



Heart Facts

Coronary Artery Rehabilitation Group Inc.

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Saskatoon Field House 2020 College Drive Saskatoon SK S7N 2W4

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Congratulations to Harry Smith, 88, whose lifetime as a musician was celebrated in the Saskatoon Sun in the February 26th issue. He has worked with a variety of touring singers and entertainers such as Bob Hope, Ike Cole (Nat's frere), Dinah Christie, Patti James, and Anna McGoldrick. Harry continues to entertain at local seniors residences, including every evening at Primrose Chateau. He also plays at the Labatt's Pub after the Saskatoon Air Show every year. Harry began piano lessons at age 5. At 17, he joined his first professional band, called The Rhythm Boys. During World War II, he served in Britain and Burma, regularly entertaining troops. In 1948, he and his wife moved to Saskatoon where he worked

as a laborer for 2 years and then as an insurance agent for 39 years. He played in bars, lounges, dance bands, cabaret shows, and at special events, including live television and CFQC's *Town and Country Show* and *Talent Time*. His piano skills were really put to good use when he was asked to provide musical backgrounds for several vintage American films which the Saskatchewan Communications Network had purchased for its *Classics of World Cinema* series and found out they had no sound tracks. He did it in 12 days (12 hours per day) by watching the silent films on a video monitor and then playing along on an electric piano. Harry quit the insurance business in 1969 to become the Secretary-Treasurer for the American Federation of Music, finding musicians, doing contracts, and putting out bulletins.

Saskatoon Sun February 26th



And congratulations to Barbara Leggott on her 85th birthday recently! Nothing quite like CARG to help keep you young!



Blairmore Suburban Centre – Health Benefits of Walking

Walking for physical activity is one of the most popular and successful forms of exercise. Scientific evidence conclusively supports that walking at least three times a week is associated with prevention of cardiovascular disease and diabetes, reductions in body weight, waist circumference and high blood pressure; as well as improvements in mobility, circulation, quality of life and life expectancy.

The Saskatoon Field House offers an excellent facility for exercise and indoor walking. The Coronary Artery Rehabilitation Group (CARG) is one of the organizations to take advantage of this facility. Dr. John Merriman started a supervised exercise program which was the precursor to CARG in Saskatoon 36 years ago, with the involvement of Dr. Louis Horlick and Dr. W. Firor. Today CARG has almost 700 active members, all with a history of cardiac disease. The program is viewed as a leader in cardiac recovery programs by many major cities. Approximately 10,000 people have participated in this program since its inception.

Many other exercise rehabilitation programs are conducted at the Field House for persons with chronic illnesses, including lung disease, Parkinson's disease, some types of cancer, stroke recovery and diabetes. The First Step program, for example, is a prevention and rehabilitation program for those suffering from diabetes, arthritis, obesity, abnormal cholesterol, and high blood pressure. The benefits of walking regularly have been shown to be most significant in the rapidly increasing numbers of persons suffering adult onset or type 2 diabetes by helping to regulate and maintain blood sugar levels.

Walking and other exercise programs at the Field House are supervised by specialists trained in exercise physiology and they assist in developing individual programs and educational opportunities for participants. Members have their blood pressures checked regularly and their heart rates monitored while walking if deemed necessary.

In order to participate in programs such as these, access to facilities is paramount, especially in our cold Saskatchewan climate. Research indicates lack of facilities to be one of the most cited barriers to adopting a healthy lifestyle. Use of the Field House by the general public, as well as the members of these special programs ensure the facility is well utilized. We would invite anyone to attend the Field House on any morning to witness the number of people using these programs.

A recent in-house survey has shown the majority of CARG members, and presumably other program members, are from the east side of the City, with only a small percentage traveling across Saskatoon from the west side. Ready and equal access to **all** citizens would have major health benefits. By reducing the incidence and severity of chronic disease, the savings to the health system could be redirected into support for other initiatives, such as building more places where physical activity is encouraged and supported. Nothing suggests the residents of the city living on the west side are in any less need of these facilities.

One such facility presently being undertaken by the City of Saskatoon is the Blairmore Suburban Centre on the west side of the City. CARG has been advised that this new physical activity center will not include a walking track or space for the programs mentioned above due to cost considerations.

Another existing facility, the Harry Bailey aquatic center, could potentially incorporate a walking track to complement the exercise opportunities it already offers. This would certainly extend the life and usage of that facility. *We believe that money spent at this time in a heavily used walking track for the west side is money well invested in the health and quality of life in our community.* It makes eminent sense to do this now, rather than at some future, undetermined date given that the anticipated high rate of usage would likely result in a self funding facility in due course. Thus, the executive of CARG is undertaking an informational campaign to urge City Council to reconsider their decision not to incorporate a walking track in the Blairmore center as it undergoes construction, and to consider the feasibility of a walking track at Harry Bailey. Let's ensure the opportunities for the health of all our residents so that Saskatoon continues to 'Shine'.

