



Feb 2018

On The Beat

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 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

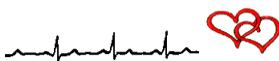
March 21 meeting – Guest Speaker -Yvonne Harris RSW
Subject: Heart Math (adding new techniques, building emotional resilience and creating a new baseline)

April 18 meeting – Guest Speaker- Cheryl Strachan, RD, MBA.
Subject: Cardiac Nutrition (Salt, Sodium, and eating your way to lower blood pressure.)

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 -----	
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	
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

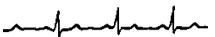
Computer help &	Damian Barnes	403-617-2561
Home cleaning	Nelia Barnes	

www.hearttoheartalberta.com

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 –

I hope you had an enjoyable Christmas season and a Happy, healthy and enjoyable New Year. The weather started out good for us in the New Year and here's hoping it continues for the rest of the winter.

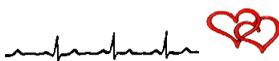
We had a successful past year with several new members joining our group and of course we also lost a few due to the passing of some members. The latest one, being one of our long time members, Mary Perry. We extend our sincere condolence to her family and loved ones, she will certainly be missed.

I also want to extend a great thanks to two of our long time Hospital cardiac unit visitors, Glen Clark and Steven Harding. They will retire from the visits after spending 18 and 13 years respectively, doing the visitations which provide support and encouragement to the cardiac patients. Glen and Steven had both had heart surgery in the past, as well as all our present members that are doing the weekly hospital cardiac unit visitations, so they can not only provide the support and encouragement to the cardiac patients. Also they can show that with doing follow -up support sessions and following recommended diets and exercises, they can still lead an extended and normal life style.

Best wishes for a very Happy, Healthy, and Prosperous coming year.

Cheers

Elvin Dorscher
(403) 239-4850
E-Mail: elcoll@telus.net



Heart to Heart (H2H) **BLOG** (part 3)

The past 30-plus years (1985 to 2018):

**During the years 1990's to approximately 2007; the H2H membership was very active in fund raising, by supplying and cooking food items such as: hamburgers, hotdogs, coffee, juice, soft-drinks, etc. at the annual Forzani sponsored "Mothers-Day 5Km & 10Km" road run. Many Calgarian runners took part in this very community spirited annual function.

**The H2H membership also did "Christmas Gift Wrapping" at one or two shopping malls to raise funds.

**The proceeds from these annual events were donated to the Calgary Health Trust at H2H BBQ's or other social functions.

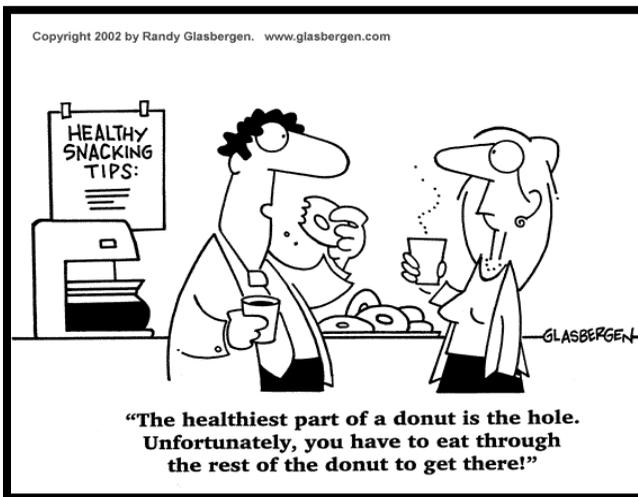
**The donated funds were always earmarked towards Heart Health related surgical equipment or Heart Health related facilities or literature and documentation, again related to Heart Health.

**Funds were also earmarked and distributed to Alberta Health community facilities at Airdrie and Cochrane.

In addition to the Societies News-Letter, please visit our website:

www.hearttoheartalberta.com

More to come in the next blog...



Atrial fibrillation

Atrial fibrillation (Afib or AF) is a condition involving an irregular heart rhythm, known as an arrhythmia. It is the most common type of arrhythmia, affecting approximately 350,000 Canadians. Generally, the risk of developing atrial fibrillation increases with age and with other risk factors such as diabetes, high blood pressure, and underlying heart disease. One of the main complications of atrial fibrillation is stroke. Individuals with atrial fibrillation have a risk of stroke that is 3 to 5 times greater than those without atrial fibrillation.

