



CARDIAC ATHLETIC SOCIETY EDMONTON

Heart Murmurs

May, June, July, August 2017

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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		

MAY EDUCATION EVENING

Come and learn to perform CPR (Part 2). The session will be held Monday May 8 at 7:00 PM in Meeting Room 5 on the main floor of the Terwillegar Family Recreation Centre. This will be a ‘hands on’ experience providing an essential emergency skill!

2017 BBQ TICKETS

Wayne Saunders will be the primary salesperson for the 2017 CASE BBQ that will be held June 9, 2017. Contact him at exercise, by phone at 780-461-8898 or 780-886-1802, or by email at sharway@telusplanet.net As in the past, Stuart Embleton also will have tickets for sale. Contact him at 780-435-2602 or stuart_e@telus.net This year, ticket sales will be mostly paperless in that Wayne and Stuart will simply record your commitment to attend and collect the \$30 per plate price. You will get an printed ticket only if you need one and ask for it.

The organizers are looking for volunteers to provide some salads. If you are willing to bring a salad, please contact Marilyn Prusko (780 436-1390) who will organize the contributions to ensure we have a great choice as usual! Volunteers preparing salads will be reimbursed \$10.00 towards the cost of ingredients.

CASE NAME TAGS



Our current name tags look like this, but with rounded corners:

Since we got them two years ago new members have joined CASE, and others have asked for a repeat program. If you want a name tag, see Stuart Embleton who will take your order and collect the \$10 each will cost. Stuart will finalize the ordering process on May 13 and he must have your payment by then. If you need a pin-on tag be sure to mention that, otherwise you will get a magnetic clip. Contact Stuart at exercise class, by phone at 780 435 2602, or by email at stuart_e@telus.net. Hopefully we can get the new tags in time to sport them at the BBQ

HERE COMES SUMMER

Wayne Jackson, our exercise coordinator has announced that the CASE walks will begin as soon as conditions are appropriate. Look for separate e-mails announcing the dates, times and locations for the CASE walks. He is looking forward to lots of members coming out – it is a great social and exercise activity that benefits all who participate.

Golf is scheduled for every Wednesday (weather permitting) beginning in May and hopefully extending well into the fall. CASE's golf program is designed for anyone who wants to swing a club. Highlights will include the 5th Annual Ed Abel Golf Classic which is a best ball tournament where the focus is on having fun with your teammates followed by a little socializing in the clubhouse. More information will be circulated about this fun event closer to the date. Again, all are welcome to come and play, attempt to play, or attend just to cheer on the participants. Look for more information on this event and the weekly golfing.

FEW HEART ATTACK PATIENTS GET RECOMMENDED PHYSICAL ACTIVITY

The study was published in the Journal of the American College of Cardiology it was found that only 16 percent of heart attack patients get the recommended amount of physical activity in the weeks after hospitalization.

Exercise has been proven to lower the risk of having another heart attack in patients with acute coronary syndrome (ACS), which includes heart attack and unstable angina (chest pain). Current guidelines strongly recommend that ACS patients get at least 30 minutes

of moderate aerobic activity, such as brisk walking, at least five days per week in the first two weeks after hospital discharge. Previous studies, which relied on self-reporting, have been unable to provide a reliable estimate of how many patients achieve this goal.

In this study, the researchers measured the amount and intensity of physical activity with a wearable activity monitor in 620 heart attack survivors. Participants were instructed to wear the device for 10 hours, or more, at least three days per week during the first month after hospitalization.

“In prior decades, heart attack survivors were counseled to remain in bed for many weeks,” said Ian M. Kronish lead author of the paper. *“Despite current evidence to the contrary, many ACS patients fear that straining their heart through exertion will cause chest pain or another heart attack.”*

Clinician-supervised exercise programs for heart attack survivors have been shown to counteract patients’ fears and encourage more physical activity but participation in these programs remains poor. “Researchers and clinicians need to find ways of getting more people to participate in such supervised exercise programs,” Dr. Kronish said.

“Nowadays, there are several consumer products that can be used to track physical activity at home. Perhaps the future holds ways to remotely monitor patients and to provide positive feedback and counseling outside of a hospital setting.”

Source: Columbia University Health Centre <http://newsroom.cumc.columbia.edu/blog/2017/03/01/few-heart-attack-survivors-get-recommended-physical-activity/>

NORDIC WALKING BENEFITS PEOPLE WITH HEART DISEASE

Walking using poles is more beneficial to patients with heart disease than just walking without poles, says a new study presented at the Heart Failure Congress 2012, 19-22 May, in Belgrade, Serbia.

Nordic walking is a popular form of exercise that does not require much training and expensive equipment and is considered as an effective way to burn calories. Now according to researchers this form of exercise can help people, who can’t take the stress of other forms of exercises like aerobics, maintain physical activity.

