



# Heart Murmurs

October 2018

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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](mailto: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](mailto:stuart_e@telus.net) with a subject line 'unsubscribe'.

## **Cardiac Athletic Society Edmonton -Board**

President -	Gary Duguay
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Exercise Coordinator	Wayne Jackson
News and Communications	Barry Clark with Stuart Embleton
Education and Special Events	Mae Hadley
Social Events-	Shirley Evans with Elaine Kirschner and Marilyn Prusko
Hearts and Flowers	Gerri & Cavan Devlin
Director at Large	Wayne Saunders
Director at Large -	Roberto Cruz

### **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.

## **WITH SORROW..**

We were all sorry to learn of Nina Jackson's recent passing. Our thoughts are all with Wayne and his family at their time of loss.

## **EDUCATION EVENING**

The CASE Education Evening is Monday Oct. 15, 2018 at 7:00 p.m. in Multipurpose Room B (upstairs above ice rinks) at the Terwillegar Recreation Centre.

Our topic is **"Eye Health and How Diseases and Medications Relate to Vision"** presented by Dr. Kelsey Ford and Dr. Katherine Krol. They will look at how high blood pressure, diabetes, medications taken for arthritis, etc. relate to vision. There will be plenty of time for questions and answers.

**MARK THE DATE** - Upcoming Talk Mon. November 19 – *Stress Management and Self Regulation of Stress and Anxiety* – Laurie Young, AHS, who recently spoke to us on “Mindful Aging” and was well received.

### **AGE PROOF YOUR KNEES**

Improving range of motion, muscle strength, and weight control can help reduce pain and make your knees feel younger. Knee pain is common in older age, often caused by osteoarthritis (the wearing away of knee cartilage). Fortunately, there are ways to postpone knee problems or even prevent them entirely. "In many cases, you can delay or avoid the need for surgical intervention, such as a knee replacement," says Dr. Lars Richardson, an orthopedic surgeon with Harvard-affiliated Massachusetts General Hospital.

Your knees absorb a huge amount of pressure with every step: typically one-and-a-half times your body weight. That pressure, plus regular wear and tear, takes a toll over time. Muscles and ligaments get weaker. The knee's two shock absorbers ( pads of cartilage called menisci) start to deteriorate. So does the articular cartilage protecting the ends of the leg bones where they meet at the knee. If you have a family history of osteoarthritis, if you're overweight, or if you've had some knee injuries, you may be more prone to this deterioration.

When the cartilage is gone, the bones rub against each other, and you end up with pain, stiffness, and swelling. That doesn't mean you need to let knee pain, or the threat of it, interrupt your life. By employing some of the following strategies, you can help keep your knees as young as you feel.

**Strengthen the muscles.** Boosting muscle strength stabilizes the knee joint and helps the muscles absorb stress you place on the knee. Strengthening should start with the quadriceps and hamstrings in the thighs, but it shouldn't end there. "In the old days, we just strengthened the quads. Now we know that it's also important to strengthen the hip and core muscles to maximize function of the knee," says Dr. Lars Richardson, an orthopedic surgeon with Harvard-affiliated Massachusetts General Hospital. It's best to work with a physical therapist who can evaluate your needs and develop a strengthening program that's right for you.

One of the exercise recommendations is a body squat but don't squat so low that you're parallel to the ground because that will put too much stress on the knee. Also recommended are a "step ups" to strengthen your core, hip, and leg muscles. These are done by standing, facing a staircase, and then rotating your body 90 degrees. Hold on to the banister. Place the leg closest to the stairs onto the first step, and straighten that leg so that your other leg is off the ground. Lower yourself back down. Repeat that exercise 10 times, and then do the exercise with your other leg.

**Lose weight.** If you're overweight, each additional pound you carry translates to another 4 pounds of pressure on the joints. A 20-pound weight gain, for example, would add 80 pounds of pressure on your knees. Losing weight relieves pressure and pain on the joints. "Getting your body mass index [BMI] to a healthy range will make your knees feel better," says Dr. Richardson. BMI is a measure that takes into account both your height and weight; values from 18.5 to 24.9 are considered healthy.

