



Heart Murmurs

April 2019

Cardiac Athletic Society Edmonton - Contacts

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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>

If you wish to unsubscribe from this newsletter, please e-mail stuart_e@telus.net with a subject line 'unsubscribe'.

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Support for CASE

As a recognized charitable institution, CASE makes a significant difference to people interested in maintaining their heart health. If you make a financial gift, either as a direct contribution, or in the memory of a member who has passed, we will issue a tax receipt.

NEXT EDUCATIONAL EVENING

Self-Regulation of Emotions and Energy, and Stress Management –This session is on Monday, April 8, 2019 at 7:00 p.m. in Multi-Purpose Room B, second floor over Rinks A and B. The speaker is Laurie Young, Addiction Counsellor/Consultant with Alberta Health Services. Laurie spoke to us previously on “Mindful Aging...Mind, Body and Spirit” and was greatly enjoyed by everyone. Please come and join us for an interesting evening and socialize over coffee and cookies also!

Please MARK THE DATES for Future Educational Evenings!

- Mon. May 13, 2019 – Live Safely and Longer in your Home – covers home monitoring, support and response services, GPS monitoring information
- Mon. Sept. 9, 2019 – All About Cannabis

COMING SOON

Spring and summer are a great time to be a member of CASE. Our regular Volleyball and Exercise programs continue and in addition we have other activities that we have fun with and help to maintain our physical health and social contacts.

The ***Annual CASE Barbeque*** is scheduled for Friday June 7, 2019 at SEESA. Look for more information in the next few weeks regarding the availability of tickets. Save the date in your calendar!

Starting in May, (weather permitting) interested members get together to Golf at Twin Willows Golf Course at noon every Wednesday to play a round. In addition, there is an Annual CASE Golf Tourney as well as the highly popular Ed Abel Memorial Tourney in mid summer.

Wayne Jackson leads walks every 3 or 4 weeks through the summer. It is a great way to get out and enjoy the river valley with friends from CASE. Getting together for snacks or lunch is not unheard of...

A ROSE BY ANY OTHER NAME...

To avoid any confusion, this is to let you know that the City of Edmonton, in its advertising, has renamed the regular Tuesday and Thursday exercise classes as “Healthy at Heart”. Since the classes are in a City recreation facility, and are open to anyone who has paid admission, this is their right. This change has absolutely no effect on the exercise program, CASE and its members. Lynn will still lead the classes. Indeed, we hope that the new advertising of the classes will bring new participants to the classes and that they will find out more about CASE and its programs and benefits.

REDUCE YOUR STRESS TO PROTECT YOUR HEART

A growing body of evidence suggests that psychological stress can contribute to cardiac risk. Stress from challenging situations and events plays a significant role in cardiovascular symptoms and outcome, particularly heart attack risk. Depression, anxiety, anger, hostility, and social isolation also affect cardiovascular health. Each of these factors heightens your chances of developing heart problems. But emotional issues are often intertwined: people who have one commonly have another. Many studies have documented that various forms of stress can take a toll on the heart:

Workplace stress. Women whose work is highly stressful have a 40% increased risk of heart disease (including heart attacks and the need for coronary artery surgery) compared with their less-stressed colleagues. These findings come from the Women's Health Study (WHS), which included more than 17,000 female health professionals.

For the study, researchers defined job strain as a combination of demand (the amount, pace, and difficulty of the work) and control (the ability to make work-related decisions or be creative at work). Earlier studies found similar trends among men: one documented a twofold higher risk of newly diagnosed heart disease among men who felt the rewards they received at work weren't compatible with their effort.

Financial stress. Heart attacks rose as the stock market crashed, according to a 2010 report in *The American Journal of Cardiology*. Researchers at Duke University reviewed medical records for 11,590 people who had undergone testing for heart disease during a three-year period, and then compared monthly heart attack rates with stock market levels. Heart attacks increased steadily during one eight-month period — September 2008 to March 2009 — that was particularly bad for the stock market.

Caregiver stress. Women who cared for a disabled spouse for at least nine hours a week were significantly more at risk of having a heart attack or dying from heart disease compared with women who had no caregiving duties, according to findings from the Nurses' Health Study. This large study followed more than 54,000 female nurses over a four-year period.

Disaster-related stress. Following the terrorist attacks of Sept. 11, 2001, researchers asked 2,700 American adults to complete an online survey of physical and mental health. People who had high levels of stress immediately after the attacks were nearly twice as likely to develop high blood pressure and more than three times as likely to develop heart problems during the following two years compared with those who had low stress levels.

Earthquakes also trigger stress-related heart problems — not just in their immediate wake but for years afterward, some research has shown. Sudden cardiac deaths rose sharply immediately after the 1994 earthquake in the Los Angeles area, and hospitalization for heart attacks jumped on the day of the 1995 temblor near Kobe, Japan. A longer-term follow-up of another major earthquake in Japan (Niigata-Chuetsu in 2004) revealed that death rates from heart attacks rose during the three years after the quake compared with rates during the five years prior to the disaster.

