



Heart Facts

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CANADIAN HEART HEALTH STRATEGY
and Action Plan
STRATÉGIE CANADIENNE DE SANTÉ CARDIOVASCULAIRE
et plan d'action

The Canadian Heart Health Strategy and Action Plan (CHHS-AP) was released on February 24, 2009 in Ottawa by Dr. Eldon Smith Chair of the CHHS-AP and members of the Steering Committee. The CHHS-AP was developed to reduce the growing burden and loss due to cardiovascular disease in Canada. Taking

a collaborative and inclusive approach, the development of the CHHS-AP was stakeholder driven. The comprehensive and integrated Strategy covers the full continuum of health (from policy development to end-of-life planning and care) and spans the life course (from birth to death). The development of the Strategy was led by an expert Steering Committee composed of 29-thought leaders from across the country, and chaired by respected cardiologist Dr. Eldon Smith. **[Please note that CARG's own Ruth Redden worked in Theme Working Group 6, which dealt with rehabilitation and end of life care]**

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Recent headlines claim that there is no need to limit egg consumption saying that eggs have little effect on cholesterol levels. While it is true that it is more important to pay attention to the saturated fat and trans fat in foods, it is wise to limit the amount of cholesterol we eat. Eating too much cholesterol can increase the cholesterol in your blood! **The current recommendations from the Dietitians of Canada state:**

- * If you do not have heart disease, eat less than **300mg** of dietary cholesterol per day.
- * If you **have heart disease** or are at risk for heart disease, aim for less than **200mg** of dietary cholesterol per day.



Here are some examples of the cholesterol content of foods:

- 1 large egg - 216 mg cholesterol
- 15 medium shrimp - 148 mg cholesterol
- 2 1/2 oz cooked beef liver - 286 mg cholesterol
- 2 1/2 oz cooked beef - 58-60 mg cholesterol
- 2 1/2 oz cooked chicken - 63-71 mg cholesterol
- 1 1/2 oz cheese - 38-58 mg cholesterol

Eggs *can* be a healthy part of healthy diet...**in moderation!**

Submitted by **Rochelle Anthony**, Dietitian for the Cardiac Rehab Program, 306-655-2140

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Dianne Gosselin writes - *Once again, the Community Services have their **Women's Bereavement Support Group**, which begins April 2009. This program is offered a couple of times each year and the contact numbers are the same: **Joan Hergott 655-3425** or **Debra Down 655-4272**. The group meets for 6 weeks and is facilitated as a structured support group, which includes an educational component. All women who have lost husbands within the last 18 months are welcome to attend*



The CARG Executive would like to remind the membership that once you have completed your first five years as a signed up member of CARG you are entitled to receive a white heart to be placed on your red CARG shirt. Furthermore, the same applies to the following five years. At ten years of membership you will receive your second free heart, at fifteen years your third, and so on. If you need another heart for your second red shirt, you can purchase them at a cost of \$2.00 each. The hearts are available from your CARG Executive

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CARG and First Step: Do you have a question for the Dietitian?

Rochelle Anthony, Registered Dietitian, will be in the track area on:

Monday, April 6: 9:00-11:00 am
 Tuesday, May 5: 9:00-11:00 am

Stop by and get your nutrition questions answered. No appointments required

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Diabetes on Track for CARG & 1st Step

Do you have a question regarding your diabetes? **Marlene Matiko**, Diabetes Nurse Educator, and **Rochelle Anthony**, Dietitian, will be in the track area to answer your questions on:

Tuesday, April 21: 10:30-11:00 am
 Monday, May 11: 8:00-10:00 am

Please bring your logbook and blood sugar meter. No appointments required

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CARG has an account at the free video-sharing site, **YouTube**. We don't have any of our own videos online yet, but we are linking to some heart-related sites: Heart and Stroke Foundation Canada; British Heart Foundation; Department of Health (UK); The Stroke Association (UK); The Royal Society (UK); Insidermedicine (Canada); MyHeartLog (UK); ORLivedotcom (USA). For more information: <http://www.youtube.com/user/cargsaskatoon>

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CARG e-mail list

All members of CARG are invited to join our e-mail list. This will allow you to receive timely messages concerning important information that you need to know i.e. emergency Field House closures; inclement weather forecasts; programme announcements and or cancellations, etc. You will also be informed when the latest issue of the newsletter is available online - usually a week before the printed version. To subscribe to the list, send an e-mail message to carg.ca@gmail.com with the subject "Subscribe" and your first and last name in the body



