



CARDIAC ATHLETIC SOCIETY EDMONTON

Heart Murmurs

September 2016

CASE website http://www.edmontoncase.ca		
CASE Board		
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MAGICAL MYSTERY EVENING...

Save the evening of Monday September 12 for a very mysterious event! Our proposed speaker is still being cagey and has not firmed up their attendance. Watch for an e-mail closer to that date saying what will be happening. It could be educational, social or ? We will let you know.

NOTES FROM OUR PREZ

Summer is almost over; hope you had a good one. Your Board is about to go back to work. At Ron Kirschner's initiative, Ron, Al Pape and I met with many of the Glenrose and Mazankowski rehab staff, to explore ways for the CASE model to help post-cardiac persons. Their hospital based rehab program involves about 2400 people per year, which is only 30% of those needing rehab, so there is no question that there are many that we can help. CASE has provided a model of success for 40 years, which was a surprise to the staff who were unaware of our program. We will continue to work with the rehab staff to follow up with so many needing our kind of program.

The updated bylaws have been submitted to the province for approval. An application for entry into the Casino pool will be finalized shortly.

Plans are underway for some interesting Education nights as we finalize speakers.

CASE WALKS

Four walks have been held so far this spring and summer visiting Lower Whitemud Creek, John Janzen/Fort Edmonton, Riverdale East and Hawrelak Park. On average there have been 8-10 walkers at each walk. It would be nice to see a larger group at the next one!

The next walk is scheduled for Friday, September 16 in Mill Creek Ravine - fall colours anticipated - watch your e-mail around September 12 for details.

ED ABEL GOLF CLASSIC

The Fourth Annual Ed Abel Golf Classic was held on July 14th at the Twin Willows Golf Club. This year under beautiful skies 6 teams competed for the coveted Ed Abel Golf Classic Trophy. Only 4 strokes separated the teams. This winning team consisted of Greg Abel, Byron Dudley, Stuart Embleton, and Victor Fernandez Cervantes. One stroke back was Andy Barr, Gerri Devlin, Aaron Duguay and Tim Schneider. One stroke behind them were Andrea Abel, Wayne Jackson, Jim Hammond and Scott Roszell. Three teams tied for fourth Mike MacBeath, Gerry Stemke, Barry Latham and Onnalee Kelley; Heather MacBeath, Burn Evans, Fraser Wylie and Cavan Devlin; Lauren MacBeath, Wayne Saunders, Dave Schneider and Gary Duguay. The entire event was photographed by Shirley Evans.

The Ed Abel Golf Classic has become an annual highlight for CASE members and for the Abel family. One of the things that make it special is the participation of both Greg's family members and his friends. Greg indicated his appreciation of the event which keeps his father's memory alive. CASE members have embraced the event with some of their family members and friends participating and a number of others attending as spectators. The tournament would not be possible without the generous support of Greg Abel who supplied the swag bags, door prizes and refreshments. In addition, Greg's Business Manager, Onnalee Kelley has put in a great deal of work behind the scenes to ensure the tournament goes off without a hitch.

REGULAR GOLFER'S TOURNAMENT

There is a small core of regular golfers who play throughout the year. Bragging rights over the winter are established through a regular golfer's tournament in the fall. This year the event has been set for September 14th at the Twin Willows Golf Club.

PRESERVE YOUR MUSCLE MASS!

Declining muscle mass is part of aging, but that does not mean you are helpless to stop it. Age-related muscle loss, called sarcopenia, is a natural part of aging. After age 30, you begin to lose as much as 3% to 5% per decade. Most men will lose about 30% of their muscle mass during their lifetimes.

Less muscle means greater weakness and less mobility, both of which may increase your risk of falls and fractures. A 2015 report from the American Society for Bone and Mineral Research found that people with sarcopenia had 2.3 times the risk of having a low-trauma fracture from a fall, such as a broken hip, collarbone, leg, arm, or wrist.

