



Heart Murmurs

March 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'.

Cardiac Athletic Society Edmonton -Board

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<i>Education and Special Events</i>	<i>Mae Hadley</i>
<i>Social Events-</i>	<i>Shirley Evans with Elaine Kirschner and Marilyn Prusko</i>
<i>Hearts and Flowers</i>	<i>Gerri & Cavan Devlin</i>
<i>Director at Large</i>	<i>Wayne Saunders</i>
<i>Director at Large -</i>	<i>Roberto Cruz</i>

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.

CASE ANNUAL GENERAL MEETING?

The Annual General Meeting will be held Monday March 11, 2019 at 7:00 PM at SEESA. The Board needs some new members. Positions open include:

- the Coordinator of Social Events who organizes the annual BBQ and the Christmas Dinner;
- The Coordinator of Hearts and Flower who organizes cards and contacts with members who are ill
- A Member at Large who works with the Board to address assigned issues.

If you can help, please contact the Nomination Committee whose members are Gary Duguay (780-433-8628) or Ron Kirschner (

CASE IDENTITY

You may have noticed some members wearing CASE T-Shirts and CASE Name Tags. It may be that you would like to identify more with the group and have a T shirt or name tag of your own. We are attempting to determine how many members would like to acquire these items. If you are interested, please get in touch with Stuart Embleton at (780) 435-2602 or at exercise class. How many we order may set a new price but for the last order the T-Shirts were \$20, and the name tags were \$10.

EDMONTON MEMBERSHIP PLAN 2019

CASE’s participation in the *Corporate Membership Program* entitles members to discounted access to recreation facilities across the city. Access to Terwillegar Community Recreation Centre requires the “*Senior All Facility Pass*” which gives you access to all City Recreation Facilities including the new Meadows and Clareview Centres as well all other centres across the City. You can participate in a wide range of popular drop-in fitness programs such as aquafit, circuit training, spin bike, yoga, pilates, and skating. You have options either to purchase discounted daily passes, discounted Continuous Monthly Membership Passes or a Discounted Annual Membership. There also is a program for low-income Edmontonians to obtain free admission to recreation facilities through the Leisure Access Program.

	Regular Single Admission	Corporate Wellness Single Admission	Regular Continuous Monthly Pass	Corporate Wellnesws Continuous Montly Pass	Regular Annual Pass	Corporate Wellness Annual Pass
Youth/Senior All Facilities Pass	\$ 9.00	\$ 6.90	\$ 51.00	\$ 41.00	\$ 530.00	\$ 424.00

WHY WORRY ABOUT YOUR WAISTLINE?

For decades, experts have warned that a big belly is more harmful to your heart than extra padding in your hips and thighs. A growing number of Americans now sport this unhealthy "apple-shaped" profile, according to the latest statistics from the CDC.

The average waist circumference for men is now 40.2 inches, up from the 39 inches recorded in the last survey, which was done in 1999–2000. Women's waist measurements also rose from an average of 36.3 to 38.6 inches. That means that most Americans now have belly sizes that put them at high risk.

"As your waistline expands, so does your risk of cardiovascular disease," explains Dr. Osama Hamdy, medical director of the Obesity Clinical Program at Harvard-affiliated

Joslin Diabetes Center. Belly fat (what doctors refer to as visceral fat) turns out to be very different from fat that accumulates in the hips and thighs. But even though some people are predisposed to larger midsections, there's a lot you can do to remedy the problem.

Gut check: How to measure your midsection

To measure your waist accurately, exhale and wrap a measuring tape around your bare abdomen just above the upper border of your hipbone, which you can easily feel on both sides. Don't suck in your gut or pull the tape tight enough to squeeze the area.

To compute your waist-to-hip ratio, first measure your hips by putting the tape measure around the widest part of your buttocks. Keep the tape measure level. Then, divide your waist size by your hip size.

Measurements that signal high risk

	Waist (inches)	Waist-to-hip ratio
Women	35 or more	0.9 or more
Men	40 or more	1.0 or more

Location matters Visceral fat accumulates deep within the abdominal cavity, padding the space between the organs. When these fat cells break down, they shower the portal vein (the vein that carries blood from the intestinal area to the liver) with free fatty acids and other substances. The resulting state of "lipotoxicity" affects the nearby pancreas, hampering its ability to produce insulin, the hormone that carries glucose into the body's cells. Lipotoxicity also promotes insulin resistance, in which the body's muscle and liver cells don't respond adequately to normal levels of insulin. As a result, blood sugar levels rise, boosting the risk for type 2 diabetes. In addition, when these misplaced fat cells die, cells that serve as the cleanup crew release inflammatory substances called cytokines. "Those cytokines are one reason people develop atherosclerosis, the underlying cause of cardiovascular disease," says Dr. Hamdy.

In contrast, fat that collects in the hips and thighs seems to be less harmful. People with this "pear-shaped" profile of fat distribution are less prone to diabetes and heart disease than people with bigger bellies.

Who is vulnerable? Your genes, ethnic background, and sex all influence how likely you are to accumulate visceral fat. The problem is less common among people in Mediterranean countries, where cardiovascular disease is also less prevalent. But Native Americans, Pima Indians, Hispanics, and people living in India and South Asia have a

higher likelihood of abdominal obesity (as well as type 2 diabetes). Finally, white men and black women tend to accumulate relatively more visceral fat compared with black men and white women.

Girth control: While there's no magic formula for losing belly fat, a reduced-carbohydrate diet can be helpful, particularly if you have type 2 diabetes. You don't need to avoid all carbs but stay away from those that quickly spike your blood sugar levels and encourage your body to store fat. These three sources are the major culprits:

- **Sugar.** Anything made with added sugar — cookies, cakes, pastries, ice cream, soft drinks, canned juices, and the like.
- **White flour.** The most commonly consumed examples (and worst offenders) are the "P's and B's": pasta, pizza, bread, and bagels.
- **Starchy foods.** White potatoes, rice, and corn.

Intermittent fasting or time-restricted eating may also help improve your body's insulin response and reduce visceral fat. The basic idea is to limit your food intake to a shorter-than-normal time frame. For instance, you might eat only between the hours of 8 a.m. and 2 p.m. and then fast until the next morning, or abstain from eating for least 14 hours after the last meal of your day. Do this three days per week and then eat on your normal schedule for the other four days. Don't forget to do regular exercise (both aerobic and muscle-strengthening), which can help you burn extra calories and helps preserve lean muscle mass.

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

CASE Events Calendar - March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	6	Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	8	9
10	CASE AGM 7:00 PM SEESA	Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	13	Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	15	16
17	18	Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	20	Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	22	23
24	Board Meeting Bonny Doone 9 a.m.	Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	Social Breakfast SEESA 9 am	Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	29	30
31						5