**Increase range of motion.** Most people's joints get stiffer with age, and there's clear evidence that people with better motion have fewer symptoms, especially if they can straighten the knee. So it's important to work on getting the knee straight. Dr. Richardson recommends working with a physical therapist to improve range of motion. For an exercise to try at home, he suggests sitting on a bed or floor, putting a pillow under the ankle, and using your leg muscles to force the knee down gently.

Some activities can make osteoarthritis symptoms worse, such as standing on a hard surface or squatting for a long period (while gardening, for example). Squatting can irritate the soft cartilage meniscus of the knee. Avoid long periods of time with your knees bent deeply. Instead, wear cushioned shoes or gel inserts if you have a job or hobby that involves standing on hard surfaces, and use a low stool to sit on while gardening.

Avoid high-impact activities such as jogging and aerobics classes that involve jumping. Go for non-impact exercises, such as indoor or outdoor cycling or using an elliptical trainer.

Source: Harvard Health Letter Published: May, 2017  
[https://www.health.harvard.edu/pain/age-proof-your-knees?utm\\_source=delivra&utm\\_medium=email&utm\\_campaign=GB20171025-Knees&utm\\_id=679599&dlv-ga-memberid=11072240&mid=11072240&ml=679599](https://www.health.harvard.edu/pain/age-proof-your-knees?utm_source=delivra&utm_medium=email&utm_campaign=GB20171025-Knees&utm_id=679599&dlv-ga-memberid=11072240&mid=11072240&ml=679599)

## ***SIX WAYS YOU CAN PREPARE TO AGE WELL***

You're probably already doing a lot to ensure that you stay in good health and are able to enjoy your later years: eating right, exercising, getting checkups and screenings as recommended by your doctor. But it also makes sense to have some contingency plans for the bumps in the road that might occur.

**Adapt your home.** Stairs, baths, and kitchens can present hazards for older people. Even if you don't need to make changes now, do an annual safety review so you can make necessary updates if your needs change.

**Prevent falls.** Falls are a big deal for older people — they often result in fractures that can lead to disability, further health problems, or even death. Safety precautions are important, but so are exercises that can improve balance and strength.

**Consider your housing options.** You might consider investigating naturally occurring retirement communities (NORCs). These neighborhoods and housing complexes aren't developed specifically to serve seniors — and, in fact, tend to host a mix of ages — but because they have plenty of coordinated care and support available, they are senior-friendly.

**Think ahead about how to get the help you may need.** Meal preparation, transportation, home repair, housecleaning, and help with financial tasks such as paying bills might be hired out if you can afford it, or shared among friends and family. Elder services offered in your community might be another option.

**Plan for emergencies.** Who would you call in an emergency? Is there someone who can check in on you regularly? What would you do if you fell and couldn't reach the phone? Keep emergency numbers near each phone or on speed dial. Carry a cellphone (preferably with large buttons and a bright screen), or consider investing in some type of personal alarm system.

**Write advance care directives.** Advance care directives, such as a living will, durable power of attorney for health care, or health care proxy, allow you to explain the type of medical care you want if you're too sick, confused, or injured to voice your wishes. Every adult should have these documents.

Source: Harvard Health Letter February 7, 2015

[http://www.health.harvard.edu/healthbeat/6-ways-you-can-prepare-to-age-well?utm\\_source=review&utm\\_medium=email&utm\\_content=healthbeat10b&utm\\_campaign=MI R0215&j=33401666&e=kbclark1@telus.net&l=16278673\\_HTML&u=422129558&mid=148797&jb=0](http://www.health.harvard.edu/healthbeat/6-ways-you-can-prepare-to-age-well?utm_source=review&utm_medium=email&utm_content=healthbeat10b&utm_campaign=MI R0215&j=33401666&e=kbclark1@telus.net&l=16278673_HTML&u=422129558&mid=148797&jb=0) February 7, 2015

# CASE Events Calendar - October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	3	4 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	5	6
7	8 Thanksgiving Day	9 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	10	11 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	12	13
14	15 CASE Education Eye Health 7:00 TFRC	16 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	17	18 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	19	20
21	22 <b>Board Meeting</b> <b>Bonnie Doon</b> <b>9 a.m.</b>	23 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	24 <b>Social Breakfast</b> <b>SEESA 9am</b>	25 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	26	27
28	29	30 <b>Exercise Program</b> Volleyball 3:45 Aerobic/Stretch 4:45	31			