



Heart & Facts

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The professionals who look after CARG members at the Shaw Centre:



Left to right: Exercise Therapists Kristin Troesch; Trent Litzenberger; Stacy Sigfusson. Doctors Y. Nataraj and Witt



Left to right: Doctors J. Nataraj and U. Rattan

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CARG's Twenty-Fifth Anniversary Dinner

In order to celebrate CARG's 25th Anniversary, a dinner will be held on Wednesday October 20, 2010 at the Western Development Museum, Lorne Avenue, Saskatoon. The cost for members and their support persons will be \$15. Guests and others will be \$25. The sale of tickets will start after the fee collections in September. Watch the notice boards for more information. A special 8-page newsletter will be published in October to commemorate this anniversary

Aspirin doesn't prevent many heart attacks

"A low-dose aspirin taken daily only reduces the risk of a first heart attack by less than 1 percent, Canadian researchers found. Study co-authors Dr. Michael Bayliss, a cardiologist now working in Ontario, and Dr. Andrew Ignaszewski, head of the University of British Columbia's division of cardiology at St. Paul's Hospital in Vancouver, said they found a daily aspirin reduces the risk of having a first heart attack, a stroke or death from vascular disease by .06 percent per year, the Vancouver Sun reported Thursday. However, the study authors said previous studies showed for those with a history of heart attacks, an aspirin reduces the risk of another attack by 20 percent and reduced the risk of stroke in women. The study, published in the **British Columbia Medical Journal**, said there is no evidence that an aspirin reduces the risk of heart attacks for women or diabetics. The study authors said it is not known why aspirin might affect men more than women but it might have something to do with how the drug is metabolized in the presence of male and female hormones" More: <http://carg.ca/aspirin>



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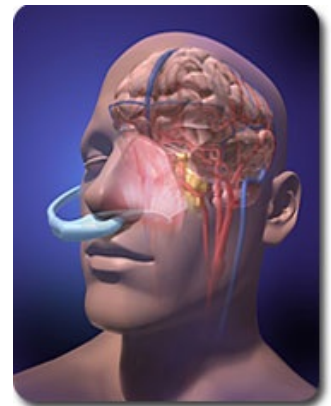
Canadian researchers tap inner fat to predict heart attack risk

"First came BMI. Now comes **hypertriglyceridemic waist** - a cheap and simple way to identify people at increased risk of heart attack due to excess abdominal fat, even if they do not look obese. In a study published in the **Canadian Medical Association Journal**, researchers from Quebec City's Laval University are reporting that a large waistline and high triglycerides - a type of blood fat - substantially increase the risk of coronary artery disease in both men and women" More: <http://carg.ca/large1>

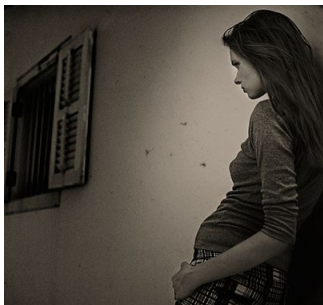
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RhinoChill Intra-Nasal Cooling System effectively chills brain after cardiac arrest

"It has been known for a while now that cooling the body after cardiac arrest improves neurological outcome, and therapeutic hypothermia has become a standard measure in many hospitals. However, in a study in this month's **Circulation**, a new nasopharyngeal device was used to initiate cooling during cardiac arrest. The RhinoChill Intra-Nasal Cooling System from BeneChill (San Diego, CA) uses a non-invasive nasal catheter that sprays a rapidly evaporating coolant liquid into the nasal cavity, adjacent to the major vascular structures of the brain. The system is compact, battery operated and easy and fast to insert, making it more practical in emergency situations than surface or intravascular cooling devices" More: <http://carg.ca/rhino>



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Lack of close ties may increase heart disease risk

"Women who live in neighborhoods lacking in close ties are more likely to have coronary artery calcification, a key marker for underlying heart disease, than those who live in more socially cohesive neighborhoods, according to a study led by Harvard School of Public Health (HSPH) researcher Daniel Kim. Women who lived in the most economically deprived neighborhoods had more than double the odds of underlying heart disease. The study was published online last month in the **American Journal of Epidemiology**" More: <http://carg.ca/lack>

Study: Motor vehicles make Americans (and Canadians...) fat

"European countries with high rates of walking and cycling have fewer obese people than Australia and the United States, U.S. researchers found. David Bassett Jr. of the University of Tennessee at Knoxville said **"active travel"** - bicycling or walking - fosters healthier communities compared with regions where cars are the favored way to get around. Bassett and colleagues conducted a study on **"active travel"** in the United States and 15 other countries. They linked more than half of the differences in obesity rates among countries to walking and cycling rates, finding places with the highest walking and biking rates have fewer obese people. In addition, about 30 percent of the difference in obesity rates among U.S. states and cities was also linked to walking and cycling rates. "A growing body of evidence suggests that differences in the built environment for physical activity (e.g., infrastructure for walking and cycling, availability of public transit, street connectivity, housing density and mixed land use) influence the likelihood that people will use active transport for their daily travel," the study said. "Moreover, land-use policies should foster compact, mixed-use developments that generate shorter trip distances that are more suitable for walking and biking." The findings are published in the **American Journal of Public Health.**" More: <http://carg.ca/motor>



