



Heart Murmurs

April 2018

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Heart Murmurs is the newsletter of CASE published in February, March, April, May, September, October, November and December each year. Suggested articles can be submitted to Barry Clark at kbclark1@telus.net. Back issues of the newsletter are posted on the CASE website at: <http://www.edmontoncase.ca>

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Support for CASE

As a recognized charitable institution, CASE makes a significant difference to people interested in maintaining their heart health. If you make a financial contribution to support our programs, we will provide you with a receipt useable for taxation purposes

BELIEVE IT OR NOT – SPRING IS COMING

The CASE Walks will resume as soon as the trails are dry, hopefully in late April. These will usually be on Fridays, but we may try other days as well. We are planning for a walk every 3 to 4 weeks. We hope to see a good turn out, and friends and family are most welcome! Please let Wayne Jackson (wjackson66@shaw.ca) know if you have a suggestion for a trail.

Also, golf will be starting when the course dries out. It will be held Wednesdays at the Twin Willows Golf Club with noon tee-offs.

APRIL EDUCATION EVENING

On Monday April 9, 2018 at 7:00 at the Terwillegar Recreation Centre in Multi-Purpose Room B on the second floor above the hockey rinks, a Public Health Dietician from

Alberta Health Services will speak on *Wondering how to take that first bite to a healthier you?* This talk will unlock the secrets of healthy eating as you age. We will decode some challenging nutrition information to make sure you get the greatest health bang for your effort buck.” This will include heart healthy information.

PEDAL YOUR WAY TO BETTER HEART HEALTH

Spring's milder temperatures often encourage people to exercise outside. Riding a bike can offer a nice break from walking, the exercise that doctors recommend most often. If you're bored of your walking route and looking for bit of a challenge, consider cycling. Biking enables you to travel faster and farther than jogging or running but puts far less stress on your joints. You can choose a route that suits your fitness level ranging from a short, flat loop to a longer ride with gently rolling hills.

There's not a great deal of research on the cardiovascular benefits of biking. Still, a 2016 study in the journal *Circulation* found that people who biked regularly had about 15% fewer heart attacks than did non-cyclists. Even as little as half an hour of biking per week was linked to lower rates of heart disease. Another study found that bicycle commuters were less likely to have conditions that raise heart disease risk (including high blood pressure, high cholesterol, or prediabetes) compared with people who used public transit or drove to work.

If you don't already have a bike, consider renting several different types to try them out before buying. Take advantage of the shop's bike-fitting service to make sure your bike is properly adjusted for your body. Many people choose hybrid bikes, which are good for all-purpose riding; they range in price from less than \$200 to over \$1,000 for higher-end models. Older people may want to look for a comfort bike, which puts less stress on the body. These bikes have high-rise handlebars that enable you to sit upright, wide tires for a smooth ride, shock-absorbing seat posts, and low top tubes so you don't have to swing your leg too high to mount the bike. Other bike types include tricycles, which are helpful if you are less stable on your feet, and recumbent bikes that allow you to lean back and ride. Another option is an electric bike, which looks and handles like a regular bike but with a battery-operated motor that provides assistance when needed. For all bikes, a helmet is the only mandatory accessory, but padded bike shorts make for a comfier ride.

Whatever type of pedaling you pursue, pay attention to your body. Stick to a pace that feels manageable and increase the intensity when you feel ready. As always, talk to your physician before ramping up your exercise routine, whether you venture into the great outdoors, go to a fitness center, or do a workout at home.

Source: extracted from Harvard Heart Letter Published: April, 2018

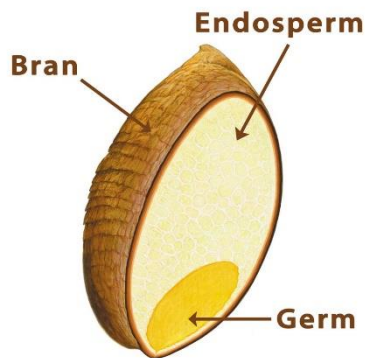
EATING MORE WOLE GRAINS IS LINKED TO A LOWER RISK OF HEART DISEASE

The word "refined" often describes things that have been stripped of impurities or other unwanted elements. But when it comes to wheat, rice, and other grains, the refining process instead removes the most healthful parts of these nutritious foods.

For example, white flour and white rice have far less of the vitamins, minerals, healthy fats, fiber, and other plant-based chemicals called polyphenols found in whole-wheat flour and brown rice. The combination of those beneficial nutrients may explain why people who eat more whole grains have a lower risk of developing and dying from heart disease.

