



February 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

Guest Speaker Agenda for the 2015 meetings:

- 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

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 _____	Iesha 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

* 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 –

Happy New Year!

Another year has come and gone and I hope you all had a wonderful Christmas Season! We are all looking forward to 2015, and the coming year that has some new and wonderful things in store for us.

We ended our year with a Christmas Luncheon at the RC Centennial Legion. The food and entertainment was great, even Santa Clause paid us a visit to hand out several door prizes. Congratulations to all the lucky winners!

The New Year hasn't quite been good for us so far, with the passing of our long time member, Richard(Dick) Buchanan, as he passed away in late January from heart problems. Dick was instrumental in getting our major fundraiser, working at casinos, going and looked after it for several years prior to his passing. We extended our sincere condolences to his family, he will be sorely missed.

We are still waiting for the proceeds from our last casino, which we helped out in last October. We expect to receive them in the next month or two, which the major portion of the proceeds will be donated in support of the various cardiac treatment and rehabilitation facilities within Calgary and region.

We have some great guest speakers lined up for our regular monthly meetings in this coming year, which anyone is welcome to attend. I am looking forward to seeing you there.

Wishing all of you a Happy, Healthy and Prosperous New Year

Elvin Dorscher
President

Regulating the beat of the heart

Researchers hope to develop a drug to steady an irregular heartbeat

Most of us seldom think about how our heart beats. The steady "lubdub" sends blood to where it needs to go while we go about daily life. But if you have atrial fibrillation (Afib), it's not so simple.

Afib is a disruption in the heart's electrical system causing the two upper parts of the heart, the atria, to quiver. This disrupts the normal rhythm between the atria and the lower parts of the heart, the ventricles, which may beat fast and without regular rhythm. The danger is blood can pool in the atria and form clots, causing a stroke.

The condition is the most common type of irregular heartbeat, and affects about 350,000 Canadians.

The chance of developing Afib increase with age and conditions such as diabetes, high blood pressure and heart disease. By 2050, some 30 million North Americans and Europeans will have this condition. The drugs available to treat Afib only work in about 50 per cent of patients and can have severe side effects.

To improve Afib treatment, University of Alberta researchers Dr. Jason Dyck and Dr. Peter Light are working on a new drug. Alberta Innovates - Health Solutions, through the Alberta/Pfizer Translational Research Fund Opportunity, support their work.

A natural substance called resveratrol - found in the skin of red grapes as well as in other plants - forms the basis of the drug. By making changes to resveratrol, Dyck and Light hope to block one of the channels that controls electrical signals in the heart. This could help the heart get back to its regular rhythm. Their drug has already shown exciting results in the lab and they now want to move it to the next stage of development.

Researchers like Dyck and Light have been working on resveratrol for years, since it first showed promising results. Dyck looks at how it affects the heart and Light focuses on its effects on the electrical signals that control the heart.

"The fact that the two of us have come together on this project is really a great example of how this funding program fosters collaborations and helps advance drug discovery," says Dyck.

- Janet Harvey (applemag.ca)

Gnocchi

Plump little dumplings traditionally made with mashed potato, gnocchi can be boiled and sautéed with any number of ingredients for a quick, comforting meal.

- 2 cups (500 ml) gnocchi
- 2 cups (500 ml) cauliflower, chopped & roasted
- 2 cups (500 ml) fresh spinach, torn
- 1 cup (250 ml) fresh parsley, chopped
- 2 plum tomatoes, chopped
- 1 cup (250 ml) canned chickpeas, drained
- 1 clove garlic, minced
- 2 Tbsp (30 ml) olive oil
- ¼tsp (1 ml) curry powder

Preparation: (serves 4)

1. Cook gnocchi according to package directions
2. Sauté chickpeas with the garlic and plum tomatoes in half of the olive oil
3. Drain the gnocchi; in a separate pan, sauté it with remaining olive oil and the curry powder
4. Add chickpeas, garlic, tomatoes and the remaining ingredients; toss gently.