While you can't change the world around you, the following lifestyle changes can help you minimize your stress level:

- **Get enough sleep.** Lack of sound sleep can affect your mood, mental alertness, energy level, and physical health.
- **Exercise.** Physical activity alleviates stress and reduces your risk of becoming depressed — and it is good for your all-around health.
- **Learn relaxation techniques.** Meditation, progressive muscle relaxation, guided imagery, deep breathing exercises, and yoga are mainstays of stress relief. Your local hospital or community center may offer meditation or yoga classes, or you can learn about these techniques from books or videos.

- **Learn time-management skills.** These skills can help you juggle work and family demands.
- **Confront stressful situations head-on.** Don't let stressful situations fester. Hold family problem-solving sessions and use negotiation skills at work.
- **Nurture yourself.** Treat yourself to a massage. Truly savor an experience: eat slowly, focusing on each bite of that orange, or soak up the warm rays of the sun or the scent of blooming flowers during a walk outdoors. Take a nap. Enjoy the sounds of music you find calming.

Source: <https://www.health.harvard.edu/healthbeat/reduce-your-stress-to-protect-your-heart>

HOW YOGA MAY ENHANCE HEART HEALTH

In addition to boosting fitness and easing stress, yoga may also help you embrace a healthier lifestyle. Many people think of yoga mainly as an activity that promotes flexibility and balance. But this ancient tradition also includes breathing exercises, relaxation, and meditation. Together, these practices can lead to measurable improvements in factors connected with cardiovascular health, such as lower blood pressure, better sleep, and less artery-damaging inflammation.

"There are four distinct but interconnected areas in which yoga has specific benefits, not just for heart disease but any disease.

1. **Better overall fitness:** Active forms of yoga, such as power or Vinyasa yoga, are listed as examples of moderate-intensity exercise in the federal exercise guidelines. But the less-vigorous forms of yoga (as well as the active forms) boost muscle strength, flexibility, and balance. These features, which are often overlooked in other forms of exercise, are vital for overall physical fitness and well-being. Yoga also encourages deep, slow breathing, which helps lower blood pressure by an average of five points after a few months of regular practice, research suggests.
2. **Sustained self-regulation:** The relaxing, meditative aspect of yoga can build up your emotional resilience, helping you to stay calmer during times of stress. Stress, an unavoidable part of our daily lives, activates the body's fight-or-flight response. This triggers a rise in heart rate, blood pressure, and the release of stress hormones, all of which are hard on your cardiovascular system. Yoga helps activate the opposite effect, known as the rest-and-digest response. Over time, a regular yoga practice cultivates this "relaxation response," enabling you to be less reactive to stress and intense emotions. A single 90-minute session of yoga can lower levels of the stress hormone cortisol, according to one study.
3. **Greater mind-body awareness:** In a 2012 survey from the National Center for Complementary and Integrative Health, more than 80% of yoga enthusiasts said the practice decreased their stress. Nearly two-thirds reported that yoga motivated

them to exercise more regularly. Four in 10 respondents said they were inspired to eat healthier. These changes may reflect the heightened mind-body awareness that yoga practitioners experience. You are more aware of the positive feelings you enjoy when you eat healthy foods and exercise. You're also more likely to notice the negative effects of eating junk food and sitting on a couch all day. Making healthy lifestyle changes is perhaps the most important thing you can do to prevent heart disease.

4. **Transformation over time?** After years of doing yoga, some people find that the practice transforms their lives to an even greater degree. They have a different perspective on the meaning and purpose of their life, and their goals become less materialistic and more spiritual and charitable. While the relevance to heart disease may be tenuous, some research has found that people with a higher sense of purpose in life are less likely to have a heart attack, stroke, or related cardiovascular problem compared with people who have a lower sense of purpose.

Moreover, there's good evidence, dating back to 1990, that a lifestyle that includes yoga as one of its four key components (along with a low-fat vegetarian diet, moderate exercise, and the maintenance of loving, supportive relationships) can shrink blockages in arteries, without the use of medication.

If you're new to yoga, seek out a beginner or "gentle" class, especially if you're over 65 or have any medical conditions. To reap the greatest reward, find a class that features all four pillars of yoga: postures, breathing practices, deep relaxation, and meditation. In addition to dedicated yoga studios, many health clubs and community or senior centers now offer classes.

Source: [Harvard Heart Letter](#) Published: April, 2019

CASE Events Calendar - April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	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 Education Evening Self Management of Stress 7:00 PM Com. Room B TFRC	9 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	10	11 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	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 9:00 AM Community Services Room Bonnie Doon	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				