Heart and Stroke Foundation honours leading Saskatchewan health researcher



The Heart and Stroke Foundation of Canada (HSFC) has presented Dr. Jim Thornhill of Saskatoon with its highest honour, the Award of Merit, at a ceremony in Ottawa. Dr. Thornhill has been recognized for his outstanding leadership in the field of heart and stroke research, and for his lifelong dedication to improving prevention, treatment and recovery from stroke, benefiting people throughout Saskatchewan and across the country. Dr. Thornhill is Associate Dean, Research and Graduate Studies in the College of Medicine at the University of Saskatchewan, and is Special Advisor to the Associate Vice-President Research - Health, University of Saskatchewan /Vice-President Research and Innovation, Saskatoon Health Region. He is also a Heart and Stroke Foundation of Saskatchewan life member and past board member, and he continues to have direct involvement in leading the development of an integrated stroke strategy for the province

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Getting better: Improving stroke services across the UK

This new report from The UK Stroke Association brings together twelve case studies of stroke services from across the UK covering the whole of the stroke care pathway. The case studies show what can be achieved when key individuals, often from different organisations, get together to champion the stroke cause. They also identify some of the challenges that will need to be overcome to achieve the improvements in stroke care that we are all so desperate to see. For more, see <http://carg.ca/gb>



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Saskatoon Health Region 2009 Survey: Report Summary

Saskatoon Health Region recently conducted a public perception survey to gain insight into residents' experiences with the Region. A large majority of respondents reported a positive experience while a significant number urged the Region to focus more attention to specific areas of care. For more, see <http://carg.ca/shr>

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Alberta decides not to cut out the fat (Canada)



"The Ministry of Health in Alberta backtracked from a province-wide ban on use of trans fats under pressure from the food industry. Ron Liepert, Alberta's Minister of Health, announced on March 15, 2009 that the province would continue to allow eateries to, in effect, police themselves rather than instituting a government regulation. Since Health Canada, the national department responsible for health issues affecting the whole country, may well enact its own regulations, Alberta has decided to "wait and see" how things play out on the national stage. Trans fat is a name given commonly to a type of unsaturated fat that is known to play a significant role in heart disease and other illnesses. Trans fats not only increase the amount of so-called "bad" cholesterol in the blood stream, but they also decrease the amount of "good" cholesterol. In the past the human diet has included very little trans fats, exclusively from fats present in certain cuts of meat" - eCanada

Traffic jams could trigger heart attacks

It's happened to almost every driver. You're late, creeping along for what feels like forever with no idea what's holding up all those cars in front of you. Well, as it turns out, traffic can make you sick. It can even kill you. German researchers have done a study linking traffic to heart attacks. The more time you spend behind the wheel, the more likely you are to have one. Scientists found women, the elderly, the unemployed, and people who already have heart problems face an even higher risk. The American Heart Association has published a German study that found people exposed to traffic are three times more likely to have a heart attack within a few hours and not just if you're driving."You are at risk even if you're riding a bike, even if you're walking, even if you're running in a congested area," says Dr. Mark Turco with the Center for Cardiac and Vascular Research. Stress can trigger heart problems when your blood pressure goes up, but scientists also think pollution may be a factor - KARE11



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2009 Saskatchewan Blue Cross MS WALK



2009 Saskatchewan Blue Cross MS WALK - Sunday April 26, 2009 Archibald Arena, Saskatoon
Check in 8:30am, WALK 10:00am
Route is 6km. For more: <http://carg.ca/ms>

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Cardiac rehabilitation saves lives

People who participate in cardiac rehabilitation after experiencing a major heart event cut the risk of dying from a subsequent heart event in half, according to a new study published in the February issue of the **European Journal of Cardiovascular Prevention and Rehabilitation**. The study, conducted by Dr. David Alter, Institute for Clinical Evaluative Studies, and Dr. Paul Oh, Toronto Rehabilitation Institute, compared the long-term survival rate of more than 4,000 people who had been hospitalized due to a heart event, such as a heart attack. Half of the study cohort completed a one-year cardiac rehabilitation program while the other half did not. The participants who got cardiac rehabilitation received information and coaching about the changes they needed to make to live heart-healthier lifestyles. Consequently, they experienced a decreased mortality rate" - CNW Group



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2009 Canadian Cardiovascular Congress

2009 Canadian Cardiovascular Congress is a forum to showcase Canada's best research and promote learning through scientific sessions, interactive workshops, late-breaking and featured clinical trials, and lively debates. The Congress is a place for active discussions on key issues with colleagues from across the country - 24-28 October 2009 - Edmonton, Alberta, Canada