



CARDIAC ATHLETIC SOCIETY EDMONTON

Heart Murmurs

May 2016

CASE website http://www.edmontoncase.ca		
CASE Board		
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Burn Evans, President Phone: 780-435-1285 Email: gbevans@telus.net		Stuart Embleton, Membership Phone: 780-435-2602 Email: membership@edmontoncase.org

DEMENTIA 101EVENING

Please join us on Monday, May 9th at 7:00 pm for a presentation from the Alzheimer Society of Alberta and Northwest Territories. Areas addressed will include: the differences between Dementia and Alzheimer Disease; practical tips to help yourself and those with the disease have better quality of life; how to prevent the disease; and any questions that you may want addressed.

All are welcome! Please do not forget to come... We will meet in Multipurpose Room B (2nd floor, between Rinks A & B) at Terwillegar Recreation Centre.

HERE COMES SUMMER!

CASE Barbeque. It is time to get your tickets for the Annual CASE Barbeque. It will be held on June 10 at 5:00 PM at SEESA. Tickets are \$30.00 each and are available from Gary Duguay (780-433-8628) or Stuart Embleton (780-435-2602). As usual, steak will be served along with choices of salads etc.

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 Friday Walks

The first Walk of the 2016 season will be on Friday May 6. We are walking along Whitemud Creek to Snow Valley. We will meet at 10:30 AM at the Savage Centre. To get there exit Fox Drive beside the fruit sellers - the same exit that takes you to the riding stables - then keep left. For the directionally challenged the city has a website and you can link to a map from that site...

http://www.edmonton.ca/activities_parks_recreation/parks_rivervalley/alfred-savage-centre.aspx

If you would like to stay for lunch after the walk, please bring the essentials.

The second walk is tentatively scheduled for Friday June 10th in the Saskatchewan River Valley starting from the north side of the Dawson Bridge.

If you need further information, please call Wayne 780-432-7203 (on Friday May 6 Wayne's cell 780-667-7203)

We are looking forward to a great walking season.

The CASE Golf Program

The avid golfers have already hit the links at the Twin Willows Golf Course. They plan to golf every Wednesday (weather permitting) at noon until well into the fall. If you have ever wanted to club something come out and join them. All are welcome and skill is optional.

A major event in the golfing season is the 4th Annual Ed Abel Golf Classic that is scheduled this year for July 14. This 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.

CHECK OUT THE WEBSITE

If you haven't already seen the new CASE website, we invite you to go to <http://www.edmontoncase.ca> and check it out. If you have any suggestions for improving the website let Gary Duguay know by contacting him garyduguay@shaw.ca

BE STILL MY BEATING HEART...

Do you ever feel that your heart is pounding, skipping, or racing so fast that you're certain it will explode from your chest at any moment? That's how many people describe the experience of heart palpitations. In the most literal sense, palpitations are simply an awareness of your heart beating. The most familiar trigger for palpitations is heavy exercise, such as when you pedal extra hard to summit the last computerized hill in your indoor cycling class.

Although common, palpitations alarm many people, in part because they tend to come on unexpectedly. Isolated palpitations typically occur when a small rush of adrenaline courses through your body, causing your heart to beat more forcefully than usual. These surges can be generated by a strong emotion such as excitement, fear, or anger. They also can come on after consuming a stimulant such as caffeine.

Another common source of palpitations is premature contraction of the atria. When the heart's upper chambers squeeze a fraction of a second earlier than they should, they rest an instant longer afterward to get back to their usual rhythm. This feels like a skipped beat. It is often followed by a noticeably forceful contraction as the ventricles clear out the extra blood they accumulated during the pause. These premature beats are almost always benign, meaning they aren't life-threatening or the sign of a heart attack in the making. Everyone has a few of these premature beats once in a while, and they tend to increase with age.

