



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>

September 2011 Issue



Goodbye, and thanks to Helen Wallace

Long-time CARG member **Helen Wallace** (pictured left, wearing her landmark Christmas hat) has moved to Alberta. The CARG executive, and, indeed, all CARG members wish Helen the very best in her new Fort Saskatchewan home, and offer many thanks for her service to the organization. Helen was recently awarded the title of CARG Volunteer of the Year. Cathy Matlock made the presentation with these words, which we are happy to re-quote:

"I consider it a privilege to be asked to be on a panel to choose and recognize a special volunteer, a person who has given so much time to this organization since 1995. Serving on the Executive, her organizational skills were very professional. She planned many social events over the years when on the Executive. She is one of the first members of CARG through the

Field House doors each morning, eager to get on with her day. She takes our money early in the morning on collection days. She sets up our exercise equipment on Tuesday and Thursday mornings from October to April. She is never too busy to listen to our troubles and stories about what has happened to us in the last 24 hours and is genuinely concerned. When volunteer lists go up on the bulletin board, her name is usually the first to be written in. She was a dedicated and loving care giver to her life partner and is a very dear friend to many of us."

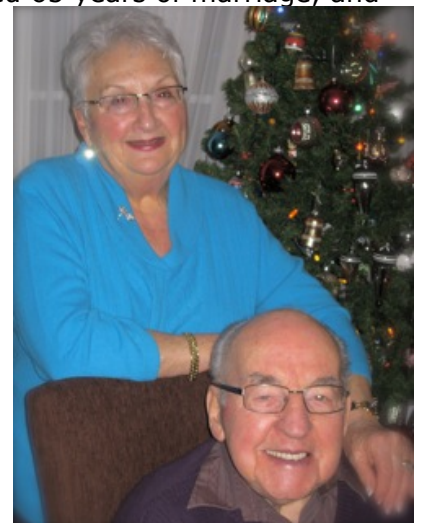
Helen, of course, will always be welcomed by all her friends at the Field House - particularly on collection days and at the Christmas party!

Doug and Sylvia Power - married 65 years



On August 22nd Doug and Sylvia celebrated 65 years of marriage, and everyone in CARG sends them best wishes.

Sylvia (nee Schuster) was born in London, England. Doug was born in Halifax, Nova Scotia, Canada. They married in Didcot, near Oxford, in England on August 22nd, 1946. Sylvia was stationed with the British Army (ATS), and Doug was in the Canadian Medical Corps. Sylvia was 20 years old and Doug was 23. They moved to Nova Scotia on November 14, 1946 where they raised their seven children. They



moved to Saskatoon on December 1, 1983, and not long after, Sylvia had a heart attack. They have been with CARG since day one!

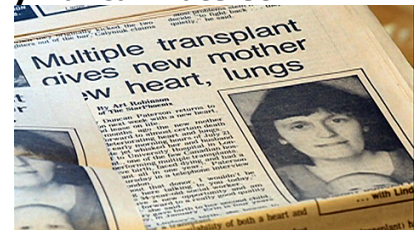


Cardiac rehab can boost survival after angioplasty, study finds (USA)

Patients who undergo angioplasty to unblock a clogged artery have better odds of survival if they participate in a **cardiac rehabilitation** program afterwards, researchers report. The findings, published May 16 in **Circulation**, are significant given the fact that more than 600,000 angioplasties are performed in the United States each year, according to the American Heart Association. In the 14-year analysis, researchers examined the outcomes for nearly 2,400 patients who underwent percutaneous coronary interventions, commonly known as angioplasties. The study found that 44 percent of the patients had participated in at least one session of a cardiac rehabilitation program, which typically includes patient education, customized exercise programs, nutrition counseling, assistance in quitting smoking, weight control therapy and medical evaluations to track patient progress. Overall, researchers discovered a 46 percent relative reduction in death from all causes in patients who participated in a rehab program following an angioplasty. More: <http://carg.ca/cr.html>