What is atrial fibrillation?

Atrial refers to the top two chambers of the heart known as the atria, where the irregularity in atrial fibrillation occurs. Afib falls under a larger category of illnesses called arrhythmias, which are electrical disturbances of the heart. Arrhythmias can also occur in the ventricles, the two chambers below the atria, and these tend to be more serious than arrhythmias affecting the atria.

The atria (the heart's "collecting chambers") are designed to send blood efficiently and rhythmically into the ventricles (the "pumping chambers") by way of regular electrical signals. From there, blood is pumped to the rest of the body. In Afib, the electrical signals are rapid, irregular and disorganized, and the heart may not pump as efficiently.

Afib can cause the heart to beat very fast, sometimes more than 150 beats per minute. A faster than normal heartbeat is known as tachycardia.

Most people with Afib lead active, normal lives with treatment. Untreated Afib can interfere with your quality of life. Talk to your doctor if you have Afib but continue to feel unwell.

Often, the cause of atrial fibrillation is **not known**. Causes include:

High blood pressure, the most common cause	Abnormal structure of the heart
Diseases that damage the valves of the heart	Overactive thyroid (hyperthyroidism)
A blood clot in the lung (pulmonary embolism)	Congenital heart disease
Infection or inflammation of the heart (myocarditis or pericarditis)	Excessive use of alcohol

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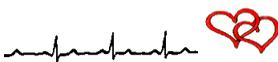


References available on request

Carpet Cleaning House / Condo cleaning

(403) 617-2561

- * Reliable and affordable services, rates nag.
 - * One time / housekeeping / Monthly Schedules
- Call Damian, H2H member & supporter - 403-617-2561

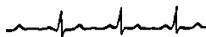


Warning Signs of **Heart** Failure

By themselves, any one sign of heart failure may not be cause for alarm. But if you have more than one of these symptoms, even if you haven't been diagnosed with any heart problems, report them to a healthcare professional and ask for an evaluation of your heart. Congestive heart failure is a type of heart failure which requires seeking timely medical attention, although sometimes the two terms are used interchangeably.

—American Heart Assoc.

Shortness of breath (also called dyspnea)	...breathlessness during activity (most commonly), at rest, or while sleeping, which may come on suddenly and wake you up. You often have difficulty breathing while lying flat and may need to prop up the upper body and head on two pillows. You often complain of waking up tired or feeling anxious and restless.	Blood "backs up" in the pulmonary veins (the vessels that return blood from the lungs to the heart) because the heart can't keep up with the supply. This causes fluid to leak into the lungs.
Persistent coughing or wheezing	...coughing that produces white or pink blood-tinged mucus.	Fluid builds up in the lungs (see above).
Buildup of excess fluid in body tissues (edema)	...swelling in the feet, ankles, legs or abdomen or weight gain. You may find that your shoes feel tight.	As blood flow out of the heart slows, blood returning to the heart through the veins backs up, causing fluid to build up in the tissues. The kidneys are less able to dispose of sodium and water, also causing fluid retention in the tissues.
Tiredness, fatigue	...a tired feeling all the time and difficulty with everyday activities, such as shopping, climbing stairs, carrying groceries or walking.	The heart can't pump enough blood to meet the needs of body tissues. The body diverts blood away from less vital organs, particularly muscles in the limbs, and sends it to the heart and brain.
Lack of appetite, nausea	...a feeling of being full or sick to your stomach.	The digestive system receives less blood, causing problems with digestion.
Confusion, impaired thinking	...memory loss and feelings of disorientation. A caregiver or relative may notice this first.	Changing levels of certain substances in the blood, such as sodium, can cause confusion.
Increased heart rate	...heart palpitations, which feel like your heart is racing or throbbing.	To "make up for" the loss in pumping capacity, the heart beats faster.