However, the sensation of abnormal heartbeat can also be a warning sign of a heart rhythm problem. A sustained fast or irregular heart rhythm originating in either the upper or lower chambers can result in distressing symptoms such as light-headedness, dizziness, or shortness of breath. At their most serious, these rhythm abnormalities may lead to complications such as stroke and even sudden death if the ventricles contract so chaotically that blood doesn't move out of the heart. If you start having palpitations or irregular heartbeats that you haven't noticed before, it's wise to get checked out. This is especially important if you are having worrisome symptoms such as shortness of breath or chest pain.

When listening to your heart, your doctor may hear a murmur or other sound suggesting a problem with one of the heart's valves, which can cause palpitations. Testing may also reveal a thyroid imbalance, signs of anemia, low potassium, or other problems that can cause or contribute to palpitations. Your exam may also include electrocardiography (ECG) and echocardiography, an ultrasound of the heart, to assess your heart's electrical activity and pumping ability.

However, since palpitations tend to come and go, there's a good chance they won't turn up during your doctor's visit, and your doctor may need to do more detective work. A portable ECG recorder (called a Holter monitor or an event monitor) that you wear continuously from 24 to 48 hours or up to one month captures episodes of abnormal heart activity as you go about your daily routine.

Once serious causes have been ruled out, most people who have isolated palpitations simply need reassurance that nothing dire is happening. If you're still bothered by unexplained palpitations, start with simple things first. Low blood sugar can trigger palpitations, so make a point of eating regularly. Drinking plenty of fluids and getting enough sleep may also help. Since stress and anxiety are a source of palpitations in many people, breathing exercises, meditation, or other relaxation techniques may do the trick. Nicotine can cause palpitations, as can alcohol and over-the-counter decongestant medications that contain pseudoephedrine or phenylephrine.

When self-care measures aren't enough, certain drugs may help. Beta blockers that quell the effects of adrenaline on the heart can successfully combat most types of fast heart rhythms. Some people may get relief with anti-anxiety medicines.

If your ECG shows a particular type of abnormal heart rhythm, your doctor may suggest a procedure called catheter ablation to correct it. A thin tube (catheter) is guided into the heart, and a jolt of radiofrequency energy is applied to destroy a faulty electrical pathway in the heart muscle that is responsible for the erratic signaling. For potentially fatal rhythm abnormalities coming from the ventricles, an implantable cardiac defibrillator that resets those rhythms can be a lifesaver. A number of possible palpitation triggers can include:

- Stress, anxiety, or panic
- Dehydration
- Low potassium or magnesium
- Low blood sugar
- Too much alcohol or caffeine
- Nicotine
- Exercise
- Fever
- Menopause
- Heartburn
- Street drugs such as cocaine and amphetamines
- Medications such as diet pills, some cough and cold remedies, some antibiotics, thyroid hormone, digoxin, or asthma remedies
- Dietary supplements such as ephedra, ginseng, bitter orange, valerian, or hawthorn

Source: Harvard Heart Letter

CASE Events Calendar - May, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	CASE Walk 10AM Savage Centre Deep Water Aquafit TFRC 11 AM	7
8	Education Self Help Dementia 101 7:00 PM Terwillegar Rec. Cent.	Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	Deep Water Aquafit TFRC 11 AM	14
15 Mother's Day	16	Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	20	21
22	23 Victoria Day	Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	<i>Social Breakfast</i> 9:00 AM SEESA Golf Noon Tee off.	Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	27	28
29	30 Board Meeting Bonny Doone 9 a.m.	31 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45				

CASE Events Calendar - June, 2016

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

CASE Events Calendar - July, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Canada Day Holiday	2
3	4	5 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	6 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	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 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	14 Ed Abel Golf Classic Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	15	16
17	18	19 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	20 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	21 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	22	23
24	25	26 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	27 Golf , Weather Permitting Twin Willows Golf Club Noon Tee-Off Soc Bkfst SEESA 9am	28 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	29	30
31						

CASE Events Calendar - August, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Civic Holiday	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	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	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	23 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	24 Golf Twin Willows Golf Club Noon Tee-Off Soc Bkfst SEESA 9am	25 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	26	27
28	29	30 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	31 Golf, Weather Permitting Twin Willows Golf Club Noon Tee-Off			