



# Heart & Facts

Coronary Artery Rehabilitation Group Inc.

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## April 2011 Issue

### CARG Executive 2010-2011 as of March 18, 2011



Above left to right: **Mohindar Sachdev, President; Peter Scott, 1st VP; Ron Fleming, 2nd VP; Curt Weberbauer, 3rd VP; Gerry Zoerb, Treasurer; Howard Hrehirchuk, Membership, Shaw Centre**



Above left to right: **Blake Adamson, Program Coordinator; Dan Danahar, MAL; Dennis Johnson, MAL; Gordon Shuttle, MAL; Bob Klombies, MAL; Jim McKay, MAL**

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### CARG thanks heart pillow volunteers



CARG wishes to thank the following people for sharing their time volunteering to sew and stuff heart pillows on March 6, 2011:

Ken Ardyss Johnston; Larry Mullen; Donna Christine Johnson; Scheila Retzlaff; Eva Shabits; Larry Trischuk; Lil Brandt; Bea Venne; Marlene Donally; Ruth Redden

Please watch the notice boards for future volunteering opportunities



## Food Chat with Rochelle Anthony

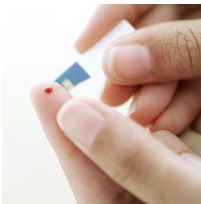
Do have a question for **Rochelle Anthony**, Dietitian for the Cardiac Rehab and First Step Programs? Monday, **April 4**, 9:00am to 11:00am. Field House track area

## Let's talk about your diabetes

If you have diabetes, here is a fun and engaging way to learn more about your diabetes.

Join us for a **Conversation Map™**:

- \* you learn from others just like you
- \* share your thoughts and experiences
- \* Next session: Thursday **April 14** at 9:30am to 11:00am at the Field House
- \* Facilitators: **Marlene Matiko**, Diabetes Nurse Clinician & **Rochelle Anthony**, Dietitian
- \* To register or for more information, talk to your exercise therapist. Space is limited



## Diabetes on Track for CARG and 1st Step: Do you have a question regarding your diabetes?

**Marlene Matiko**, Diabetes Nurse Educator, & **Rochelle Anthony**, Dietitian, will be in the track area at the Field House to answer your questions on Tuesday, **April 14**, 8:00am to 9:30am

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

## Pets can reduce stress, cholesterol, obesity

Looking for a holistic way to reduce stress, cholesterol and obesity? **Get a pet**. Statistics show that 62 percent of American households own a pet. According to a national survey, most pet owners say companionship, love, company and affection are the No. 1 benefits to owning a pet. We know that pets make good companions and decrease loneliness, but numerous studies have shown other profound health benefits of owning a pet:

1. Pets help recovery from heart attacks. A National Institutes of Health study of 421 adults found that dog owners had a better one-year survival after a heart attack, compared to those who did not own dogs
2. Pets help us calm down. A study of 240 married couples showed that pet owners had lower heart rates and blood pressure as compared to those without pets
3. Pets help reduce stress better than our human companions. Pet owners had less stress and quicker recovery from stress when they were with their pets as compared to when they were with their spouse or friend
4. Pet owners have less obesity. A study looking at 2,000 adults found that pet owners who walked their dogs had less rates of obesity and were more physically active than those without pets
5. Pet owners have better mobility in their golden years. Another NIH study looking at 2,500 adults aged 71-82 showed that adults who regularly walked their dogs had more mobility inside the house than non-pet owners
6. Pets can help your cholesterol. The Centers for Disease Control and Prevention states that owning a pet can decrease cholesterol, triglycerides and blood pressure





## Your Heart: New Start (Canada)

"YourHeartNewStart.ca, developed by Eli Lilly Canada in partnership with the World Heart Federation, is a new online resource designed specifically to guide Canadian heart attack and heart procedure patients through the recovery process, providing information and interactive tools for patients, their families and loved ones. The Your Heart: New Start website

addresses the physical and emotional challenges facing heart attack or heart procedure patients and their caregivers, at various stages of their recovery. As the basis for the website, the Your Heart: New Start international survey found that Canadian patients lag behind their European counterparts when it comes to managing their heart health after a cardiac procedure, and were nearly three times as likely to stop following their doctor-recommended diet and exercise recommendations because they were "feeling better" (20 per cent). Also, more than one in five patients in Canada frequently missed taking their antiplatelet medication to prevent blood clots - the highest proportion among countries surveyed" More: <http://carg.ca/yhns>

## Girth of a nation: Canada trails U.S. in obesity rates

"Who are you calling fat? Canadians may be losing the battle of the bulge, but we're still slimmer on average than our supersized cousins to the south. A new **Statistics Canada** survey found that between 2007 and 2009, 24.1% of adults in Canada were obese. In the U.S. that number was 34.4%. The gap was widest for women: 23.9% of Canadian women qualified as obese, compared to 36.2% of American women. Of Canadian men, 24.3% were obese, while 32.6% of American men tipped the scales. But Canadians have no reason to feel smug about their comparative lack of bulk, said one obesity doctor. Dr. Arya Sharma, professor of medicine and chair for cardiovascular obesity research and management at the **University of Alberta**, said Canada is eating its way into a public health crisis" More: <http://carg.ca/girth>



