



CARDIAC ATHLETIC SOCIETY EDMONTON

Heart Murmurs

December 2017

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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		

MERRY CHRISTMAS AND HAPPY NEW YEAR



We hope that everyone has an excellent and enjoyable Christmas Season and wish everyone a Happy New Year! The next issue of Heart Murmurs will not be published until the first of February so the monthly calendars for December 2017 and January 2018 are attached to this issue.

ANNUAL CASE CHRISTMAS DINNER

The Annual Christmas dinner is almost here! It will occur on Nov 3 at SEESA 9350 82 St NW, Edmonton. We'll begin with cocktails at 5:00 pm and dinner at 6:00. Shirley predicts a record attendance.

ITS NOW THAT TIME OF YEAR

The 2018 CASE membership fee of \$30 is payable before December 31, 2017. Stuart Embleton is now collecting the fees and issuing the new membership cards for 2018. These cards will be needed to obtain the City's discounted rates on the use of the Terwillegar Recreation Centre and participation in the CASE exercise and volleyball programs. Individual membership cards will be provided for members and spouses!

IF CHRISTMAS WAS NOT ENOUGH...



CASE is planning for its annual "First Supper" Event that will be held on Thursday January 11 after exercise. The planned locale is at the Boston Pizza at 4804 Calgary Trail in Edmonton. We are booking a private room so there will be good opportunities to get together. Come and enjoy both the Christmas Party and our First Supper in January. It is good for you!

CHANGING DIRECTION FOR CHOLESTEROL MANAGEMENT.

Warnings against eating foods high in cholesterol, like eggs or shrimp, have been a mainstay of dietary recommendations for decades. That could change if the scientific advisory panel for the 2015 Dietary Guidelines for Americans has its say.

A summary of the committee's December 2014 meeting says "Cholesterol is not considered a nutrient of concern for overconsumption." Translation: You don't need to worry about cholesterol in your food.

Why not? There's a growing consensus among nutrition scientists that cholesterol in food has little effect on the amount of cholesterol in the bloodstream. And *that's* the cholesterol that matters.

Nutrition experts like Dr. Walter C. Willett, chair of the Department of Nutrition at Harvard School of Public Health, called the plan a reasonable move. Dr. Steven Nissen, chair of cardiovascular medicine at the Cleveland Clinic, told USA Today "It's the right decision. We got the dietary guidelines wrong."

Keep in mind that this isn't a done deal. The panel, which is formally known as the 2015 Dietary Guidelines Advisory Committee, makes recommendations for the next guidelines update, but these recommendations aren't always followed.

The cholesterol connection: Cholesterol has a bad reputation, its name linked to heart attacks, strokes, and other types of cardiovascular disease. Yet cholesterol is as necessary for human health as water or air. Cholesterol is a type of fat, or lipid. It is an essential building block for cell membranes and other crucial structures. It is needed to form the protective sheath that surrounds nerve fibers. The body uses cholesterol to make hormones such as testosterone and estrogen, the bile acids we need to digest and absorb fats, and vitamin D.

Cholesterol is so important that your liver and intestines make it day and night from fats, sugars, and proteins. In the average person, the body's production of cholesterol far outstrips any contribution from cholesterol in food.

Why is blood cholesterol a concern? Too much of it, especially in the wrong kind of particle, can cause trouble inside blood vessels. Harmful, low-density lipoprotein (LDL) particles ferry cholesterol to artery walls. Protective high-density lipoprotein (HDL) particles pull cholesterol out of circulation and deliver it to the liver for destruction.

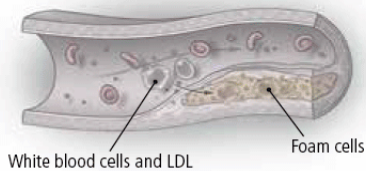
Doing away with the 'beware-cholesterol-in-food warning' would simplify the art of choosing healthy foods. And it would let people enjoy foods that contain higher amounts of cholesterol, such as eggs, shrimp, and lobster, without worrying about it. A better focus is on reducing saturated fat and trans-fat in the diet, which play greater roles in damaging blood vessels than dietary cholesterol.