Roasted salmon & broccoli with lemon

Parmesan sauce

Roasting the salmon and broccoli gives a great flavour and texture and the silky sauce, flavourful with lemon and Parmesan, makes a restaurant-style meal that will impress the whole family. Serve whole grain brown rice, whole wheat noodles or boiled potatoes on the side.



Ingredients

4 pieces salmon fillet, 1/2-inch (1 cm) thick
(each about 4 oz/125 g)

1/4 cup (50 mL) grated Parmesan cheese

2 cloves garlic, minced, divided

1/4 cup (50 mL) freshly squeezed lemon juice

Grated zest of 1/2 lemon

6 cups (1.5 L) broccoli florets
(about 1 large bunch)

2 cups (500 mL) 1% milk

2 tbsp (30 mL) cornstarch

2 tbsp (30 mL) vegetable oil, divided

Pepper

Directions(serves 4 | 30 min)

Preheat oven to 425°F (220°C). Line a large rimmed baking sheet with parchment paper or foil.

In a small bowl, combine 1 clove of garlic, 1/4 tsp (1 mL) pepper, 1 tbsp (15 mL) of the oil and 2 tbsp (30 mL) of the lemon juice.

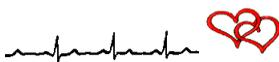
On prepared baking sheet, drizzle about half of the garlic mixture over broccoli and toss to coat; spread over half of the baking sheet. Pat salmon fillets dry and place on baking sheet beside broccoli, spacing fillets at least 1/2 inch (1 cm) apart. Brush with remaining garlic mixture. Set aside.

In a small saucepan, heat remaining 2 tsp (10 mL) oil over medium heat. Sauté remaining clove of garlic for 1 minute. Whisk cornstarch with milk and stir into saucepan; bring to a boil, whisking often. Boil, whisking, for about 3 minutes or until slightly thickened. Remove from heat and whisk in lemon zest and Parmesan cheese; drizzle in remaining lemon juice, while whisking, until blended. Season to taste with pepper.

Meanwhile, roast broccoli and salmon for about 8 minutes or until broccoli is browned and tender and salmon just flakes easily with a fork.

Divide broccoli and salmon among serving plates and drizzle with sauce.

Per Serving (1 of 4):449 calories, 35g protein,26g total fat (6g saturated fat, 79mg Cholesterol), 264mg sodium, 21g carbohydrates (4g fibre, 9g total sugars, 0g added sugars), 1101mg Potassium.



Atrial fibrillation

...continued from page 5

Symptoms

Some people with Afib may feel fine. They may not even know they have the condition until they have a routine test called an electrocardiogram. Others may experience various symptoms including:

- ❖ Irregular and fast heartbeat
- ❖ Shortness of breath, particularly with exertion or anxiety
- ❖ Light-headedness or fainting
- ❖ Chest discomfort, chest pain or pressure
- ❖ Fatigue
- ❖ Dizziness, sweating or nausea
- ❖ Heart palpitations or a rapid thumping in their chest

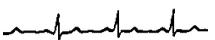
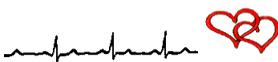
If you are experiencing any of these symptoms, visit your doctor.

Ask your doctor to check your pulse on a regular basis.

To read the full article please go to: <http://www.heartandstroke.ca/heart/conditions/atrial-fibrillation>



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Tips to get physically active

Hopefully, you've decided that it's time to make physical activity a regular part of your life. And now, you want to get more ideas to boost your physical activity.

Year round fun

Try to make physical activity a part of every day. Walk to work, take a physical activity break at lunchtime, or go for an after-dinner stroll. That way it's easy and fun, not a time crunch. Choose activities you enjoy. That way you're more likely to stick with it. If the gym isn't your style, head for a walking trail, do some gardening, work on your golf game or join a yoga class.

- If you're just starting out, go slow and **work up gradually**. Make sure you have an action plan for each season, so that the weather doesn't get in the way. Work physical activity into your daily life. Take a walk around the block, play with your kids or dance to your favorite music.
- List the **activities you like** (swimming, bowling, biking) and the rewards you hope to gain (better heart health, reduced stress). Then plan how to make them part of your daily routine. At work, carve out 10 minutes to walk during lunch. If you have children, ask your family, friends or neighbors to pitch in to watch the kids while you take that dance class you've always wanted to sign up for.
- Involve **family and friends** in your physical activity program. You'll gain support and companionship. You don't need to go it alone!
- **Keep at it**, and within three months or less, you'll notice a big difference in your fitness level. You'll feel better, have more energy, sleep more soundly and reduce your stress.