Per Serving: 300 calories, 9g total fat (1.5g saturated fat, 0g trans fat), 100mg sodium, 46g carbohydrate, 10g protein, 6g fibre.

Today

*Outside my window, a new day
I see and only I can determine
what kind of day it will be.*

*It can be busy and sunny,
laughing and gay, or boring and
cold, unhappy and grey.*

*My own state of mind is the
determining key, for I am only
the person I let myself be.*

*I can be thoughtful and do all I
can to help, or be selfish and
think just of myself.*

*I can enjoy what I do and make
it seem fun, or gripe and
complain and make it hard on
someone.*

*I can be patient with those who
may not understand, or belittle
and hurt them as much as I can.*

*But I have faith in myself, and
believe what I say, and I
personally intend to make the
best of each day.*



Being over 80 has its advantages

- 1- Kidnappers are not very interested in you
- 2- In a hostage situation you are likely to be released first
- 3- No one expects you to run - anywhere
- 4- People call at 9pm and ask, "Did I wake you?"
- 5- People no longer view you as a hypochondriac
- 6- There is nothing left to learn the hard way
- 7- Things you buy now won't wear out

Fear and Uncertainty Following a **Cardiac** Event: Myth or Reality?

The myth is that fear and uncertainty IS a myth. Why? Because if you experience fear and uncertainty, this IS your reality.

Navigating fear and uncertainty starts with your story of living with a heart condition. Sometimes it is hard to piece our story together. Did it begin with an event? If so, was it urgent? Was a diagnosis protracted over time, with few symptoms? On the other hand were there a series of events? Or does your story contain a combination?

In any case, your story can be framed by asking yourself these questions: What happened? When did it happen? Where did it happen?

It is your story that counts the most. It is your reality and every story is told with facts and feelings.

Your story may include uneven experience with medical science and medical practice. Although medical science is evidenced-based, the "evidence" keeps shifting. We do not know as much as we did 15 years ago, and in another 15 years we may look back at 2009 with wonder that our evidence has altered so much. This is a good thing: the progress of science in the 20th Century was rapid and we can expect that the rate of progress will increase in the 21st Century.

An appreciation of this can help us gain a positive perspective on uncertainty when our story includes change from initial diagnosis to revised diagnosis; a change in proposed treatment options; and changes in immediate prognosis and continuing prognoses. For example, my sister, born with a congenital heart condition, had what was considered a rare procedure 16 years ago. Recently she asked me to ask your medical staff at CWIC about references or studies on the long-term prognosis. I did so, and was informed, "she is the research!" In only 16 years, the procedure has become routine...

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Being over 80 has its advantages

- 8- You can eat supper at 4pm
- 9- You can live without sex but not your glasses
- 10- You get into heated arguments about pension plans
- 11- You no longer think of speed limits as a challenge
- 12- You quit trying to hold your stomach in no matter who walks into the room

Improving recovery after stroke

Does sensation play a role in getting movement back after a stroke? Occupational therapist Sonja Findlater is answering that question with a special robot, and her discoveries could benefit the 25,000 Albertans recovering from stroke and the 5,500 Albertans who will suffer a stroke next year.

The robots measures a patient's ability to sense the position of their arms and shoulders without looking. Findlater uses magnetic resonance images (MRI) and computerized tomography (CT) scans to see if there are connections between the areas of the body that have difficulty sensing and the parts of the brain damaged by stroke. "We're wondering if stroke patients would improve even more if we targeted these areas of the brain in treatment," explains Findlater.

Alberta Innovates - Health Solutions supports Findlater's clinical work so she can use this specialized equipment to gather valuable information.

- Janet Harvey (applemag.ca)

Exercise and dialysis

Exercising during dialysis, a life-saving kidney treatment, is known to benefit patients. The University of Alberta's pilot project Dially-size is looking at how more exercise programs can be offered in Alberta.

