



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

E-mail: carg.ca@gmail.com | Website: <http://carg.ca>

October 2011 Issue

I got one! Influenza Vaccine

Seasonal Influenza Immunization begins on October 11, 2011

Vaccine is available for everyone this year. All ages benefit from annual influenza vaccine but it is important those considered at high risk be immunized. People at high risk of complications or

hospitalization:

- * People 65 years of age or older (or turn 65 prior to March 31, 2012)
- * Pregnant women
- * Children 6 months to 4 years of age
- * People who are severely obese
- * People of any age who are residents of nursing homes and other chronic care facilities
- * Anyone with chronic health conditions

Household and close contacts:

- * Of any of the categories listed above
- * Of infants less than 6 months of age
- * Households expecting a newborn before March 31, 2012

Other groups:

- * Healthcare providers, health care students and registered volunteers
- * Physicians and medical office staff
- * People providing regular child care to children less than 5 years of age
- * People employed in the poultry and hog industry

If you have any questions about clinic locations and times, contact the Saskatoon Health Region at 655-4620

Diabetes on Track - 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:

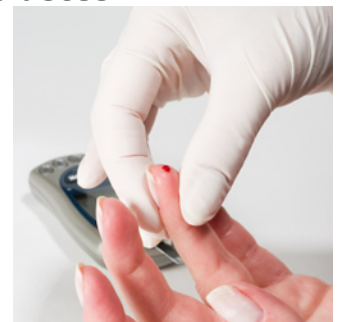
Field House:

Tuesday October 25 @ 8am - 10am

Monday November 7 @ 8am - 11am

Shaw Centre:

Wednesday October 19 @ 8am - 11am



Please bring your logbook and blood sugar meter. No appointments required but you may book a time. Speak to your exercise therapist about this

Craving Change(TM) - changing your relationship with food

Craving Change(TM) - changing your relationship with food - presented free of charge by LiveWell Dietitians

Understand why you eat the way you do:
Comfort yourself without food - Change your thinking - Change your eating

2 programs available:

Field House:

Thursday October 6 @ 10am - 12pm
Thursday October 20 @ 10am - 12pm
Thursday November 3 @ 10am - 12pm

West Winds:

Tuesday October 18 @ 2pm - 4pm
Tuesday October 25 @ 2pm - 4pm
Tuesday November 8 @ 2pm - 4pm
Please call 655-LIVE or 655-5483 to register



on this day)

Food Chat with Rochelle Anthony

Do have a question for **Rochelle Anthony**, Dietitian for the Cardiac Rehab Program? Dates:

Field House:

Wednesday October 5 @ 9am - 11am
Thursday November 24 @ 9am - 10:30am
Wednesday December 7 @ 9am - 11am

Shaw Centre:

Wednesday November 30 @ 9am - 11am
(Jackie Boschman, Cardiac Rehab Nurse, will be present

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
- * Three part session: October, 25; November 8 & 22
- * All sessions are 10:30am - 12:30pm at meeting room #2 upstairs at the Field House
- * Lunch will be provided
- * Facilitators : **Marlene Matiko**, Diabetes Nurse Clinician and **Rochelle Anthony**, Dietitian (Phone: 655-2140)
- * To register, or for more information, talk to your exercise therapist. Space is limited



The Melville Communiplex Project Fitness Centre (Saskatchewan)

The walking track and fitness facility will give people in **Melville** a venue for exercise no matter what the weather is like outside. The Sunrise Health Region, which includes Melville, has comparably high rates of smoking, diabetes, obesity and high blood pressure. Sunrise also has a relatively aging population. For these reasons, the Communiplex is doubly important in Melville. Prevention is an important part of health care and this facility will take a huge step in that direction. The cardiac care centre will provide the people of Melville and area with preventative and recuperative health care. Smoke cessation programs, cardiac rehabilitation, obesity challenges, chronic disease management and Type Two Diabetes intervention are just a few of the resources that will be offered through the centre. Melville is the first community in Saskatchewan to adopt a Cardiac Care Family Fitness initiative. The Sunrise Health Region, St. Peter's Hospital and the Paul Schwann Centre for Rehabilitation will work cooperatively to deliver these services and contribute to a healthier and happier Melville. More: <http://carg.ca/melville>