Saskatoon transplant pioneer celebrates 19 years of health

A Saskatoon woman has reason to celebrate. It was 19 years ago that **Sherry Duncan Paterson** underwent a double-lung heart transplant, making her a pioneer in the Canadian transplant world. 19 years ago, after the birth of her second daughter, Paterson was diagnosed with a rare disease called primary pulmonary hypertension. It's a serious condition of the lungs that forces the heart to work harder and can lead to heart failure and even death. "All of my symptoms of the disease had been masked by my pregnancy," says Paterson. "So it really hit me out of nowhere, so the news was really devastating to my whole family." At the time, doctors told Paterson her only hope was to undergo a double lung heart transplant. She was placed at the top of the wait list, and three months later received word a donor match had become available. Paterson was flown to London, Ontario, where she was given a new heart and set of lungs and was told to expect another five years out of life. "We just tried to cram so many memories and happy times into the five years," says Paterson. "I was thinking I wore myself out." But luckily for her family, five years became 10 and then 15. Now, 19 years later, Paterson is considered a pioneer in the transplant world. She's one of only a few to have done so well for so long after undergoing a multiple organ transplant - CTV. More: <http://carg.ca/stoon.ca>



Second Primary Health Bus benefits from golfing great, Sir Nick Faldo (Saskatoon)

SYNERGY 8 Community Builders and matching partner PotashCorp, with the help of six-time major championship winning golfer **Nick Faldo**, are joining forces to support **St. Paul's Hospital Foundation** and **Saskatoon Health Region** to purchase a new \$360,000 Primary Health Bus for the community. The event will be held September 7-8 in Saskatoon and includes a Gala evening at Prairieland Park and a charity scramble at Moon Lake Golf & Country Club. For more information, please call 306-931-7544 or visit

<http://www.synergycommunitybuilders.ca>

Cutting salt 'should be global priority'

The UN must make reducing salt intake a global health priority, say UK scientists. Writing in the British Medical Journal they say a 15% cut in consumption could save 8.5 million lives around the world over the next decade. More: <http://carg.ca/salt2.html>

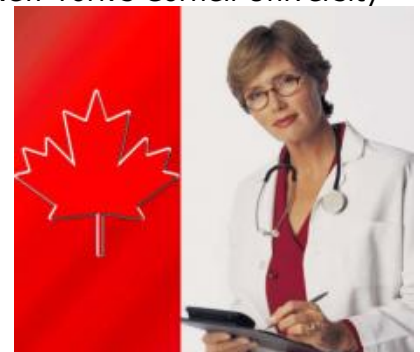


Seniors in Canada overmedicalized, experts say

Seniors in Canada are overdrugged and overtested, to the detriment of both their health and the health care system, as billions of dollars are being spent that could more productively be spent elsewhere, experts say. An array of factors is contributing to the overmedicalization of seniors including a simple desire of many patients for pharmaceutical solutions to prolong life or improve sexual performance; drugging seniors to make them manageable in health facilities; overuse of preventive medication; aggressive pharmaceutical industry marketing techniques; questionable clinical guidelines; and prescriptions to offset the effects of other prescriptions. Pharmacists filled an average 74 prescriptions per year for people aged 80 or over in 2005, as compared to 14 prescriptions per year for all other age groups, according to the latest available Statistics Canada data. The Canadian Institute for Health Information says that in 2010, about 13% of seniors who took five or more prescription medications experienced a side effect that caused them to seek further health care services. More: <http://sen.html>

Canadian health system more efficient than U.S.: study

A new study shows the amount of time and money spent on administrative duties is a fraction of that required by the U.S. system. The study from the University of Toronto and New York's Cornell University says U.S. doctors pay an average of nearly \$83,000 each for administrative costs associated with insurance documents. In Canada, for doctors based in Ontario that cost is significantly less at just over \$22,200. In addition, nurses, medical assistants and other hospital staff dedicate nearly 21 hours per week to filing insurance papers and other duties required to push insurance claims through. For the same duties in Ontario, just 2.5 hours are spent each week. The findings of the study, published in the August edition of the journal **Health Affairs**, show that the "single payer" health-insurance system in Canada is largely responsible for the difference between countries. More: <http://carg.ca/candoc.html>



