



Heart & Facts

Coronary Artery Rehabilitation Group Inc.

Saskatoon Field House, 2020 College Drive, Saskatoon, SK, S7N 2W4

Shaw Centre, 122 Bowlt Crescent, Saskatoon, SK, S7M 0L1

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May 2011 Issue

CARG needs VOLUNTEERS

CARG is a non-profit organization that provides facilities and assistance to its members in rehabilitating their cardiac systems, educate them on topical issues of heart-health and provide an environment of fellowship with others with similar concerns. The cost of providing the facilities and services is the lowest in Canada. This is achieved because a large number of volunteers spend countless hours in organizing the program and making sure that it functions properly. These volunteers are not paid any remuneration and, therefore, the administrative cost of the program is minimal.

The current fiscal year of CARG will end on August 31, 2011 and the Annual General Meeting will be held in the fourth week of October. At that meeting a Board of Directors will be elected. At least three members of the present Board of Directors will not be available for serving on the Board next year.

A Nominating Committee has been formed; this Committee is chaired by Dan Danaher. The Committee is looking for volunteers who would be willing to serve on the Board in the next fiscal year for the following responsibilities:

Secretary of the Board of Directors: The Secretary would be expected to perform the following duties:

- Record minutes of all the meetings of the Board of Directors and distribute them among the Members of the Board.

- Record minutes of the Annual General Meeting and make them available for approval at the next General Meeting.

- Submit a copy of the Annual Financial Statement to the Information Services Corporation of Saskatchewan.

- Submit the Annual Return to the Information Services Corporation of Saskatchewan.

- Submit the information on the changes in the membership of the Board of Directors to the Information Services Corporation of Saskatchewan.

- Respond to and initiate correspondence as directed by the President.

The Secretary should be familiar with using Word Processing software. At this time, Microsoft Word is being used to record minutes.

Member-at-Large (1) who would be responsible for the following tasks.

- Receive the fees collected at the Field House each month and deposit them in the CARG Account at the Affinity Credit Union.

- Record details of fees paid by individual members in a spreadsheet every month and reconcile the details with the collected monies.

This member should be familiar with using software like the Microsoft Excel for keeping details of the fees paid by individual members.

Member-at-Large (2) who would be responsible for the following tasks.

- Record details of fees paid by individual members in a spreadsheet every month and reconcile with the records kept by Member-at-Large (1).

- Prepare a consolidated list showing the fees paid in the current month and fees paid in advance for the following month.

- Keep records of Names and addresses of members of CARG.

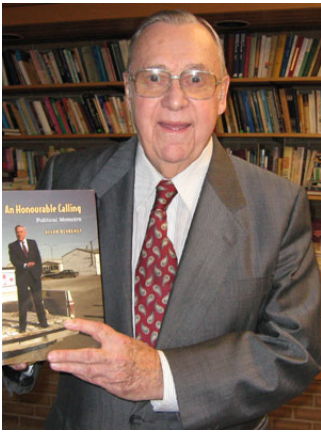
- Assign Membership Number to all new members.

- Print lists of members for use while collecting fees and provide them to the fee collection teams.

If volunteers are not available to perform these tasks, the Board will have no choice but to hire professional help. This will mean that there will be a substantial cost that will have to be recovered. The only way of recovering that cost seems to be an increase in the walking fees that will be contrary to the objectives of keeping the CARG program affordable.

Please convey your consent or nomination of a friend to Dan Danaher (Telephone: 306-343-7676) or James McKay (Telephone: 306-373-9798)

(Submitted by Mohindar Sachdev, President of CARG)



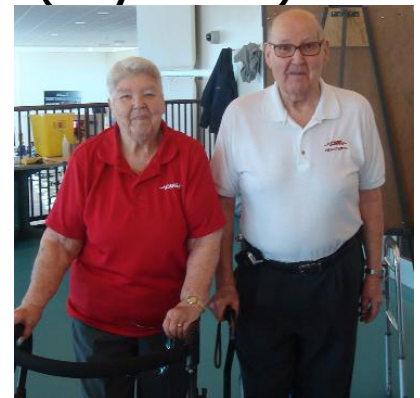
Former Saskatchewan premier (and member of CARG) Allan Blakeney dies of cancer

