



CARDIAC ATHLETIC SOCIETY EDMONTON

Heart Murmurs

October 2016

CASE website http://www.edmontoncase.ca		
CASE Board		
President - Burn Evans Vice President Ron Kirschner Secretary - Gary Duguay Treasurer Ron Kirschner Past President - Ron Torgerson Membership - Stuart Embleton	Exercise Coordinator - Wayne Jackson News and Communications – Barry Clark <i>with Stuart Embleton</i> Education and Special Events Social Events- Shirley Evans <i>with Elaine Kirschner and Marilyn Prusko</i>	Hearts & Flowers - Gerri & Cavan Devlin Director at Large - Elaine Kirschner Director at Large - Al Pape Director at Large - Vacant Director at Large - Vacant
Burn Evans, President Phone: 780-435-1285 Email: gbevans@telus.net		Stuart Embleton, Membership Phone: 780-435-2602 Email: stuart_e@telus.net

THANK YOU WENDY

Wendy Schneider has tendered her resignation from the role as Education and Special Events Coordinator. With her husband Bryan getting back to work, they will be travelling more extensively and she felt she could not commit herself to her CASE activities for the rest of the year.

The CASE Board expressed their thanks to Wendy for her excellent work in educating us all. That having been said, the Board urgently is looking for a new person to lead this important role with CASE.

OCTOBER EDUCATION SESSION CANCELLED

Unfortunately, we were not able to confirm a speaker for our scheduled October Education Evening that was to be held Monday October 17. We have had to cancel that event.

GOLF WRAP UP

The regular CASE golfers held their year-end tournament on September 14th at Twin Willows Golf Club. Ten golfers competed to see who would have bragging rights over the winter. When the final tally was in Richard Schopff was the best golfer of the day. Improving on his overall average by 2 strokes Gary Duguay had the Low Net score. Showing his skill with the short game Gerry Stemke won Closest to the Pin honours. Not to be outdone in the skills category Victor Fernandez sank the longest putt. Finally aided by the wind Gary Duguay won the longest drive. To celebrate their achievements, the golfers and a few former golfers along with their wives had a pot-luck supper in the home of Gary and Maureen Duguay. The weather was perfect and the food was spectacular.

THE FLU AND PEOPLE WITH MEDICAL CONDITIONS

People with certain chronic (long-term) medical conditions are at risk for flu complications. While most people recover from the flu in 7 to 10 days without any lasting health problems for some people, the flu can cause serious complications, such as:

- pneumonia (a lung infection)
- bronchitis (inflammation of the airways)
- croup (an airway infection that causes a "barking" cough and is most common in children under 5)
- ear infections
- sinus infections
- encephalitis (a brain infection)
- sepsis (a blood infection)
- dehydration

Because of the stress it puts on the body, the flu can also worsen certain chronic health conditions, such as asthma, heart disease, and diabetes.

In Canada, about 20,000 people are hospitalized each year due to flu complications and, every year, between 2,000 and 8,000 Canadians die from the flu and its complications. Some groups are most at risk from the flu and its complications:

- **Heart disease** People with heart disease, such as congenital heart disease, coronary artery disease, or congestive heart failure (CHF), are at risk of flu complications. In fact, people with heart disease are more likely to die of the flu or its complications than people with any other chronic medical condition. The flu can make heart disease worse but it is not known exactly why this happens.
- **Lung disease** The flu and lung disease both stress the lungs. People with lung diseases such as asthma, cystic fibrosis, or chronic obstructive pulmonary disorder (COPD) are at risk of flu complications and the flu can make the symptoms of lung disease worse.

- **Diabetes** People with diabetes can have a harder time fighting off infections, and most flu complications are caused by infections. People with diabetes are at a higher risk of other medical conditions that can increase the risk of flu complications, such as heart and kidney disease.
- **Weakened immune system** The immune system helps your body fight infections. A weakened immune system can put someone at risk of flu complications by making it harder to fight the flu and other infections that may occur as complications of the flu (such as pneumonia). The flu also tends to last longer in people with weakened immune systems.
- **Other conditions** the risk of flu complications is increased for those with kidney or liver problems, neurological problems, such as brain disorders, spinal cord injury, nerve disorders, cerebral palsy, epilepsy, stroke, developmental delay, and muscular dystrophy, blood disorders, such as sickle cell anemia, metabolic disorders, such as mitochondrial disorders and inherited metabolic disorders

