



# CARDIAC ATHLETIC SOCIETY EDMONTON

## Heart Murmurs

February 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 <a href="mailto:kbclark1@telus.net">kbclark1@telus.net</a> Back issues of the newsletter are posted on the CASE website at: <a href="http://www.edmontoncase.ca">http://www.edmontoncase.ca</a>		

### ***EDUCATION EVENING – FEBRUARY 12***

Gail Elton-Smith, BScPT, Stroke Service Coordinator, Alberta Health Services, will speak on ***‘What does FAST mean to you? Learn how to Reduce your Risks and Recognize and React to the signs and symptoms of strokes.’*** The talk has 2 main components – what stroke is and what to do; and how to prevent one. This educational session will be held at 7:00 on Monday February 12 in Community Room B, on the 2nd floor between rinks A and B. of the Terwillegar Family Recreation Centre.

### ***OTHER RECENT AND COMING EVENTS***

At our last education evening, Dr. Lucille Lalonde, cardiologist, gave an excellent presentation on cardiac medications. We all learned a great deal! She initially spoke about 6 possible complications with medications including: food and drug interactions; a medication changing the effects of others you are taking; taking medications at the wrong time; cutting tablets; taking medication in the wrong opening; and being frugal by using

old medications or combining them. She then went on in detail to discuss 6 different heart medications: Beta Blockers; Ace Inhibitors; ARBs; Statins; Diuretics; and Anti-Coagulants. If you do not know about all these medications, please ask someone who attended the talk as they are much more knowledgeable now! Dr. Lalonde fielded many questions, so it was a very valuable session.

The Annual First Supper was held at Boston Pizza on Thursday January 11 after exercise. 29 members and friends braved a very cold night to gather in a private room at the restaurant. The evening was enjoyed by all.

The **Annual General Meeting** is coming soon: Monday March 12 at 7:00 PM at SEESA to be more exact. The Nominating Committee is looking for volunteers to guide CASE in the future.

The Nominating Committee is comprised of Ron Kirschner, Stuart Embleton and Burn Evans. They will be approaching members to serve on the Board and certainly would urge any interested members to discuss roles of Board Members with them as soon as possible.



### ***REMEMBERING BOB SCHAUFELE***



Bob Schaufele passed away January 11, 2018 at age 84. Bob was a long term member of CASE and friend to all who met him. In the years up to our move from the Alberta School for the Deaf, Bob was our faithful record keeper keeping track of all our activities. He is loved and remembered by his wife, Doreen; his sister Mary Lou (John) Hird and their family; also many relatives and friends. Bob's working career was with Telus. He lived a happy and fruitful life with journeys to many countries, and enjoyed football and most sports and participated in curling and golf.

### ***REMEMBERING BRIAN JONES***



Brian Jones passed away on December 2, 2017 at age 88. A coal miner's son from Newbridge, Wales, he brought song, sports and a love for the outdoors with him when he arrived in New Sarepta, in 1956.

Brian was a creative educator who introduced media literacy to his students. He spearheaded development of water polo and rugby at Bonnie Doon high school and ended his teaching career at Ross

Sheppard high school. He was co-founder of the Druids rugby team, active in the Welsh choir, a soccer coach, and a spellbinding weaver of tales.

Brian worked diligently with the Cardiac Athletic Society of Edmonton (CASE) to raise awareness about the need for cardiac care and organ donation in Alberta, and even petitioned the Minister of Health to be more active on this critical topic. He enjoyed rich and warm relations with the many people he interacted with throughout his life.

### ***FITNESS: DO NOT TAKE THE OLD ADVICE ABOUT SEDENTARY BEHAVIOUR LYING DOWN***

Much of the recent focus on light-intensity activity has centred on standing desks and the suggestion that getting out of your chair for one minute every hour will diminish the effects of sitting. However, the amount of science backing the recommendations is surprisingly thin.

Defining exercise used to be easy. Any activity that causes your heart to beat faster, your breath to accelerate and a bead or two of sweat to develop was exercise. Everything else wasn't. That is beginning to change, as health experts start exploring a whole new body of research devoted to the spectrum of physical activity that lies between working up a sweat and sitting on the couch.

This low level of activity used to be classified as sedentary, which in large doses is detrimental to health. The key to combating the ill effects of being sedentary, said the experts, is exercise: 150 minutes of moderate or 75 minutes of vigorous activity a week, or about 30 minutes of physical activity a day.

But the discovery that it takes more than a daily dose of exercise to combat the consequences of too much time spent sitting caused a rethink in how we oppose sedentary behaviour. Also fine-tuned was the definition of sedentary, which is said to be any waking behaviour with an energy expenditure less than or equal to 1.5 METs (metabolic equivalent of task) while in a sitting, reclining or lying posture. (One MET equals the energy expended by an individual while seated at rest.)

So how do we refer to the continuum of movement between sitting on the couch and working up a sweat? Welcome yet another definition in the expanding dictionary devoted to physical activity. Light-intensity activities include any movement that expends 1.5 to three METs of energy, including standing.

Does that mean we should refer to the increasingly large number of people who spend most of their waking hours somewhere between sitting and exercising as being sedentary or active? We're not sure.

Confused? I don't blame you. Maybe this example will help illustrate the problem: you take a 30-minute brisk walk every morning, but spend the rest of the day sitting in the car, at a desk or on the couch at night. Technically, you meet the recommended weekly

exercise quotient, but most of your waking hours are still spent sitting. Are you active or sedentary? Compare that lifestyle to that of a dentist, teacher or construction worker who never exercises but spends most of the workday on their feet and moving. Are they sedentary or active?

The answers to these questions are being debated. What isn't up for debate is the impact technology has had on day-to-day life. Most people, even those traditionally viewed as active, now spend a good part of their day sitting in front of a screen. And while some exercise is always better than no exercise, the latest estimate is that it takes four to five times the recommended 150 minutes of moderate-intensity exercise a week to diminish the increased risk of metabolic disease and mortality associated with too much time spent sitting.

So what does it take to minimize the health risks of all that sedentary time? It is ambitious to think we can get those already struggling with being active for 150 minutes a week to sweat more often. But it is possible that we can get them to move more often, which is where light-intensity activity comes in.

Most of the focus on light-intensity activity has centred on standing especially the suggestion that getting out of your chair for one minute every hour will diminish the effects of sitting. But the amount of science substantiating these claims is surprisingly thin. In fact, the science exploring how to best combat the ill effects of a sedentary lifestyle is still in its infancy.

What we do know is that sitting only becomes a health risk when it exceeds seven hours a day, which means it's OK to relax in your favourite chair within reason. What we don't know is what types of light physical activity best diminish the health risks associated with long hours spent in a chair. We also need to know how often and how long we need to move. Is one minute of standing enough to diminish the physiological impact of 59 minutes spent sitting? Or should we walk on the spot, down the hall or up a flight of stairs every time our activity monitor reminds us to get out of the chair?

Until that data starts rolling in, we need to think about exercise in more ways than just focusing on either end of the activity spectrum. After all, even if everyone increased their daily exercise goal to 45 minutes, that still leaves a lot of minutes in the day to be sedentary. And getting rid of sitting altogether is unlikely, and unnecessary. Instead, we need to find a better balance between the amount of sedentary, light, moderate and vigorous activity in our day and we need to expand our definition of exercise to include a larger spectrum of movement, with the understanding that any and all physical activity is good for health.

Source: Jill Barker, Special to Montreal Gazette Published on: November 26, 2017

# CASE Events Calendar - February 2018

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