With grains, I always say that the whole is greater than the sum of its parts," says Dr. Frank Hu, chair of the Department of Nutrition and professor of nutrition and epidemiology at the Harvard T.H. Chan School of Public Health. It's difficult to tease out the effects of individual nutrients because they all come together as a whole package, he explains. For example, fiber helps you feel full (which prevents weight gain) and may lower cholesterol, and magnesium may help reduce blood pressure. But whole grains also contain many other nutrients that dampen oxidation and inflammation — two harmful processes that underlie many chronic diseases.

What makes a Whole Grain... Each whole-grain kernel contains all three edible layers of the original plant seed:



1. Below the outer layer of inedible husk lies the bran, which contains most of the grain's fiber.

2. The starchy endosperm makes up the largest portion of the kernel and provides the young plant with a source of stored energy. This is the only part of the grain in white flour.

3. The innermost layer, called the germ, contains many of the vitamins, minerals, and healthy oils.

Gains from grains: People who eat about four servings of whole grains a day are approximately 23% less likely to die from heart disease than those who eat little or no whole-grain foods according to a 2016 study in the journal *Circulation*. It is possible that other dietary factors contribute to the heart-related benefits. People who eat more whole grains also typically eat more fruits and vegetables as well as fewer unhealthy foods (such as white flour, sugar, red meat, and processed meat).

The current dietary guidelines recommend three or more servings of whole grains daily. But on average, adults in the United States eat less than a single serving per day. Why? The American Heart Association (AHA) mentions three possible reasons:

- ***I don't like them, and refined grains taste better.*** It's hard to argue with taste preferences. However, consider that some preference for white bread and white rice might stem more from habit than a dislike of whole grains. Learning how to cook whole grains may help; so might trying more whole-grain products, such as ready-to-eat cereals and breads. But be sure to read the labels closely: words such as "organic," "multigrain," "enriched," and "stone ground" on a package do not mean that the contents are whole grains. Look for "whole" before the name of the grain. Cracked wheat and crushed wheat are also considered whole grains; so are brown rice, oatmeal, and barley. Try adding an extra serving of whole grains to your diet each day (ideally by replacing refined grain products) and gradually build up to at least three servings per day.

Examples include: one slice of whole-grain bread; a half a cup of cooked whole grains or cooked whole-grain pasta; half of an eight-inch whole-grain tortilla or pita; two medium brown-rice cakes; a cup of dry whole-grain cereal; about an ounce of whole-grain crackers.

- ***I have a gluten intolerance:*** Gluten is a protein found in wheat, rye, barley, and other grains. In people with celiac disease, gluten triggers an immune reaction that damages the intestines and other parts of the body. Less than 1% of the population has this condition, which requires following a strict, gluten-free diet. Yet some people who test negative for celiac disease report symptoms such as bloating, diarrhea, and cramps when they eat gluten-containing foods. Some may have wheat allergy, which can be diagnosed by skin testing. But others consider themselves gluten-intolerant or gluten-sensitive which is a diagnosis that remains somewhat controversial.

Last year, a study found that people who try to avoid gluten eat fewer whole grains and therefore tend to have diets that are lower in fiber, vitamins, and other beneficial nutrients. Also, many gluten-free products are high in sugars and unhealthy fats, which manufacturers add to make the products taste better. The bottom line: Don't avoid gluten simply to follow the latest diet fad. If you're convinced you feel better off without gluten, be sure to include plenty of gluten-free whole-grain foods in your diet, such as brown rice, amaranth, buckwheat, quinoa, millet, and sorghum.

- ***I do buy whole grains but I don't know how to prepare them.*** This is the reason most people don't eat more whole grains. Cooking with whole grains isn't complicated. It just requires a bit more time, and in some cases, a little more water. The Whole Grain Council has a handy chart and recipes for cooking whole grains. Also, some grocery stores carry precooked brown rice that takes just a few minutes to warm in a microwave.

Source: Harvard Heart Letter Published: April, 2018

CASE Events Calendar - April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter Sunday	2	3 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	4	5 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	6	7
8	9 Take that first bite to a healthier you 7:00 PM Com. Room B TFRC	10 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	11	12 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	13	14
15	16	17 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	18	19 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	20	21
22	23 Board Meeting 9:00 AM Community Services Room Bonnie Doon	24 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	25 Social Breakfast SEESA 9 am	26 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	27	28
29	30					