ICU cardiac arrest circumstances might predict survival (Canada)

The circumstances of cardiac arrest suffered by patients in ICUs may predict their long-term survival rate, according to a study in the **Canadian Medical Association Journal**. Researchers with the **University of Alberta** sought to understand survival rates for people who suffer cardiac arrest in the ICU. They looked at data covering January 2000 to April 2005 from four Alberta hospitals with coronary care units and general ICUs, including survival rates at one and five years as well as short-term rates. The study included 517 patients, with 62% male participants and an average age of 67. Of these, 27% survived to hospital discharge, 24% to one year and 16% to five years. More: <http://carg.ca/ua.html>

US cigarette makers sue over graphic warning labels

Five tobacco companies have sued the **US Food and Drug Administration** over a new law that would force them to place graphic health warnings on their cigarette packets. The firms argue the plan violates their constitutional right to free speech, as it requires firms to promote the government's anti-smoking message. The FDA has not commented on the lawsuit. The new warnings will be required on cigarette packs from September 2012. More: <http://carg.ca/cigs.html>





**Heart Healthy
Children & Youth**
Together for a healthy community



Heart Healthy Children & Youth - Saskatchewan

Heart Healthy Children & Youth is the Heart and Stroke Foundation's response to the growing epidemic of childhood obesity, inactivity and other lifestyle choices that are putting Saskatchewan children at risk. This is a province-wide initiative aiming to inspire individuals, families, communities, businesses and governments to take collective action to help children become more physically active, eat healthier foods and be smoke-free. Canadian children may be among the first generation to have a shorter less healthy lifespan than their parents. Childhood obesity has tripled in the past 25 years and 29.1 per cent of Saskatchewan children are considered overweight or obese. At the same time, children are less active. According to Active Healthy Kids Canada, only 15 per cent of Saskatchewan children meet recommended levels for physical activity. And smoking rates among Saskatchewan youth are significantly higher than elsewhere in Canada, even among children as young as grade six. To get involved, contact the Community Action Coordinator in your area at 1-888-473-4636 (toll-free) or e-mail

- * Candace Bloomquist, Central Saskatchewan bloomquistc@hsf.sk.ca
- * Bill Ursel, South Saskatchewan urselb@hsf.sk.ca

Over-the-counter Lipitor? That's risky (Consumer Reports)

From Consumer Reports: *Pfizer hopes consumers will soon be able to get its cholesterol-lowering drug **Lipitor** (atorvastatin) without a prescription, according to two news reports. But our medical advisors say that's a bad idea because Lipitor and other statins are potent medications that can cause dangerous side effects, and should only be taken with a doctor's supervision. The company is likely looking for ways to make up lost sales - the drug racked up nearly \$11 billion last year according to figures from IMS Health - when the patent expires in November. The Food and Drug Administration would have to grant permission for the switch, but that seems unlikely because it has previously said no to over-the-counter sales of two other statins - Mevacor (lovastatin) and Pravachol (pravastatin) - in part due to concerns about safety and that people who don't actually need the medications might take them. More: <http://carg.ca/lip.html>*



Omecamtiv mecarbil provides new hope for heart failure patients (UK)

A new drug which helps the heart pump more easily could improve the lives of thousands of people afflicted by debilitating heart failure, research suggests. **Omecamtiv mecarbil** is the first of a new class of drugs, called myosin activators, targeting proteins that make the heart contract. Rather than forcing the heart to beat more often, the drug causes heart muscles to contract for longer, increasing the volume of blood pumped out with each stroke. A British trial reported in **The Lancet** medical journal showed that omecamtiv mecarbil significantly improved the heart function of 45 heart failure patients. More: <http://carg.ca/om.html>