



Heart Murmurs

February 2019

Cardiac Athletic Society Edmonton - Contacts

Gary Duguay, President Phone: 780-433-8628,
cell: 780-993-0281
Email: garyduguay@shaw.ca

Stuart Embleton, Membership Phone: 780-435-2602
Email: stuart_e@telus.net

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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Social Events-	Shirley Evans with Elaine Kirschner and Marilyn Prusko
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.

STAY INDEPENDENT -TIPS TO PREVENT FALLS

Our Education evening for February will be held at 7:00 PM at the Terwillegar Family Recreation Centre. Staying independent is something we all want as we get older. We want to be able to enjoy life: playing with grandchildren and keeping up with friends. Falls can cause injuries that stop us from daily tasks like getting in and out of a car, making coffee, or shopping. The good news is that you can take steps to prevent falling. This 1-hour session will share ideas on what can cause a fall, where most falls happen, and key actions you can take to prevent slips and trips. Please join in a discussion, pick up some handouts, and ask some questions. Rosalie Freund, occupational therapist, will lead this session. We might not be able to prevent every fall, but we sure can take steps to prevent many of them.

Rosalie Freund is a seasoned occupational therapist with experience working in hospital and community settings. Her interest in preventing slips and trips began over 15 years ago. Rosalie has worked in the Steady As You Go Clinic, a specialty falls prevention clinic for

older adults based in Edmonton. She has also led the work to develop a provincial strategy to prevent falls for Alberta Health Services. When she's not working, Rosalie enjoys quilting, running, and reading.

WOULD YOU LIKE TO HELP CASE?

The Annual General Meeting is coming on Monday March and the Board needs some new members. Positions that will be open include:

- the Coordinator of Social Events who organizes the annual BBQ and the Christmas Dinner;
- The Coordinator of Hearts and Flower who organizes cards and contacts with members who are ill
- A Member at Large who works with the Board to address assigned issues.

If you can help, please contact the Nomination Committee whose members are Gary Duguay (780-433-8628) or Ron Kirschner (

HAPPY NEW YEAR

On January 23, 2019, we held our Welcome Back Dinner to start the New Year. It was held at Boston Pizza, Calgary Trail, where we had a separate room. There were 33 of us in attendance with at least 5 of our new members present, which was excellent! Good food and great visiting were enjoyed by all who were there!

CASE IDENTITY

You may have noticed some members wearing CASE T-Shirts and CASE Name Tags. It may be that you would like to identify more with the group and have a T shirt or name tag of your own. We are attempting to determine how many members would like to acquire these items. If you are interested, please get in touch with Stuart Embleton at (780) 435-2602 or at exercise class. How many we order may set a new price but for the last order the T-Shirts were \$20, and the name tags were \$10.

THE TIME HAS PAST...

The 2019 fees were payable before December 31, 2018. Stuart Embleton is still collecting the 2019 fees and issuing the new membership cards. These cards are needed to obtain the City's discounted rates on the use of the Terwillegar Family Recreation Centre and participation in the CASE exercise and volleyball programs.

IN MEMORY OF GORDON HALLS

We all were sorry to hear of the passing of Gordon on December 28. Gordon was a long-time member of CASE and had been active with the group for many years before his health problems increased in recent years. Gordon was a friend to many of us and we remember enthusiasm for fishing.

GOING MEDITERRANEAN TO PREVENT HEART DISEASE

(The recent release of the New Canada Food Guide suggests that the following article may be quite relevant to CASE members.)

There is a mountain of high-quality research supporting a Mediterranean-style diet as the best diet for our cardiovascular health. What does this diet look like, why does it work, and how can we adopt it into our real lives?

What is a Mediterranean diet? The Mediterranean diet is not a fad. It is a centuries-old approach to meals, traditional to the countries bordering on the Mediterranean. The bulk of the diet consists of colorful fruits and vegetables, plus whole grains, legumes, nuts and seeds, fish and seafood, with olive oil and perhaps a glass of red wine. There is no butter, no refined grains (like white bread, pasta, and rice), and very little red or processed meat (like bacon). There is also an emphasis on sitting down and enjoying a meal among family and friends, as well as avoiding snacking, and getting plenty of activity. It's not just about the food: it's a *way of being*.

