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February 2010 Issue

The CARG Executive for 2009-2010



Left to right: Mohindar Sachdev, President; Howard Hrehirchuk, Treasurer; Dan Danaher, 1st VP; Dennis Johnson, 2nd VP; Peter Scott, 3rd VP; Larry Mullen, Past President; Ron Fleming, Membership



Left to right: Curt Weberbauer, Collection Coordinator; Members-at-Large: Blake Adamson, Dr. Ted Jahnke, Ron Stevens, Gordon Shuttle, Larry Wilkins. The position of secretary is still vacant



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 The CARG e-mail list - if you wish be informed about CARG happenings in a timely fashion, please send an e-mail to carg.ca@gmail.com and ask to be added to our e-mail list. Be assured that your e-mail address is not shared with any third-parties.
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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:

Thursday, March 11 2010 from 8:00 to 11:00 am

Monday, March 29 2010 from 8:00 to 11:00 am

Please bring your logbook and blood sugar meter. No appointments required. Also coming up:

Diabetes group session: "Putting YOU in charge of your diabetes"

* Monday, April 26 2010; 8:00 to 11:30 am; breakfast provided; to register, talk to your exercise therapist





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

Rochelle Anthony, Registered Dietitian, will be in the track area on Monday, March 15 2010 from 9:00 to 11:00 am. Stop by and get your nutrition questions answered. No appointments required

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Guidelines for Choosing a Weight Loss Program (Dietitians of Canada)

Changing habits isn't easy. If you are thinking of joining a weight loss program here's a guide from Dietitians of Canada to help you choose one that is nutritionally balanced, safe and effective over the long term.



You should know what to expect from a commercial weight loss program before you join. A healthy weight loss program will include all of these elements:

- * Weight loss goal of no more than 2 pounds (1 kilogram) per week.
- * Nutritionally balanced diet that includes all four food groups from "Canada's Food Guide" in adequate amounts for your lifestyle.
- * Find out if the program encourages vegetables and fruits, whole grains, low fat dairy, lean meats & meat alternatives and small amounts of healthy fats.
- * Regular physical activity plan and tips on how to get started.
- * Advice for creating new healthy eating habits.
- * Maintenance stage to help you enjoy a healthy lifestyle over the long term.
- * Flexibility for your unique needs such as food likes & dislikes, allergies, eating out, cultural restrictions, etc.

Full document available online at <http://carg.ca/weightlossprogram.pdf>

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Winners of the raffle prizes at our Christmas party at the Field House

- Gift card for Mano's Restaurant: Donna Zimmerman
- Gift Card for Tim Horton's: Keith Bowler
- Poinsettia donated by Ted Jahnke: Lois Chatterbok
- Framed painting donated by Mary Strateschuk: Dennis Johnson
- Framed print donated by Gerhard Stuewe: D. Surbey

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Elderly patients 'over-treated' for high blood pressure (UK)

"Elderly patients are being treated too aggressively for **high blood pressure**, researchers claim. They say the "oldest olds", meaning patients aged 80 plus, are being given too many drugs and in too large doses, which may do them more harm than good. The Cochrane scientists who looked at the available data say doctors can set their targets lower for octogenarians. This makes good economic and clinical sense given the expanding elderly population, they told *bmj.com*. But doctors said high blood pressure is largely under-recognised and under-treated in the UK. Experts say the "oldest olds" are the fastest growing sector of the world's population. According to latest estimates, the UK population of 85-year-olds will go up by a third by 2020. And more than half of these will need treatment for high blood pressure, the **British Medical Journal** reports"



Diabetes alarm raised - First Nations women face future with disease (Canada)

Canada's diabetes epidemic is hitting **First Nations women** so hard that almost half of them develop the disease, often at a young age. "It's horrible," said Dr. Roland Dyck of the University of Saskatchewan, the lead author of a new study that reveals "striking" sexual and racial differences in Canada's escalating diabetes epidemic. "Diabetes is a disease of young First Nations adults with a marked predilection for women; in contrast, diabetes is a disease of aging non-First Nations adults that is more common in men," says the study published in the **Canadian Medical Association Journal**. It looked at more than 90,000 diabetics in Saskatchewan since 1980 and gives the clearest picture yet of differences that likely occur across Canada, says Dyck, who has been studying the relentless rise in diabetes rates for 20 years. He and his colleagues suggest the disease is so insidious that First Nations women and their children are increasingly caught in a "vicious cycle" that sees the rates go up in each generation. "And it's not going to level off unless we do something to intervene," Dyck said, stressing the need for earlier and more effective prevention programs. For more: <http://carg.ca/diabetesfirstnations>



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Canadians are weaker and fatter? No surprise, says kinesiologist