Improved circulation, blood pressure and overall health are just some of the positive outcomes of these exercise programs, says Stephanie Thompson, whose work is supported by Alberta Innovates - Health Solutions. Despite the known benefits for dialysis patients, there are few exercise programs available. Thompson wants to change this.

The physical, emotional and financial costs are high for those on dialysis, "so if something like exercise can help keep dialysis patients functioning independently and improve health outcomes, it's worth studying," says Thompson.

Dially-size will start in northern Alberta dialysis units in January.

- Janet Harvey (applemag.ca)

The biggest lie I tell myself is ... "I don't need to write that down, I'll remember it."



Even duct tape can't fix stupid ... but it can muffle the sound!

When I was a child I thought nap time was a punishment ... now, as a grown up, it just feels like a small vacation!



I've lost my mind and I'm pretty sure my wife took it!

Gluten-free Pasta

Gluten-free pastas come in all shapes and sizes; try them made with corn, rice, quinoa, even legumes.

2 cups (500 ml) butternut squash, cubed & roasted

2 cups (500 ml) broccoli, chopped

1 ½ cups (375 ml) corn pasta or macaroni

1/3 cup (85 ml) walnuts, chopped & toasted

½ cup (125 ml) feta cheese, crumbled

3 cloves garlic, minced & sautéed

2 Tbsp (30 ml) olive oil

Preparation: (serves 4)

1. Cook pasta according to package directions
2. Lightly sauté chopped broccoli in half the oil
3. Drain pasta and toss with olive oil, garlic, toasted walnuts & freshly ground black pepper
4. Add roasted butternut squash, sautéed broccoli and feta; toss gently

Per Serving: 340 calories, 15g total fat (4g saturated fat, 0g trans fat), 230mg sodium, 48g carbohydrate, 9g protein, 3g fibre.

The Seniors Way

A row of bottles on my shelf
Caused me to analyze myself

One yellow pill I have to pop
Goes to my heart so it won't stop

A little white one that I take
Goes to my hands so they won't shake

The blues ones that I use a lot
Tell me I'm happy when I'm not

The purple pill goes to my brain
And tells me that I have no pain

The capsules tell me not to wheeze
Or cough, or choke or even sneeze

The red ones, smallest of them all
Go to my blood so I won't fall

The orange ones, very big and bright
Prevent my leg cramps in the night

Such an array of brilliant pills
Helping to cure all kinds of ills
But what I'd really like to know ...

Is what tells each pill where to go!

- Sentinal summer 2005

Being over 80 has its advantages

13- You sing along with elevator music

14- Your eyes won't get much worse

15- Your joints are more accurate meteorologists than the weather service

16- Your secrets are safe with your friends because they can't remember them either

17- Your supply of brain cells is finally down to a manageable size

18- You can't remember who sent you this list -- Pass this on to everyone you remember

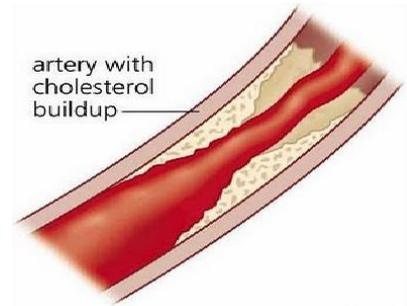
What are High Blood Cholesterol and Triglycerides?

What is high blood cholesterol?

Cholesterol is a soft, fat-like substance found in the bloodstream and in all your body's cells. Your body makes all the cholesterol it needs. It's also found in certain foods from animals.

The saturated fats, *trans*-fats and cholesterol you eat may raise your blood cholesterol level.

Having too much cholesterol in your blood may lead to increased risk for heart disease and stroke. About half of American adults have levels that are too high (200 mg/dL or higher) and about one in five has a level in the high-risk zone (240 mg/dL or higher). The good news is that you can take steps to control your cholesterol.