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Binge drinking, high blood pressure a lethal combo

"It's no secret that high blood pressure increases your risk of heart disease and stroke. Nor should it come as a surprise that binge drinking isn't the healthiest habit. But a new study suggests that combining the two may add up to double the trouble - and much more, in some cases. Compared to teetotalers with normal blood pressure, men with high blood pressure (hypertension) who even occasionally down more than six drinks in one sitting have nearly double the risk of dying from a stroke or heart attack, according to the study, which followed 6,100 South Koreans age 55 and up for two decades. If men with high blood pressure have 12 drinks or more at one time, their risk is nearly five times higher, the study found. 'Somehow the binge drinking compounds [high blood pressure] - and more than just a little bit,' says Brian Silver, MD, a neurologist at

Henry Ford Hospital, in Detroit, and a spokesman for the **American Heart Association**" More: <http://carg.ca/binge>

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Sleep hours could cause heart disease

"The amount of sleep a person gets could increase risk for heart disease, a recent study by a West Virginia University professor found. Anoop Shankar, associate professor in the Department of Community Medicine, examined 30,397 adults who participated in the 2005 National Health Interview Survey to see if there was a correlation between sleeping habits and heart disease. His study, published in the August journal issue of **SLEEP**, found sleeping fewer than five hours a night or more than nine hours a night could increase the risk of heart disease. "We asked a question: On an average how many hours did you sleep in 24-hour period?," Shankar said. "The adults answered that question and we then did a diagnostic on heart disease." They examined this association between heart disease and sleep to establish the percentage of people with heart disease and all cardiovascular diseases, such as angina, coronary heart disease, heart attack or stroke, he said" More: <http://carg.ca/sleep2>





More smokers quit using NHS help (UK)

National Health Service smoking services helped a record number of people quit last year, figures show. The NHS Information Centre said 373,964 had successfully given up, an 11% rise from the 337,054 who gave up in in 2008/09. The figures are for people in England who successfully stopped when they were followed up after four-weeks. A separate report from the centre shows around one in 20 hospital admissions for over-35s were linked to smoking. It brought together data from a wide range of previously published material and said smoking accounted for 462,900 admissions. More: <http://carg.ca/squit>

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Antagonistic people may increase heart attack, stroke risk

Antagonistic people, particularly those who are competitive and aggressive, may be increasing their risk of heart attack or stroke, researchers report in **Hypertension: Journal of the American Heart Association**. Researchers for the U.S. National Institute on Aging (NIA), a component of the National Institutes of Health (NIH), studied 5,614 Italians in four villages and found that those who scored high for antagonistic traits on a standard personality test had greater thickening of the neck (carotid) arteries compared to people who were more agreeable. Thickness of neck artery walls is a risk factor for heart attack and stroke. Three years later, those who scored higher on antagonism or low agreeableness - especially those who were manipulative and quick to express anger - continued to have thickening of their artery walls. These traits also predicted greater progression of arterial thickening. Those who scored in the bottom 10 percent of agreeableness and were the most antagonistic had about a 40 percent increased risk for elevated intima-media thickness, a measure of arterial wall thickness. The effect on artery walls was similar to having metabolic syndrome - a known risk factor for cardiovascular disease. More: <http://carg.ca/antag>



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Physical activity and cardiovascular health (UK)

"In 1953, Morris et al published the findings from a study showing that bus conductors in London, who spent their working hours walking the length of the buses as well as climbing up and down the stairs of the English double-decker buses to collect fares, experienced half the coronary heart disease (CHD) mortality rates of their driver counterparts, who spent their day sitting behind the wheel. Investigators hypothesized that it was the physical activity of work that protected the conductors from developing CHD, at the same time

realizing that other factors may also play a role because the conductors were smaller in size, as evidenced by their smaller uniform sizes. Thus was born the field of "physical activity epidemiology": formal epidemiological investigations into the associations of physical activity with many health outcomes...more in *Circulation: Journal of the American Heart Association*" More: <http://carg.ca/busc>

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'Give out statins with junk food' (UK)

Fast food outlets should consider handing out cholesterol-lowering drugs to combat the effects of fatty food, say UK researchers. Taking a statin pill every day would offset the harm caused by a daily cheeseburger and milkshake, the Imperial College London team said. It would only cost 5p a customer - similar to a sachet of ketchup. But the British Heart Foundation warned an unhealthy diet does more harm than just raising cholesterol. Writing in the **American Journal of Cardiology**, Dr Darrel Francis and colleagues said it was about reducing harm in the same way that people who smoke are encouraged to use filters and those who drive are told to wear seatbelts. They took data from trials of almost 43,000 people to calculate whether the statins could override the effects of eating a junk food die. More: <http://carg.caburger1>