What's a Mediterranean-style diet? The food part is like most other healthful diet approaches in that it's plant-based. And the recipes do not have to be Italian or Greek, which is why it is referred to as a *Mediterranean-style* diet. Every meal should have vegetables and fruits as the base. Any grains used should be whole grain, like quinoa, brown rice, corn, or whole wheat. Legumes are an excellent source of plant protein, things like lentils, garbanzo, kidney, cannellini, or black beans. Nuts and seeds have protein and healthy fats, and olive oil provides even more healthy fat. Including fish and seafood is traditional, but not required. Do not stress about dairy, poultry, and eggs; these are okay in small amounts. A glass of wine a day may be beneficial, but not for everyone, and there is no reason for non-drinkers to take it up.

Why does this way of eating produce such impressive health benefits? In a recent study published in *JAMA Network Open*, researchers looked at data from over 25,000 women over 45 (with an average age of 55) and with no history of heart disease.

Using the baseline dietary questionnaire, a Mediterranean diet "score" was calculated. Basically, there was one point given for each of these nine main components: higher than average intake of fruits, vegetables, whole grains, legumes, nuts, fish, and healthy fats; healthy level of alcohol intake; and lower than average intake of red and processed meats.

Participants were divided into groups based on low, medium, and high Mediterranean diet consumption (scores of 0–3, 4–5, and 6–9). After 12 years average follow-up time, 1,030 participants, of the group under study, had experienced a serious cardiovascular issue (including heart attack, angina with stent placement, peripheral vascular disease requiring intervention, or stroke). The women in the medium and high Mediterranean diet groups had significantly lower risk (23% and 28% lower, respectively).

Higher Mediterranean diet scores were also associated with lower body mass index and blood pressure, as well as more optimal lab data like lower inflammatory markers (high-sensitivity CRP), lower diabetes risk (insulin resistance), and a better lipid profile (higher HDL). These findings suggest the pathways through which the diet benefits the body: by decreasing inflammation and promoting healthy blood cholesterol and sugar levels.

How to “go Mediterranean. Adopting the Mediterranean diet in our busy, high-tech world may seem daunting. But there are tips and tricks to change your eating habits and reduce your risk of heart disease.

Aim for eight servings of fruits and vegetables per day (4 to 5 cups)

Eight servings of fruits and vegetables could look like:

- Breakfast: 1 cup of berries
- Lunch: 2 cups of lettuce + 1/2 cup tomatoes + 1/2 cup cucumbers + an orange for dessert
- If you wanted to get to 10 servings, then add:
- Dinner: 1 cup broccoli + 1/2 cup diced peppers + 1/2 cup snow peas (in a stir fry)

Tips to make the habit stick

- Start with at least one serving of fruits and/or vegetables with every meal and snack and increase the servings over time to two or three. You’ll be up to 10 in a matter of weeks!
- It’s fine to use frozen fruits and vegetables. High-quality berries, tropical fruits, and mixed vegetables are cheaper than fresh, and can be bought in bulk from the grocery store and stored in the freezer for long periods.
- Make breakfast with two (or more) servings of fruits and/or veggies. This gets the good stuff in early in the day.
- Free meal tracker apps like ***MyFitnessPal*** or Dr. Michael Gregor’s ***Daily Dozen*** app can help you get your 10 servings of fruits and veggies daily.

Source: Monique Tello, MD, MPH Contributing Editor - Harvard Health Blog Posted January 16, 2019, 10:30 am

CASE Events Calendar - February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	6	7 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	8	9
10	11 Education Evening 7:00 PM Preventing Falls Room B TFRC	12 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	13	14 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	15	16
17	18 Family Day	19 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	20	21 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	22	23
24	25 Board Meeting Bonnie Doone 9 a.m.	26 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	27 Social Breakfast SEESA 9 am	28 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45		