But just because you lose muscle mass does not mean it is gone forever. Older men can indeed increase muscle mass lost as a consequence of aging. It takes work, dedication, and a plan, but it is never too late to rebuild muscle and maintain it. (Look at Michael Phelps...)

One possible contributor to sarcopenia is the natural decline of testosterone, the hormone that stimulates protein synthesis and muscle growth. Think of testosterone as the fuel for your muscle-building fire.

Some research has shown that supplemental testosterone can add muscle in older men, but there can be adverse effects. Accordingly, the FDA has not approved testosterone supplements specifically for increasing muscle mass in men. Thus, the best means to build muscle mass, no matter your age, is progressive resistance training (PRT). With PRT, you gradually amp up your workout volume measured in weight, reps, and sets as your strength and endurance improves.

This constant challenging builds muscle and keeps you away from plateaus where you stop making gains.

Your diet also plays a role in building muscle mass. Protein is the king of muscle food. The body breaks it down into amino acids, which it uses to build muscle. However, older men often experience a phenomenon called anabolic resistance, which lowers their bodies' ability to break down and synthesize protein. Therefore, as with PRT, if you are older, you need more protein. A recent study in the journal *Nutrients* suggests a daily intake of 1 to 1.3 grams (g) of protein per kilogram of body weight for older adults who do resistance training. For example, a 175-pound man would need about 79 g to 103 g a day. If possible, divide your protein equally among your daily meals to maximize muscle protein synthesis.

This is a high amount compared with the average diet, but there are many ways to get the extra protein you need. Animal sources (meat, eggs, and milk) are considered the best, as they provide the proper ratios of all the essential amino acids. Yet, you want to stay

away from red and processed meat because of high levels of saturated fat and additives. Instead, opt for healthier choices, such as:

- 3.5 ounces of lean chicken or salmon (31 g and 24 g respectively)
- 6 ounces of plain Greek yogurt (17 g)
- 1 cup of skim milk (9 g)
- 1 cup of cooked beans (about 18 g).

Building muscle is not all about strength. You also need power. Muscle power, how fast and efficiently you move, is more connected to the activities of daily living and physical function than muscular strength. A good way to improve overall muscle power is with your legs, since they are most responsible for mobility. Doing quicker movements against resistance, like one's own body weight, can be an effective means of developing power.

For instance, when rising from a seated position, try to do it quickly. When climbing stairs, hold the handrail and push off a step as fast as possible. It does not have to be every step but this teaches your muscles to use strength in a more effective way.

To gain more muscle mass, older men need a structured and detailed PRT program. It should be tailored to the individual with the goals being progression and improvement. It should focus on individual elements like specific exercises, load, repetitions, and rest periods, and should challenge but not overwhelm.

Enlist a well-qualified personal trainer to help set up a detailed sequence and supervise your initial workouts to ensure you perform them safely and in the best manner. As you progress, you can often perform them on your own. A typical training program might include:

- 8 to 10 exercises that target all the major muscle groups
- sets of 12 to 15 reps, performed at an effort of about 5 to 7 on a 10-point scale
- two or three workouts per week.

After you have established a routine, there are several ways to progress. The easiest is to add a second and then a third set of the exercises. Another way is to decrease the number of reps per set and increase the weight or resistance to the point where you are able to complete at least eight reps, but no more than 12. As you improve, you can increase weight by trial and error, so you stay within the range of eight to 12 reps

Source: Harvard Health: <http://www.health.harvard.edu/staying-healthy/preserve-your-muscle-mass> March 1, 2016

CASE Events Calendar - September, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	2	3
4	5 Labour Day	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	10
11	12 CASE Education	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 CASE Walk 10 AM Mill Creek Ravine	17
18	19	20 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	21 Social Breakfast SEESA 9am Golf, Twin Willows Noon Tee-Off	22 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	23	24
25	26 Board Meeting Bonny Doone 9 a.m.	27 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	28 Golf Weather Permitting Twin Willows Golf Club Noon Tee-Off	29 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	30	