It's no surprise Canadians are getting weaker and fatter, given the advent of "quick and easy," lifestyles that are increasingly driven by technology, says a kinesiologist who works with cardiac patients in Sault Ste. Marie. "I've sort of seen this coming over the last 10 years, it's just nice that it is now really statistically proven," said Domenic Sorrenti, who works on cardiac rehab with patients in the Group Health Centre's vascular intervention program. "How many times have you gone down a street and looked over at a playground and seen kids playing outside? I don't see any at all," he said. "I think they're all inside playing video games." Sorrenti said the root cause of declining fitness among Canadians won't be easy to change. A Statistics Canada study, touted as the most comprehensive national survey ever conducted, found that fitness levels of children, youth and young adults, regardless of gender, declined significantly between

1981 and 2009. The Canadian Health Measures Survey found body composition among children has deteriorated significantly over the last 20 years, while at the same time, more teens became overweight. The study also showed that based on waist circumference, the percentage of adults 20-39 at risk for health problems more than quadrupled. The deterioration was particularly pronounced for both Canadian men and women age 20 to 39, with 31 per cent of women and 21 per cent of men in that group now considered at high risk for health problems because of their weight. For more: <http://carg.ca/cankin>

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Saskatoon Health Region staff receive geographic information technology award

Some Saskatoon Health Region staff have been recognized as innovators in the use of geographic information system (GIS) technology in the health and human services fields. The recognition comes from a California-based company called GIS ESRI in Nashville, Tennessee late last year. The Communication Award for excellence in map presentation, visualisation and communication went to Saskatoon Health Region staff. The poster, Mapping the Availability of Tobacco Products to Youth in the City of Saskatoon, tells the story of using GIS to convert school health survey results into information that will help health officials develop policies for reducing tobacco use among middle school students. The study examined the locations of tobacco retailers near schools and used statistical analysis to identify potential correlations with student-reported smoking initiation rates. Maps displayed an overall view of the results. Left to right in the picture: Daphne Goodman-Eifler, supervisor, Tobacco Reduction Strategies; Tanya Dunn-Pierce, manager, Health Promotion Department and Tracy Creighton, GIS analyst, Public Health Observatory. For more: <http://carg.ca/shrtr>





The medical secret behind Mona Lisa's smile?

"For centuries, art historians have been troubled by Mona Lisa's enigmatic smile - but, according to one doctor, her cholesterol levels were more worrying. For Dr Vito Franco, from Palermo University, she shows clear signs of a build-up of fatty acids under the skin, caused by too much cholesterol. He also suggests there seems to be a lipoma, or benign fatty-tissue tumour, in her right eye. The professor of pathological anatomy at Palermo University presented his finding at a medical conference in Florence". For more: <http://carg.ca/ml>

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Philips tests 'Big Brother' health checks (UK)

"The scope of a new global healthcare market worth billions of pounds is being tested by Philips, the electronics group, in the UK with the world's biggest trial of distance monitoring of chronically ill patients in their homes. The Dutch company is hoping to prove to the NHS that it can stem the mounting financial burden of institutional care by using high-tech diagnostic equipment linked by the internet. Patients in Newham, a deprived East London borough, are being monitored at home using diagnostic equipment linked via broadband internet connections to local hospitals and clinics. The Newham patients are able to test their own blood pressure or blood oxygen level and send the data in an electronic message to staff at the Primary Health Trust" - Times Online. For more: <http://carg.ca/bb>



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Health Canada warns Canadians not to use "The Slimming Coffee" or "Lose Weight Coffee"

"Health Canada is warning consumers not to use the unauthorized product "The Slimming Coffee," which was previously sold as "Lose Weight Coffee," because it was found to contain the undeclared prescription drug sibutramine and may pose serious health risks. This product is promoted as a natural coffee beverage used for weight-loss. Sibutramine is used to treat obesity and should only be used under the supervision of a health care practitioner. Sibutramine may cause serious side effects including cardiovascular reactions such as increased blood pressure, chest pain, and stroke. Other side effects include dry mouth,

difficulty sleeping and constipation. Sibutramine should not be taken by people who have had a heart attack, coronary artery disease, heart-related chest pain, irregular heart beats, congestive heart failure, a stroke or symptoms of a stroke, or unstable or poorly controlled high blood pressure." For more: <http://carg.ca/sibu>

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Too much television points to an early death (Australia)

"Australian scientists have published new research that suggests that the more television people watch, the sooner they die. The Australian report says that every hour viewers spend watching television increases the risk of premature death. The study was undertaken by the **Baker IDI Heart and Diabetes Institute** in Melbourne. Researchers there studied more than 8,000 adults in Australia, for a six-year period. The results will almost certainly be disconcerting for those who regularly watch TV. The findings have revealed that those adults who watched television the most died younger. The team in Melbourne was led by Professor David Dunstan, who believes this elevated risk of an early death was independent of other risk factors, including high blood pressure or cholesterol levels as well as diet, exercise and smoking. Dunstan says the research shows that too much sitting on the couch/sofa can be detrimental to our health. Health campaigners have welcomed the findings, which have been published this week in the journal **Circulation**"