## Rick Stene: Confidentiality of your health information

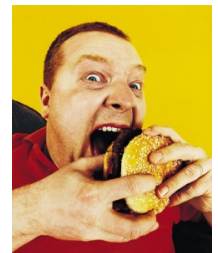
Confidentiality of your health information is taken very seriously. Each one of us has a right to privacy and to choose who may look at our health information in whole or in part. This is our choice. The Saskatoon Health Region and the Cardiac Rehabilitation staff would like to ensure we comply with your wishes. For the staff to provide you with advice on your exercise or vascular health we need certain pieces of your health history. When you enter the program you are asked to sign a consent form which includes permission to obtain health information and to correspond with other members of your health team (Family doctor, Cardiologist). If you have any questions or concerns about this process I would be happy to discuss this with you. Our intent is to

comply with your wishes and to still be able to provide you with proper services while you are here. We have not had a problem in this regard over the past 41 years of operation, however the Cardiac Rehabilitation staff and the CARG executive felt it would be beneficial to ensure this process is open, transparent and complies with your needs and wishes. Please feel free to call me if you have any questions or concerns.

Rick Stene, Manager, Chronic Disease Management – Exercise, Saskatoon Health Region, 655-6870

## Many stick with fast food after heart attack (USA)

"You might think that people who've had a heart attack might cut back on fast food, which usually has unhealthy amounts of fat and salt. And in fact, some heart attack patients who are frequent fast food eaters do cut back, researchers found in a new study. But 6 months later, more than half of them can still be found at their favorite fast food places at least once a week. The researchers who published these findings in the **American Journal of Cardiology** say the reduction in visits to fast food restaurants is not enough and patients need better dietary education. "We can do better," Dr. John Spertus, a professor at the University of Missouri Kansas City and one of the authors of the study, told Reuters Health. Spertus and his colleagues studied nearly 2,500 heart attack patients across the U.S. who filled out surveys while they were still in the hospital. Overall, 884 patients, or roughly one of every three, reported eating fast food frequently in the month before their heart attack. "Frequently" meant once a week or more. When the researchers checked back 6 months later, 503 were still eating fast food every week" More: <http://carg.ca/ff1>





## High blood pressure patients 'benefit' from therapy (UK)

"Patients with high blood pressure would benefit from a series of personal advice sessions on their medication, say UK researchers. Writing in the **Journal of Human Hypertension**, they said many of the 10 million people with the condition in the UK fail to take their medication. The study showed a 14% reduction in blood pressure when people took part in "adherence therapy". The British Heart Foundation said the findings should not be ignored. High blood pressure, known as hypertension, is one of the leading causes of heart disease and stroke. It can be treated with medication, but the authors claim that half of patients do not take their medication correctly" More: <http://carg.ca/hbp>

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## Dirty air triggers more heart attacks than cocaine

"Air pollution triggers more heart attacks than using cocaine and poses as high a risk of sparking a heart attack as alcohol, coffee and physical exertion, scientists have said. Sex, anger, marijuana use and chest or respiratory infections and can also trigger heart attacks to different extents, the researchers said, but air pollution, particularly in heavy traffic, is the major culprit. The findings, published in **The Lancet** journal, suggest population-wide factors like polluted air should be taken more seriously when looking at heart risks, and should be put into context beside higher but relatively rarer risks like drug use. Tim Nawrot of Hasselt University in Belgium, who led the study, said he hoped his findings would also encourage doctors to think more often about population level risks" More: <http://carg.ca/airpol>



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## Growing debate over fat tax (Canada)

Will Canadians be healthier if they pay a few pennies of extra tax on junk food and pop? That's a hot question lately - particularly in Ottawa, where a number of prominent organizations have presented arguments to the standing committee on health this month. They're calling for reforms to Canada's rules on food taxes. Put simply, they want food taxes brought closer in line with Health Canada's recommendations on healthy eating. "Right now, it doesn't make any sense," says Manuel Arango, assistant director of health policy at the **Heart and Stroke Foundation of Canada**. "For instance, one doughnut is taxed but if you buy six, they're not.

That's perverse." Other groups that support tax changes to encourage healthier eating habits include the Canadian Medical Association, Centre for Science in the Public Interest and Quebec's Weight Coalition. More: <http://carg.ca/dnuts>

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## Stroke patients benefit from family involvement in exercise therapy

Your family's involvement in your exercise therapy could significantly improve your function and recovery after stroke, according to a study in the March issue of **Stroke: Journal of the American Heart Association**. Researchers found that adding family-assisted exercise therapy to routine physical therapy after stroke improved motor function, balance, distance walked and ability to perform daily living activities. It also lowered the strain on the family member, who said participation lowered stress and was empowering. "It's a win-win situation for everyone," said Emma Stokes, Ph.D., the study's principal investigator and Senior Lecturer in Physiotherapy at Trinity College Dublin in Ireland. "People with stroke, their families and healthcare providers share in the benefit." The study involved 40 male and female stroke survivors, all Caucasian. Half received routine exercise therapy, while the others received the Family Mediated Exercise intervention (FAME) in addition to routine therapy. More: <http://carg.ca/therapy>