Science, including nutrition science, always is a process of change. New findings emerge that nudge aside old thinking and prompt new recommendations. For people who don't closely follow nutrition science and research, and understand how they nutritional sciences work, a change in the recommendations about cholesterol in food may be seen as another dietary flip-flop undermining confidence in what's known about healthy eating.

Source: Posted February 12, 2015, 3:54 pm Image from *Managing Your Cholesterol*, a Special Health Report from Harvard Medical School Patrick J. Skerrett, Former Executive Editor, *Harvard Health*

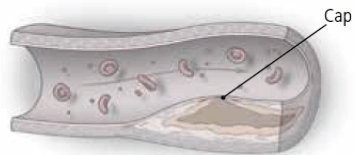
From cholesterol to crisis

How does cholesterol traveling in the bloodstream cause heart attack? It's not just the result of a buildup of fatty plaque in the arteries. Inflammation triggered by damage to the inner lining of an artery sets off the steady growth of atherosclerotic plaque, which can suddenly rupture, causing a heart attack. The steps play out as follows.



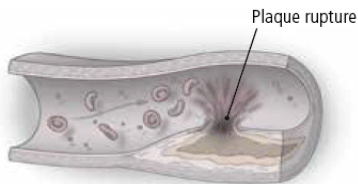
STAGE 1 Plaque builds up within the artery.

LDL cholesterol lodges in the artery wall, where it can become oxidized, triggering a harmful sequence of events. Any injury to the inner layer of cells lining the artery (caused by high blood pressure, smoking, or diabetes, for example) speeds this process. White blood cells arrive on the scene and engulf LDL cholesterol in the artery wall. These cells then enlarge and transform into fat-laden foam cells.



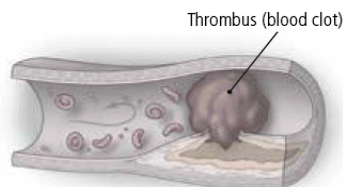
STAGE 2 A fibrous cap tops the plaque.

As foam cells die, they release soft, fatty gruel that provokes further inflammation. Smooth muscle cells in the artery wall multiply and even migrate in, helping form a cap over the whole mess to seal off the plaque. Some large plaques may be contained mainly within the vessel wall, while others can extend into the interior of the artery, limiting blood flow and the delivery of oxygen to the part of the heart served by that artery.



STAGE 3 The plaque ruptures.

About three of every four heart attacks occur because of plaque rupture. But it is not necessarily the large plaques that are most dangerous. Large plaques are often covered by thick, fibrous caps that resist breaking apart. By contrast, smaller plaques may be active, dynamic lesions teeming with inflammatory cells—and they sometimes have very thin, underdeveloped caps that rupture easily. These smaller plaques do not always produce symptoms during a cardiac stress test because they may be too small to block blood flow.



STAGE 4 A clot blocks the artery.

Once a plaque ruptures, a protein called tissue factor is released into the bloodstream, where it attracts platelets. The platelets stick to the disrupted plaque, triggering proteins in the blood to start clotting. The result is a thrombus—a clot of red blood cells, platelets, and other material—that completes the blockage and prevents blood from reaching the heart cells downstream. Deprived of blood and oxygen, a portion of the heart muscle dies. This whole process of rupture and the formation of a thrombus can happen in minutes.

CASE Events Calendar - December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Christmas Dinner SEESA 5:00 PM	4	5 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	6	7 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	8	9
10	11	12 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	13	14 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	15	16
17	18	19 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	20	21 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	22	23
24	25 Christmas Day	26 Boxing Day	27	28 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	29	30
31 New Years Eve						

CASE Events Calendar - January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Years Day	2 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	3	4 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	5	6
7	8	9 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	10	11 Exercise Program 3:45-5:30 First Night Supper Boston Pizza Calgary Trail	12	13
14	15	16 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	17	18 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	19	20
21	22 Board Meeting SEESA 9 a.m.	23 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	24 Social Breakfast SEESA 9 am	25 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	26	27
28	29	30 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	31			