



Heart@Facts

Coronary Artery Rehabilitation Group Inc.

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Hospital Visitation Program at Royal University Hospital (Saskatoon)

Ruth Redden (Volunteer Visitor Program Co-ordinator) writes: **Many CARG members have participated in the Hospital Visitation Program at RUH. This program began in 1986 and has been very effective in assisting patients as they adapt to a new lifestyle after experiencing a "heart event". It is also an opportunity to talk with patients and family members about the cardiac education and exercise programs.**



A journal article from the Archives of Internal Medicine, (Effect of Cardiac Rehabilitation Referral Strategies on Utilization Rates, Arch Intern Med/Vol 171 (no 3), Feb. 14, 2011), looked at ways to increase cardiac rehab participation. Along with other points, they identified the benefits of visitation at the bedside and the positive effects of peers.

We know that people, after a heart event, benefit from attendance at a Cardiac Rehab Program. We also know it is best if people hear about programs from many sources. A person who has experienced a heart event and who has embraced our rehab program, is an important connection.

Our program is always interested in recruiting new volunteers to participate in the hospital visitation program currently operating at RUH.

What is involved in becoming a Hospital Volunteer Visitor?

- * Interview with Ruth or one of the nurses
- * Complete application form for RUH Volunteer Services
- * Interview with Volunteer Services, police check and attend hospital orientation
- * Buddy with an experienced volunteer and visit on the ward together

**If you are interested in this area of volunteer work, please contact:
Ruth Redden (Volunteer Visitor Program Co-ordinator) at 652-6990**

THANK YOU ETHYLENE EICHORN:

Ethylene Eichorn has been the program co-ordinator for the Hospital Cardiac Rehabilitation Program since 1994.

She has efficiently co-ordinated the volunteer visitation schedules and has gone above and beyond what was required to ensure this program was successful.

Ethylene retired from this role in August of 2011 but continues to volunteer her time at RUH.

A Special THANK YOU for a job well done

Ethylene Eichorn's retirement tea - October 11, 2001



A retirement tea was held for Ethylene Eichorn, pictured far left with Leslie Worth of the Saskatoon Health Region, on October 11, 2001.

Ethylene writes:

Dear CARG Members:

I want to thank you for letting me assign visitors for the hospital visitations. I have enjoyed doing it and it was hard for me to give it up, but it is always good to have younger ones have a chance to do this also.

In the years I have spent doing this, I have never met any visitor who complained about going to the hospital & visiting heart patients. In fact they wanted to do more than twice a month. The heart visitors are a group of devoted, caring people and I think they

deserve a lot of praise for the many people they have talked to and given them a hope for the future.

Also, our Cardiac Nurses have been a great help to me. They are the ones who have classes to answer all the questions you have about living as a heart patient and caring for a heart patient. Having a husband who had 3 heart attacks, it sure helped me.

Again I thank you.

God Bless You All

Ethylene Eichorn

If you couldn't make it to the tea, here's what you missed:



Please note: there will be no programme at the Field House on November 18 because a National Fencing Event is taking place

Royal University Hospital Every Heart Matters Campaign (Saskatoon)

John Cross, Volunteer Chair Every Heart Matters Campaign writes *"Chances are, you know someone with a heart rhythm disorder. It might be your grandmother or your grandson. A young athlete or a busy mom. A neighbour or a trusted friend. In fact, one in four of us will experience an abnormal heartbeat at some point in our lives. For many, an irregular heartbeat can diminish enjoyment of life. For others, it will prove fatal. In the 1950s, when Royal University Hospital opened its doors, Dr. Louis Horlick and, a few years later, his colleague Dr. José Lopez, were champions of modern, holistic cardiac care. Today, they continue that vision by joining the Royal University Hospital Foundation as Honorary Co-Chairs of the **Every Heart Matters Campaign**. Our goal is to advance the excellent cardiac care program at Royal University Hospital by raising \$5.5 million for a laboratory and program dedicated to the treatment, research and education of heart rhythm disorders. This advanced sub-specialty is called Cardiac Electrophysiology or EP. As you will read on the following pages, a comprehensive cardiac care program - with the addition of the EP Laboratory - will make a vital difference to our patients, their families and their medical team at RUH. But we need your help. Please join me by supporting the Every Heart Matters Campaign"*