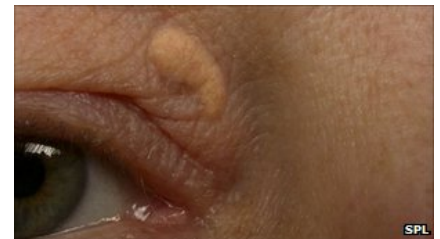
Heart scan could replace angiogram for some patients (UK)

A team of researchers, with funding from the **British Heart Foundation**, have shown that a heart test using a magnetic scanner could help some patients living with heart failure. Some patients with heart failure have an enlarged heart, a condition called dilated **cardiomyopathy**. For these patients, it can be difficult to work out if their symptoms are caused by

coronary artery disease, or a number of other conditions that can make the heart pump less effectively. More <http://carg.ca/mag>

Eyelid marks warn of heart attack (Denmark)

Yellow markings on the eyelids are a sign of increased risk of heart attack and other illnesses, say researchers in Denmark. A study published on the British Medical Journal website showed patients with **xanthelasmata** were 48% more likely to have a heart attack. Xanthelasmata, which are mostly made up of cholesterol, could be a sign of other fatty build-ups in the body. Cardiologists said the findings could be used by doctors to help diagnose at-risk patients. The research team at the Herlev Hospital in Denmark started following 12,745 people in the 1970s. At the start of the study, 4.4% of patients had xanthelasmata. More <http://carg.ca/eyelid>



Longer CPR not necessarily beneficial: study

A huge Canadian-led study of cardiac arrest patients may lead to changes in international guidelines on how long **CPR** should be performed before paramedics or other emergency personnel check whether a defibrillator can restart the heart. The study of almost 10,000 cardiac arrest patients across North American has shown that extending the period of initial cardiopulmonary resuscitation from one minute to roughly three minutes provides no benefit. Principal investigator Ian Stiell, chairman of emergency medicine at Ottawa Hospital, said the finding resolves a worldwide controversy about how cardiac arrest should be dealt with in those first crucial minutes after a patient collapses. More: <http://carg.ca/cpr2>

Future heart health 'shaped by diet'

Growing up starved of calories may give you a higher risk of heart disease 50 years on, research suggests. Researchers in The Netherlands tracked the heart health of Dutch women who lived through the famine at the end of World War II. Those living on rations of 400-800 calories a day had a 27% higher risk of heart disease in later life. It's the first direct evidence early nutrition shapes future health, they report in the **European Heart Journal**. The Dutch famine of 1944-45 gave researchers in Holland a unique opportunity to study the long-term effects of severe malnutrition in childhood and adolescence. More: <http://carg.ca/cals>



Bad sleep ups blood pressure risk

Elderly men who spend little time in deep sleep could be at risk of developing high blood pressure, according to US scientists. A study on 784 patients, in the journal **Hypertension**, showed those getting the least deep sleep were at 83% greater risk than those getting the most. Researchers say they would expect a similar effect in women. The British Heart Foundation said it was important for everyone to prioritise

sleep. High blood pressure - also known as hypertension - increases the risk of heart attack, stroke and other health problems. Researchers measured the "sleep quality" of 784 men over the age of 65 between 2007 and 2009. At the start none had hypertension, while 243 had the condition by the end of the study. More: <http://carg.ca/sleepm>

Global governments 'must get tough on obesity'

Tougher action - including taxing junk food - is needed by all governments if the obesity crisis is going to be tackled, experts say. The international group of researchers, who have published a series of articles in **The Lancet**, said no country had yet got to grips with the problem. They said changes in society meant it was getting harder for people to live healthy lives. And they warned without state action, health systems could become swamped. Obesity-related problems, such as diabetes, were now accounting for between 2% and 6% of health care costs in most countries. More: <http://carg.ca/ob4>



Opticians 'should offer blood sugar checks' (UK)

Opticians should offer blood sugar checks alongside eye tests to help spot patients with undiagnosed **diabetes**, experts propose. A simple finger prick blood test in this setting could identify hundreds of thousands of people with type 2 diabetes, according to researchers. A pilot study in northern England found the targeted screening picked up one case for every 100 people tested. This would capture people who

do not routinely visit their GP, experts say. The Department of Health said people in England aged 40 to 72 were offered a check for diabetes alongside other vascular diseases as part of the National Health Service Health Check programme. More: <http://carg.ca/opti>