



Heart Murmurs

November 2018

Cardiac Athletic Society Edmonton - Contacts

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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>

If you wish to unsubscribe from this newsletter, please e-mail stuart_e@telus.net with a subject line 'unsubscribe'.

Cardiac Athletic Society Edmonton -Board

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Hearts and Flowers	Gerri & Cavan Devlin
Director at Large	Wayne Saunders
Director at Large -	Roberto Cruz

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 gift, either as a direct contribution, or in the memory of a member who has passed, we will issue a tax receipt.

EDUCATION EVENING

On Monday November 19 the speaker will be Cheri Goldstone of *Executor Helpers* who will speak on the duties of an executor and preparing your things for your executor. Her talk is titled *"Tips and Tricks Before You Go"*. As usual, the talk will be held at 7:00 PM in the Terwillegar Family Recreation Centre.

Upcoming in the New Year will be, our Welcome Back Dinner which is booked for Thursday Jan.10, 2019 at 6:00 pm at Boston Pizza, 4804 Calgary Trail again.

Mae Hadley: Education Coordinator

DECK THE HALLS!



It is now time to dream of turkey and Christmas Lights, trees, letters and cards to friends and to make your reservation for ***THE ANNUAL CASE CHRISTMAS PARTY.***

It will happen in the cafeteria at SEESA (9350 82 St NW, Edmonton, AB) on Sunday December 2, 2018, beginning with cocktails at 5:00 PM and Christmas dinner, with all the fixings, about 6:00 PM. The price is \$30 per plate; it will be catered again by SEESA.

Wayne Saunders and Roberto Cruz will have tickets for face-to-face sales available at Terwilliger and Shirley Evans will take ticket orders by telephone or email. Friday, November 23 will be the final day for tickets sales as this is the day to advise SEESA of numbers attending.

Please contact Wayne, Roberto or Shirley for tickets.

- Wayne Saunders: email sharway@telusplanet.net
Phone 780-461-8898 or 780-886-1802
- Shirley Evans: email ring4shirley@hotmail.com
Phone 780-435-1285
- Roberto Cruz: e-mail: cruzrm@telus.net
Phone: 587 759-8861

THERE IS NO FREE LUNCH

Historically, CASE has been flexible in managing ticket sales and refunds for the major events such as the BBQ and the Christmas Dinner. Unfortunately, this has led to some problems when members who indicated that they would buy tickets at the door did not attend and some who had bought tickets found they were unable to attend and asked for refunds. Catering costs are significant, and CASE can ill afford to pay for no-shows and refunds for those who have prepaid but do not attend,

The Board has considered this issue and recently decided that we will no longer sell 'at the door' so all tickets need to be prepaid.

Recognizing that circumstance can arise making attendance impossible, refunds will be provided up to the date when the food orders must be placed with the caterers. That date also is the final date of ticket sales.

THE BENEFITS OF DO-IT-YOURSELF BLOOD PRESSURE MONITORING

For treating certain health problems, finding the best drug or combination of drugs at the correct dose often requires some trial and error. High blood pressure is a good example. Because this common problem raises heart attack and stroke risk, the sooner you can get your blood pressure down to a healthy range (130/80 millimeters of mercury [mm Hg] or lower), the better. New research suggests that people could speed things up a bit by taking a more active role in the process. The study cited in the box to the right showed that a period of home blood pressure monitoring — one week per month — was enough to guide people to better blood pressure control.

Target practice: Thanks to the availability of automated, relatively inexpensive blood pressure monitors, people can easily measure their blood pressure at home. More sophisticated devices can send readings wirelessly to a smartphone or another device, so you can then share the results with your physician. The information may help your doctors tweak your drugs and doses more readily than if you wait until your next office visit to see if your current medication regimen is working.

That's why home monitoring might be especially helpful for people newly diagnosed with high blood pressure or those still struggling to reach their targets. However, the researcher suspects that people

Tracking your blood pressure at home: Does it help?

British researchers wanted to know whether adding home blood pressure monitoring could improve on standard care for people with high blood pressure. Here's a summary of their findings, which were published in the March 10 issue of *The Lancet*.

Who: Just over 1,000 adults (average age 67) with poorly controlled blood pressure. Their blood pressure readings averaged about 153/86 mm Hg when the study began.

How: Researchers randomly assigned each participant to one of three groups: standard care (the control group), self-monitoring, or telemonitoring.

When: Those in the control group had their blood pressure measured at their doctors' offices. Those in other two groups also measured their blood pressure at home (twice in the morning and twice at night) for one week every month over the course of one year. The self-monitors mailed their readings to their doctors. The telemonitoring patients texted their results and got reminders if they didn't transmit their readings as well as alerts to contact their doctors if their readings were very high or very low.

Key findings: By the end of the year, people in the control group had lowered their average systolic (top number) blood pressure to 140 mm Hg. But those in the self-monitoring group and the telemonitoring group had lowered theirs to 137 and 136, respectively.

who don't do home monitoring will likely reach their blood pressure goal eventually, but it just might take an additional six to 12 months to reach the target.

Possible drawbacks: Checking your blood pressure at home might help you feel more engaged and therefore motivated to improve your health. But that's not true for everyone. Some people are reluctant to self-monitor because they're worried their blood pressure will be too high. However, that anxiety often dissipates over time as you get more comfortable with the process.

Other potential downsides to home monitoring are "treatment fatigue" and data overload. Treatment fatigue refers to the constant reminder (triggered by daily monitoring) that you have a chronic illness, which can wear on people. Also, if you send your doctor too much data, they may not have time to sift through it all. But the new findings addressed these concerns, at least in part: the monitoring was done just one week per month.

Source: [Harvard Heart Letter](#). Published: July, 2018

NEW RESEARCH ON THE BLOCKAGE OF ARTERIES

Approximately one in 40 people have genetically high cholesterol. Research is helping to reveal why people with high cholesterol develop blockages in their arteries that leave them vulnerable to heart disease, stroke and heart attack. Recent findings fundamentally change our understanding about how and where cholesterol accumulates in the troublesome plaque cells in our arteries.

Experts have long believed that when arteries become damaged, certain types of white blood cells called monocytes rush to the injured areas. These monocytes then become "foam cells" (named for their foamy appearance) and cause cholesterol build-up.

Studying tissue samples from the diseased hearts of heart transplant patients the research team discovered something new: most of those foam cells did not actually come from monocytes, but rather from smooth muscle cells, which play a bigger role in how arteries accumulate too much cholesterol. This finding is significant because unhealthy cholesterol levels increase your risk for stroke and heart disease, as well as atherosclerosis, which is the narrowing of coronary arteries which causes more than 90 per cent of heart attacks. It's a leap in our understanding that will provide a new target for therapies to help prevent heart attacks from happening in the first place.

Source from:

http://www.heartandstroke.com/site/c.iKlQLcMWJtE/b.9206799/k.2F98/Cracking_cholesterol8217s_code.htm?utm_medium=email&utm_source=News_and_Updates_EN_September_2014&utm_campaign=curriculum_email

CASE Events Calendar - November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	2	3
4	5	6 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	7	8 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	9	10 Remembrance Day
11	12	13 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	14	15 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	16	17
18	19 Education Evening Tips and Tricks Before You Go TFRC 7:00 PM	20 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	21	22 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	23	24
25	26 Board Meeting Bonnie Doon 9 a.m..	27 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	28 Social Breakfast SEESA 9 a.m.	29 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	30	