green onions.

\* This recipe was tested in a 1,100-watt microwave.

## **Pro Tip**

This recipe travels nicely in a jar. After combining the first five ingredients, pour mixture into four half-pint canning jars or one 1-qt. jar. Omit lime juice. In separate small jars, layer cheddar cheese, green onions and a lime wedge. Cover all jars and refrigerate until serving. To serve, pour 1 cup soup into a microwave-safe bowl and microwave on high until heated through, 2-3 minutes. Serve with cheese, green onions and lime.

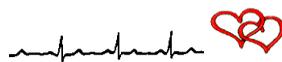
**Per 1 cup serving:** 229 calories, 8g fat (6g saturated fat), 32mg cholesterol, 12g protein, 1004mg sodium, 23g carbohydrates (4g sugars, 5g fiber)



Most heart attacks happen on Monday mornings. In the early morning hours, blood platelets are stickier, a person is partially dehydrated, and stress hormones (such as cortisol) are at their peak.

Negative emotions are risk factors for heart attack. Laughter is good for the heart! It relaxes and expands blood vessels increasing blood flow up to 20%!

Drinking a diet soda a day increases your chance of getting a heart attack. Fruit-infused seltzer water is a good alternative to cool off and satisfy your sweet tooth.



## 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>  
Tuesday 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)

Nov 5, 2019	<b>Did you know</b> that dental hygiene is directly related to heart health? Join us to learn more.
Dec 3, 2019	<b>Cookie Exchange!</b> Stay Posted, TBA
Jan 7, 2020	What's with the new Canada Food Guide? Join us with Cherly Strachan Registered Dietitian; specializing in cardiac health and a newly published recipe book in autumn 2019. <a href="http://www.sweatspotnutrition.ca">www.sweatspotnutrition.ca</a>
Feb 4, 2020	<b>Find the Rhythm</b> of your heart: Join us for a fun Drumming Circle!
Mar 3, 2020	After <b>having a heart event</b> , you are often told to reduce stress. Learn more with a Psychologist and talking about strategies for coping with stress and resiliency.

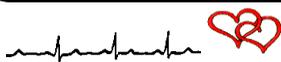
[www.womenscardiacsupport.org](http://www.womenscardiacsupport.org)

## VISITATION **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 Bill Sidey at (403) 479-3125

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: \_\_\_\_\_