To study the effects of walking with poles, the participants (12 healthy and 12 with heart failure) were asked to take a 6 minute walking test at the speed of 5 km/hour on a level treadmill. The participants had to do one test with Nordic walking poles and one without them.

The researchers found that there was significant increase in oxygen consumption, heart rate and fatigue among the participants when they used Nordic poles.

More importantly there was no change in the heart rhythm or a decrease in the blood supply to heart, indicating that this type of exercise is safe for people with heart disease.

"In Nordic walking we have a big workload because we use additional muscle groups. We walk with four limbs, so we're exercising our arms and legs at the same time - that's why we have such a beneficial response," Andrzej Lejczak, a physiotherapist at the Military Hospital in Wroclaw, Poland, and a lead author of the study.

Previous studies have shown that using Nordic poles during walking increases oxygen consumption and burns more calories than normal walking. Also, this type of exercise does not cause any exertion.

Nordic walking may improve life of people diagnosed with Parkinson's disease. Studies have found that this type of walking does not have side-effects and is a safe and efficient way to reduce physical inactivity.

Source: May 21, 2012 09:25 AM By Amber Moore <http://www.medicaldaily.com/nordic-walking-benefits-people-heart-disease-240504>

ACTIVE LIVING FOR CARDIAC HEALTH

Cardiovascular disease (CVD) is a leading cause of death among Canadians, despite an estimate by the World Health Organization that "80% of cases of coronary heart disease... could be avoided, or postponed" with lifestyle changes.

Currently, Cardiologists and cardiac rehabilitation professionals are prescribing walking to prevent, manage and treat CVD. Walking with Urban poles (or Nordic Walking), compared to walking activates up to 90% of muscles providing both aerobic and resistance training with the potential to burn up to 46% more calories. This activity provides an excellent tool for healthy weight loss.

For these reasons, many hospitals are choosing to incorporate urban poling into their discharge information for cardiac rehabilitation patients to increase the benefits of cardiac rehab and serve as an excellent tool that can be used in the clinic to transitioning to the community.

Research evidence, based studies on cardiovascular disease patients, clearly identifies poling as a healthy mode of physical activity suited for primary and secondary intervention, as well as rehabilitation. Urban Poling offers proven beneficial effects on key health parameters, including:

- Lower resting heart rate
- Higher VO2 max
- Improved blood lipid profile
- Lower total fat mass/decreased waist circumference
- Higher exercise tolerance
- Walking further, more frequently & faster
- Improved mood

A study published by the University of Ottawa Heart Institute, concluded that walking with poles is superior to standard cardiac rehab, even for those following mild to moderate heart failure. Walking with poles has also been shown to lower resting heart rate and blood pressure, improve blood cholesterol and lipid levels and exercise capacity.

Urban Poles have feature that are built for fitness including these features:

- Ergonomic handles developed for core strengthening
- Strapless for injury prevention
- Boot shape tips propel you forward to increase your workout
- 3 Anti-vibration features minimizing stress on joints
- ACTIVATOR poles are being prescribed for clients who also have balance issues

Source: <https://urbanpoling.com/health-benefits/active-living-with-cardiac-health/>

CASE Events Calendar - May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	3 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	4 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	5	6
7	8 Education Self Help	9 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	10 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	11 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	12	13
14 Mother's Day	15	16 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	17 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	18 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	19	20
21	22 Victoria Day	23 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	24 Social Breakfast 9:00 AM SEESA Golf Noon Tee off.	25 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	26	27
28	29 Board Meeting Bonnie Doon 9 a.m.	30 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	31 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off			

CASE Events Calendar - June 2017

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 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	8 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	9 CASE Annual Barbecue 5:00 PM SEESA	10
11	12	13 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	14 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	15 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	16	17
18 Father's Day	19	20 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	21 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	22 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	23	24
25	26	27 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	28 Golf, Weather Permitting Twin Willows Golf Club Noon Tee-Off Soc Bkfst SEESA 9am	29 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	30	

CASE Events Calendar - July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Canada Day Holiday
2	3	4 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	5 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	6 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	7	8
9	10	11 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	12 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	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 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	20 Ed Abel Golf Tournament Twin Willows Golf Exercise Program	21	22
23	24	25 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	26 Golf, Weather Permitting Twin Willows Golf Club Noon Tee-Off Soc Bkfst SEESA 9am	27 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	28	29
30						8

CASE Events Calendar - August 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	2 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	3 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	4	5
6	7 Civic Holiday	8 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	9 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	10 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	11	12
13	14	15 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	16 Golf, Weather Permitting Twin Willows Golf Club Noon Tee-Off	17 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	18	19
20	21	22 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	23 Golf Twin Willows Golf Club Noon Tee-Off Soc Bkfst SEESA 9am	24 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	25	26
27	28	29 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	30 Golf, Weather Permitting Twin Willows Golf Club Noon Tee-Off			