A former Saskatchewan premier who was instrumental in the creation of Canada's publicly funded health care system and the patriation of the Constitution has died at the age of 85. **Allan Blakeney** died Saturday April 16, 2011 following short battle with cancer. Mr. Blakeney served as Saskatchewan's tenth premier from 1971 to 1982 and leader of the provincial New Democrats for 17 years. Before that he was a cabinet minister in the NDP government in the 1960's, helping to steer the introduction of medicare through a no-holds barred political debate in the province. Former Saskatchewan premier Roy Romanow, who served in Blakeney's cabinet and was a close friend, said it's hard to single out any single accomplishment. "He really is a nation builder, one of Canada's really outstanding leaders," Mr. Romanow said in an interview. A Memorial Service will be held on Saturday May 7 2011 at 1:30 pm at the Conexus Arts Centre in Regina, SK. Condolences may be

sent to mail@saskatoonfuneralhome.com. Arrangements have been entrusted to Saskatoon Funeral Home. **Allan had been a CARG member since March 2009**

Testimonial from CARG member Leonard C. Marriott (82 years old)

*When my wife Audrey started at the Shaw Centre with CARG...as her support person I weighed 277 pounds. Through dieting and walking 25 laps around the track 3 times a week, I now weigh 175 pounds. I have been walking for a year now. Dieting has also been a real help, and I have never felt better. I have lots of energy; do not get out of breath; and have a whole new wardrobe of clothes that fit!!! Try it. It works. - **Leonard C. Marriott (82 years old)***

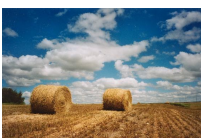


Alfred Schmidt joins CARG Executive

The CARG Executive is very happy to welcome Alfred Schmidt (pictured left) to the board of directors. Alfred will be responsible for membership duties at The Shaw Centre CARG programme

CARG gets new equipment

CARG has acquired another NuStep 4000 Recumbent Total Body Cross Trainer (pictured left). It will be placed at the Field House (as of April 18, 2011). CARG has also acquired 4 Schwinn Airdyne AD-4 bikes (pictured right). Two each will be housed at the Field and the Shaw Centre



Please note: the next issue of the newsletter will be September 2011. The CARG executive wishes everyone a happy, safe, and enjoyable summer. For daily heart-related news you can read the CARG blog at <http://cargsaskatoon.blogspot.com>



National Hockey League Players' Beard-a-thon

NHLPA Beard-a-thon donations will go towards the placement of Automated External Defibrillators in hockey rinks, schools and community centres in provinces across Canada. Heart and Stroke Foundation's goal is to make Canada the most cardiac safe country in the world. Research shows that the use of an AED with cardiopulmonary resuscitation (CPR)

before the arrival of Emergency Services personnel can increase the chance of survival by up to 75 percent. It is estimated that the first three minutes are the most important when helping someone who is the victim of cardiac arrest. More: <http://carg.ca/nhl>

Happiness peaks in our eighties

Traditional wisdom states that our younger years are the best of our lives, with the milestone of 40 meaning we are "over the hill" and already on the wane. But in fact satisfaction and optimism steadily increase after middle age, easily eclipsing the earlier years and peaking as late as the eighties, according to research. An easing of the responsibilities of middle age combined with maturity and the ability to focus on the things we enjoy combine to make old age far more enjoyable than one might expect.

This is greatly increased by having good health, a stable income and good relationships with family and friends, according to scientists.

Lewis Wolpert, emeritus professor of biology at University College London, who explained the findings in a new book called **You're Looking Very Well**, said most people were "averagely happy" in their teens and twenties, declining until early middle age as they try to support a family and a career. He added: "But then, from the mid-forties, people tend to become ever more cheerful and optimistic, perhaps reaching a maximum in their late seventies or eighties" More:

<http://carg.ca/80s>



Bad penmanship endangers patients (Canada)



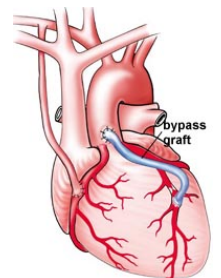
A leading Canadian doctor says medical professionals' indecipherable writing on prescriptions and medical charts puts patients at "totally unacceptable" risk. **Dr. Louis Francescutti**, president of the Royal College of Physicians and Surgeons, cited the case of a Nova Scotia nurse reprimanded in the past month for his illegible handwriting, Postmedia News reported. Wilfred Douglas Gordon was ordered by the College of Registered Nurses of Nova Scotia to take a documentation course after the organization found his writing on nurses' notes and patients' charts was unreadable. "But in 2011 it's totally unacceptable that we're still handwriting -- that's how the monks did it," Francescutti said.