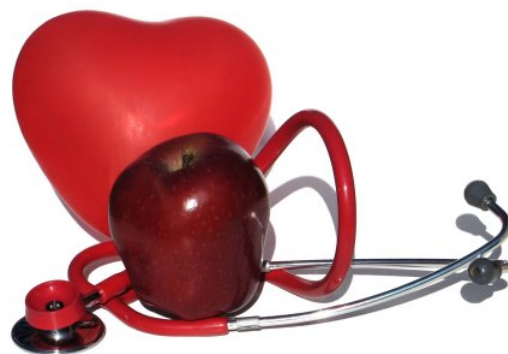
Implantable pacemaker inventor Wilson Greatbatch dies



The man who invented the first successful implantable cardiac pacemaker, **Wilson Greatbatch**, has died in Buffalo, New York, aged 92. His pacemaker was first implanted in humans in 1960 and keeps the heart beating in a regular rhythm. Now, hundreds of thousands of people receive pacemakers every year. Larry Maciariello, his son-in-law, told reporters his health had been "intermittent". He held more than 150 patents. More: <http://carg.ca/wg>

Why cardiac rehab saves lives

Cardiac rehabilitation can be extremely effective, yet most people choose to avoid it. New research may make them think twice. Cardiac rehabilitation can improve the ability of the heart to return quickly to a normal rate after exercise, and that in turn can double the chances of survival. "Time and time again, cardiac rehabilitation has been shown to improve survival, to improve quality of life, and of course improve exercise capacity," says researcher Leslie Cho, MD, section head of preventive cardiology and rehabilitation at the Cleveland Clinic. However, experts debate whether it's possible to reverse an abnormally slow return to a normal heart rate, and if doing so can lengthen life. The new research sheds light on both points. "For the first time, we have shown that cardiac rehabilitation can train the heart to return to its normal rate quickly after exercise and improve survival. This is better than any medicine," Cho says. The study is published in **Circulation: Journal of the American Heart Association**. More: <http://carg.ca/cardr>



Coronary Artery Rehabilitation Group, Inc.
Annual General Meeting

The Annual General Meeting of the Coronary Artery Rehabilitation Group will be held at 9:15 AM on November 9, 2011 in Meeting Room 2, Field House Saskatoon. CARG is your organization; please come to the AGM and participate in it to make it like you would like to see it.

AGENDA

1. Call to Order
2. Adoption of Agenda
3. Welcome "In Memoriam"
4. Approval of Minutes of the AGM held on October 29, 2010
5. Business Arising from the Minutes of 2010 AGM
6. Reports
7. Approval of Budget for 2011-2012 financial year
8. Approval of Auditors for 2011-2012 financial year
9. Election of CARG Board of Directors for 2011-2012 year
10. Old Business
11. New Business
12. Adjournment

Canada's emergency doctors push to improve rate of "bystander" CPR assistance



Canadians who suffer cardiac arrest outside of a hospital are three to four times more likely to survive if they receive cardiopulmonary resuscitation (CPR). According to the Canadian Association of Emergency Physicians, such assistance is provided in only about one-quarter of cases. In a position statement on "bystander" CPR to be published in the **Canadian Journal of Emergency Medicine**, CAEP says it is not acceptable that vast numbers of witnessed cardiac arrest victims do not receive bystander CPR. More than 20,000 people suffer out-of-hospital cardiac arrests in Canada each year, with 85 per cent of cases occurring in residential dwellings. Currently, less than 10 per cent of these people survive. Every Canadian should be trained in CPR and all Canadians should respond and provide chest compressions, with or without mouth-to-mouth ventilation, whether they are trained or not, CAEP says

Citalopram: Health Canada reviewing dose-related heart risk

Health Canada is reviewing the heart-related safety of the prescription antidepressant citalopram. The review is in light of new study data suggesting that high doses (60 mg/day) can affect the electrical activity of the heart. The changes in electrical activity could potentially lead to serious, possibly fatal abnormal heart rhythms