Cholesterol travels to the body's cells through the bloodstream by way of lipoproteins.

What's so bad about it?

Cholesterol and other fats can't dissolve in your blood. To travel to your cells, they use special carriers called lipoproteins. Low-density lipoprotein (LDL) cholesterol is often called "the bad kind". When you have too much LDL cholesterol in your blood, it can join with fats and other substances to build up in the inner walls of your arteries. The arteries can become clogged and narrow, and blood flow is reduced. If a blood clot forms and blocks the blood flow to your heart, it causes a heart attack. If a blood clot blocks an artery leading to or in the brain, a stroke results.

A "good kind" of cholesterol, on the other hand, is called high-density lipoprotein (HDL). It carries harmful cholesterol away from the arteries and helps protect you from heart attack and stroke. It's better to have a lot of HDL cholesterol in your blood.

What are Triglycerides?

Triglycerides are the most common type of fat in your body. They're also a major energy source. They come from food, and your body also makes them. High levels of blood triglycerides are often found in people who have high cholesterol levels, heart problems, are overweight or have diabetes.

What about fats?- *There are different kinds of fats in the foods we eat*

* Saturated fat is the kind that raises blood cholesterol, so it's not good for you. Avoid animal fats like butter, lard and meat fat, and some plant fats like coconut oil, palm oil and palm kernel oil.

* Polyunsaturated fats are found in vegetable oils and fish oils. These tend to lower blood cholesterol.

* *Trans*-fat comes from adding hydrogen to vegetable oils. It's used in commercial baked goods and for cooking in most restaurants and fast-food chains. *Trans*-fat tends to raise blood cholesterol levels.

* Monounsaturated fats are found in olive, canola, peanut, sunflower and safflower oils. In a low-fat diet, they may lower blood cholesterol.

Fear and Uncertainty Following a **Cardiac** Event: Myth or Reality?

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So when we experience changes from our initial treatment to continuous treatment, this may be a change in our condition, it may also be the result of new knowledge that is reflected in medical practice.

Another way to understand fear and uncertainty is to view it through a lense of the experience of loss as dislocation. Our journey in life proceeds along enabled by a sense of the present, a sense of the past, and a sense of the future. Our heart condition may cause us to feel that we lose our way in our life's journey, hence a feeling of dislocation. We may face our own mortality earlier than expected. Our way of looking at the world changes, and often so do our circumstances, leaving us with a feeling of ambiguity about our life's journey.

Ambiguous loss has to do with recognizing uncertainty and at the same time, acknowledging that with uncertainty comes a deepened appreciation for each day. Where we are in our journey, is less important than this moment in time, be it in our self-esteem, our relationship with others, and how we live in our communities. While each day brings challenges, our fears begin to be eroded by the strengths garnered from living courageously day-by-day.

This article is based on a presentation for the Woman to Woman Cardiac Support Group on November 4, 2008, by Emily Drzymala MSW, Ph.D. (Educ.), RSW. Emily is a member of the Emotional Wellness Team at the Cardiac Wellness Institute of Calgary.

What are High Blood Cholesterol and Triglycerides?

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How can I lower the bad cholesterol in my blood?

- * Cut down on foods high in saturated fat and cholesterol. These include fatty meats, butter, cheese, whole-milk dairy products, egg yolks, shellfish, organ meats and solid fats.
- * Enjoy at least 30 mins of your favorite physical activities on most or all days of the week.
- * Ask your doctor about medicines that can reduce cholesterol (not recommended for all patients).

- * Eat more foods low in saturated fat and cholesterol, and high in fiber. These include fruits and vegetables, whole grains and grain products, beans and peas, fat-free and low-fat milk products, lean meats and poultry without skin, fatty fish, and nuts and seeds in limited amounts.
- * Lose weight if you need to.

If you have high cholesterol, members of your family also may be at higher risk for it. It's very important for them to make changes now to lower their risk.

- American Heart Association

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

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 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.