Other Ideas

cycle or walk to work	walk the kids to school
walk to corner store, bank or post office	wash and wax the car by hand
get off the bus a stop earlier and walk	park the car further away from your destination
climb the stairs instead of taking the escalator or elevator	
make appointments for walking meetings with co-workers	

Start Walking

Walking is easy, fun and provides instant benefits. More than half the body's muscles are designed for walking; it's the body's natural movement that is virtually injury-free.

From feeling great to supporting the environment, there are many rewards to walking. Walking lets you connect with family and friends, helps clear your mind and problem-solve, allows you to explore and enjoy your surroundings, and helps relieve stress and tension. Walking is the most popular physical activity in Canada – no special skill or equipment is required and it is easy to fit into 10 minute intervals throughout the day. And it's good for your health too!

<http://www.heartandstroke.ca/get-healthy/stay-active/tips-to-get-physically-active>



Mediterranean chicken with feta topping

Serve this flavourful dish with crusty whole grain bread or over cooked orzo pasta or rice to soak up the yummy sauce laced with creamy Canadian Feta. A slow cooker recipe that's simple enough for a weeknight yet suitable for company.

Ingredients

- 8 -4 oz (125 g) skinless, boneless chicken breasts or 12 skinless, bone-in chicken thighs
- 2 sweet peppers (not green), cut into strips
- 1 onion, halved and thinly sliced
- 1 can (28 oz/796 mL) diced tomatoes
- 4 cloves garlic, slivered
- 1 cup (250 mL) frozen peas, thawed
- 2 tbsp (25 mL) all-purpose flour
- 1 tbsp (15 mL) balsamic or red wine vinegar
- 2 tsp (10 mL) dried Italian herb seasoning
- 1 1/3 cup (325 mL) crumbled lower fat Canadian Feta cheese OR
- 1 cup (250 mL) crumbled regular Canadian Feta cheese
- ✓ 2 tbsp (25 mL) chopped fresh flat-leaf parsley (optional)

Directions (serves 8 | slow cook 4-8hrs)

In a 6-1/2 quart (6.5 L) slow cooker, arrange chicken breasts or thighs in the bottom. Top with garlic, peppers and onion. Drain 1/2 cup (125 mL) of juice from the tomatoes and reserve for another use. Stir flour, balsamic vinegar and Italian seasoning into tomatoes and pour over the chicken and vegetables. (Make ahead: cover with lid and refrigerate overnight.)

Cover with lid and cook on Low for 6 to 8 hours or on High for 4 to 6 hours.

Turn off slow cooker. Stir in peas and top with Canadian Feta cheese. Cover with lid and let stand for 5 minutes or until cheese is softened and peas are heated. Sprinkle with parsley (if using).

Per Serving (1 of 8): 255 calories, 35g protein, 8g total fat (4g saturated fat, 93mg Cholesterol), 552mg sodium, 11g carbohydrates (3g fibre, 5g total sugars, 0g added sugars), 779mg Potassium.

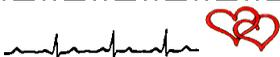
DID you know??

Experts suggest walking 6,000 steps a day to improve health and 10,000 steps a day to lose weight.

Walking briskly for one mile in 15 minutes burns approximately the same amount of calories as does jogging an equal distance in 8.5 minutes.

A 20-minute walk, or about 2,000 steps, equal a mile.

An average city block is equivalent to 200 steps.



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 once a month on the 2nd Wednesday at different locations

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

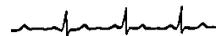
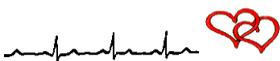
For location,
time and attendance confirmation,
and more information.

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)

New Member ___ Renewal ___

**Membership is open to
anyone interested in
cardiovascular disease**

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

Email: _____