"Everything should be dictated or typed." Francescutti offered a simple solution to rid hospitals of the

sloppy writing that has plagued the medical profession. "If you pull out a physician's chart and you can't read what it says, they shouldn't get paid for that procedure," he said. "Patients' lives are actually in danger by misinterpretation of drug dosage or a procedure. It's totally inexcusable." The importance of legible writing is taught in medical schools, Francescutti said, but "the people that teach it are the ones that can't write either" More: <http://carg.ca/pen>

For multiple heart blockages, bypass surgery or stents?

For patients who have several blocked arteries around their heart, the gold standard treatment has long been coronary artery bypass surgery. Now a large clinical trial suggests that drug-coated stents, springy lattice tubes used to prop open clogged arteries, may also work well in patients with multiple blockages. And in some patients, the stents produce equally good results with faster recovery times. The caveats, experts say, are that people with daily or weekly chest pain from advanced coronary artery disease will probably experience slightly better relief from bypass surgery compared to stenting; but they can also count on waiting to get the full benefit of that procedure weeks to months longer than people who get stents. Experts say the study, which is published in **The New England Journal of Medicine**, brings to light important trade-offs that people with complex coronary artery disease need to weigh before making a decision between the two procedures. More: <http://carg.ca/bpg>





Fast-food + coffee = soaring blood sugar (Canada)

Eating a fatty fast-food meal can result in blood-sugar levels spiking, and chasing it with caffeinated coffee doubles the trouble, Canadian researchers say. Marie-Soleil Beaudoin, a doctoral student at the University of Guelph in Ontario, with Professors Lindsay Robinson and Terry Graham, discovered not only that a healthy person's blood-sugar level spikes after eating a high-fat meal, and it doubles if caffeinated coffee is added - jumping to levels similar to those of people at risk for diabetes. In the study, healthy men drank about 1 gram of a fat-laden beverage - a fat cocktail that contains only lipids - for every kilogram (2.2 pounds) of body weight. Six hours later, they were given a sugar drink. When people eat sugar, the body produces insulin, which takes the sugar out of the blood and distributes it to our muscles, Beaudoin explains. The study, published in the **Journal of Nutrition**, found that the fatty meal affected the body's ability to clear the sugar out of the blood - blood-sugar levels were 32 percent higher than they were when the men had not ingested the fat cocktail. However, after they received two cups of caffeinated coffee 5 hours after ingesting the fat beverage and later a sugar drink - blood-sugar levels increased by 65 percent. More: <http://carg.ca/blsu>

Doctors 'often defy' their own treatment advice (USA)

Many doctors recommend treatments to their patients that they would not use themselves, a US study suggests. Experts asked nearly 1,000 US physicians to consider a medical scenario and pick a treatment. But when doctors were asked to imagine themselves as the patient their answers differed significantly. Doctors were far more likely to opt for a therapy carrying a higher chance of death but better odds of side-effect free survival, for example. But for their patients, doctors tended to pick a treatment that erred on the side of survival, regardless of the quality of life, **Archives of Internal Medicine** reports. More: <http://carg.ca/docs>



Sprints better than marathon for heart health

Scientists have found that a number of brief bursts of exercise were better for your heart and circulation than the equivalent long distance training. They discovered that the distance, time and calories burned in sprint exercises were much less than those needed in endurance in order to have the same benefits for the cardiovascular system. The findings were published in the **American Journal of Human Biology**. "Cardiovascular disease (CVD) is a leading cause of mortality throughout the world and its risk factors have their origins in childhood," said lead author Duncan Buchan from the University of the West of Scotland. "Our research examines the effects of brief, intense exercise when compared to traditional endurance exercise on the markers of CVD in young people" More: <http://carg.ca/sprint>

Nighttime leg twitches may be a sign of heart trouble

The nighttime twitching of restless legs syndrome may be more than an annoyance. New research suggests that in some people, it could be a sign of hidden heart problems. People with very frequent leg movements during sleep were more likely to have thick hearts - a condition that makes them more prone to cardiac problems, stroke and death, the study by **Mayo Clinic** doctors found. "We are not saying there is a cause-and-effect relationship," just that restless legs might be a sign of heart trouble that doctors and patients should consider, said Dr. Arshad Jahangir, a heart rhythm specialist at the Mayo Clinic Arizona in Scottsdale. He led the study and gave results recently at an American College of Cardiology conference in New Orleans. Restless legs syndrome is thought to afflict millions, though there's argument about just how many. Some doctors think its seriousness has been exaggerated, possibly to help sell treatments. The syndrome gained more scientific respect several years ago, when several genes were linked to it. And doctors have long known that other types of sleep disturbances such as sleep apnea raise the risk of heart problems. More: <http://carg.ca/rlegs>