Try these tips to reduce your risk of flu complications:

- Take steps to [prevent the flu](#). Get a flu shot. If you have not had a shot of pneumococcal vaccine (to reduce the risk of pneumonia) you should be vaccinated. Both these shots are free in Alberta from your health unit.
- If you are at risk of flu complications and have [symptoms of the flu](#), [see your doctor](#) as soon as possible. Your doctor may prescribe an [antiviral medication](#), which can reduce the risk of complications, reduce symptoms, and shorten the length of illness if taken within 48 hours of the start of your symptoms. If you are diagnosed with the flu, follow your doctor's instructions for [flu treatment](#). Follow your doctor's instructions for managing your chronic medical conditions and continue your medications for these conditions as directed by your doctor. Also follow any special instructions your doctor may give you about managing your medical condition during an illness such as the flu.

Sources:

http://bodyandhealth.canada.com/channel_section_details.asp?text_id=5759&channel_id=2113&relation_id=95916 and http://bodyandhealth.canada.com/channel_section_details.asp?text_id=5756&channel_id=2113&relation_id=95912&rot=5

YOUR RESTING HEART RATE AND CURRENT AND FUTURE HEALTH

One of the easiest, and maybe most effective, ways to gauge your health can be done in 30 seconds with two fingers. Measuring your resting heart rate (the number of heart beats per minute while you're at rest) is a real-time snapshot of how well your heart muscle is functioning.

It's easy to do. Place your index and middle finger on your wrist just below the thumb, or along either side of your neck, so you can feel your pulse. Use a watch to count the number of beats for 30 seconds and double it to get your beats per minute. Repeat a few

times to ensure an accurate reading. A resting heart rate (RHR) between 60 and 100 beats per minute is considered normal for adults.

Your RHR, when considered in the context of other markers, such as blood pressure and cholesterol, can help identify potential health problems as well as gauge your current heart health. A lower RHR can mean a higher degree of physical fitness, which is associated with reduced rates of cardiac events like heart attacks. A high RHR could be a sign of an increased risk of cardiac risk in some situations, as the more beats your heart has to take eventually takes a toll on its overall function.”

In fact, research has found that a RHR near the top of the 60 to 100 range can increase your risk for cardiovascular disease and even early death. For example, a 2013 study tracked the cardiovascular health of about 3,000 men for 16 years and found that a high RHR was linked with lower physical fitness and higher blood pressure, body weight, and levels of circulating blood fats. The researchers found the higher a person’s RHR, the greater the risk of premature death. Specifically, an RHR between 81 and 90 doubled the chance of death, while an RHR higher than 90 tripled it.

While a low RHR often suggests greater physical fitness, some situations can make your RHR too low, which may cause occasional dizziness or fatigue. This may be the result of the electrical nodes of the heart aging, or not transmitting electrical signals correctly. It is recommended that you check your RHR a few times per week and at different times of the day. RHR can be influenced by many factors, including stress and anxiety, circulating hormones, and medications such as antidepressants and blood pressure drugs. You should talk with your doctor if your resting heart rate is regularly on the high end. If your RHR is within the normal range, or a bit high, there are ways to lower it and keep it within its proper range. One example is keeping your cholesterol levels in check. Another reliable way to lower your RHR is to exercise. Even small amounts of exercise can make a change. However, the intensity of the exercise is key. One study that involved 55-year-old adults found that just one hour per week of high-intensity aerobic training (about 66% of maximum effort) lowered RHR more efficiently than a low-intensity effort (33% of max effort).

Some tips for measuring your resting heart rate are:

- Do not take your RHR within one to two hours after exercise or a stressful event. Your heart rate can stay elevated after strenuous activities.
- Wait at least an hour after consuming caffeine, which can cause heart palpitations and make your heart rate rise.
- The American Heart Association recommends checking your resting heart rate first thing in the morning (but before you get out of bed).

Source: June 17, 2016, Matthew Solan, Executive Editor, Harvard Men's Health Watch

CASE Events Calendar - October, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	5	6 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	7	8
9	10 Thanksgiving Day	11 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	12	13 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	14	15
16	17	18 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	19	20 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	21	22
23	24 Board Meeting Bonny Doone 9 a.m.	25 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	26 Social Breakfast SEESA 9am	27 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	28	29
30	31					