Yours sincerely,
The Executive

Readers are invited to express their sentiments on this issue by writing to the Editor of the Saskatoon StarPhoenix or to the Mayor or City Councillors of Saskatoon

Coronary Artery Rehabilitation Group, Inc



When Buying Organic Pays (And When It Doesn't)

Here are some things to consider when reducing your exposure to pesticides and additives:

❶ Buy these items organic:

What? apples, bell peppers, celery, cherries, imported grapes, nectarines, peaches, pears, potatoes, raspberries, spinach, and strawberries

Why? The USDA's own lab testing reveals that, *even after washing, these still contain the highest levels of pesticide residues.*

What? meat, poultry, eggs, and dairy
Why? *You reduce the exposure to the cause of mad cow disease and you also avoid production methods which make use of supplemental hormones or antibiotics which have been linked to increased microbial resistance.*

What? Baby food

Why? *Baby food is often made from pureed fruits and vegetables.*

❷ These don't matter whether organic:

What? [Asparagus, avocados, bananas, broccoli, cauliflower, corn, kiwi, mangoes, onions, papaya, pineapples, peas], breads, oils, chips, pasta, cereals, canned or dried fruits.

Why? *The items within [] rarely show multiple pesticide residues; the others are processed foods in which the processing removes the husks or fibers which may have contained such residues.*

❸ Don't bother buying these organic:

What? Seafood.

Why? *Whether wild or farmed, these may still contain contaminants such as mercury or PCBs. And "organic" is used loosely.*

From www.consumerreports.org

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What does "organic" mean?

No conventional pesticides, petroleum based fertilizers, genetically modified organisms, irradiation, or sewage sludge can be used. No antibiotics used on animals. Animals must have access to the outdoors (some exceptions made here).

Does it mean "pesticide-free"?

No. Botanical and some synthetic pesticides may be used. Some contamination is unavoidable because of drift from neighboring farms. But the levels are at least lower.

Higher in nutrients? No. Depends where grown, how and where stored, and how processed.

Are organic snack foods healthier? No, they're likely to contain just as much sugar, fat, or salt as the non-organic stuff.

Are organics less likely to harbor germs?

No, like any other foods, it depends on how thoroughly they're washed and where they were produced.

Organics better for the environment? Yes, organic farming is less likely to erode and deplete the soil and produces less chemical pollution plus less likely to endanger workers.

Is "natural" the same as "organic"? No The USDA defines "natural" only for meat and poultry. And it refers to what happens to the meat after slaughter, not to how the animal was raised.

Do organics cost more? They sure do: anywhere from 20% to over 100% more.

Can local farmers be trusted? Probably, but there are no strict regulations. Buyer beware.

University of California Berkeley Wellness Letter February 2006



The Monarch Of The Sea

Len Jabush, like many CARG members, likes to hang out in high places. This occasion was in his capacity as Executive Director of the Saskatoon Wildlife Federation. The boat was at the 55th Annual Sports & Leisure Show at the Credit Union Centre a few weeks ago.

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Happy 50th anniversary to Nina Bigsby & her husband!



Thank You

To Gail Sinnett and Val Klusa and all their helpers
 To Trev Yager for the syrup and Becel
 To Hal Shockey, Ed Kotelmach, Vic Zapf, and Trev Yager for door prizes
 To Willy and Gloria for making the pancakes
 And to everyone else, too numerous for us to remember, who helped make the March 17th Pancake Breakfast the success that it was.
You've made CARG into a community, not just a special interest group.

A wife watched her husband killing flies with a swatter. "How many did you get?", she asked. "Three males and two females." "How can you tell?" Three were on the remote and two were on the phone."

And also to Harold and Berta Breadner on their 50th anniversary!
See? CARG actually helps you hang on to your youth!



is not safe according to physicians writing in The Lancet. It increases the protein load to the kidneys, alters the acid balance of the body, and can result in bone loss. The diet advocates eating unlimited amounts of meat, eggs, and cheese, while forbidding fruits and grains, but allowing only a small amount of vegetable. 9% of Americans followed it in 2004; that has now dropped to less than 4%. Rapid weight loss without hunger is possible in the first stage of the diet, but at the expense of ketoacidosis, (excessive ketone and acid levels). Saskatoon StarPhoenix March 18th 2006