



Saskatoon Field House, 2020 College Drive, Saskatoon, SK, S7N 2W4

November 2008 Issue

Attention: Tax Time

Many of our newer members may not be aware that C.A.R.G. (Coronary Artery Rehabilitation Group) is a registered charity. We can issue tax receipts for charitable donations given to our organization. We haven't publicised this fact for several years now, which has been an oversight on our part. So from now on, toward the end of each year, we will post this information as a reminder. Thank you for your consideration.

Larry Mullen, President of C.A.R.G.



Editor's note: You can read all about charities and giving in Canada on the Canada Revenue Agency website at <http://carg.ca/canrev>

Our registration number is:

896750163RR0001 and you can find our full details at

<http://carg.ca/canrevcarg>

CARG and First Step: Do you have a question for the Dietitian?

Rochelle Anthony, Registered Dietitian, will be in the track area on:

Monday, November 3 : 9:00-11:00 am

Monday, December 15: 9:00-11:00 am

Stop by and get your nutrition questions answered. No appointments required

New Ideas for Diabetes Management

Monday, November 24 2008

8:00-11:30 am (registration at 7:30 am)

Meeting room #2 at the Field House

For Cardiac Rehab & First Step participants with diabetes

Topics to be covered:

Getting the most out of home blood sugar checking

Achieving the food "balance"

What's new in diabetes management strategies

Pre-registration required. Space is limited. Ask your exercise therapist to put your name on the registration list

Breakfast provided free of charge

Presented by Marlene Matiko, Diabetes Nurse Educator and Rochelle Anthony, Dietitian

Please re-cycle the newsletter!



When you have finished reading the newsletter, please don't discard it. Instead, please return it to the exercise-logs table by the Field House track, so that somebody else can read it. We only print 400 copies each month.

Note: you can always read back issues of the newsletter (in full colour!) on the CARG website at <http://carg.ca>

Western diet 'raises heart risk'

Swapping fried and salty foods for salads could cut the global incidence of heart attacks by a third, a study of eating habits suggests. Researchers analysed the diet of 16,000 people in 52 countries and identified three global eating patterns, **Circulation** journal reports. The typical Western diet, high in fat, salt and meat, accounted for about 30% of heart attack risk in any population. A 'prudent' diet high in fruit and veg lowered heart risk by a third. An Oriental diet, high in tofu, soy and other sauces, made no difference to heart attack risk. The researchers created a dietary risk score questionnaire based on 19 food groups and then asked 5,561 heart attack patients and 10,646 people with known heart disease to fill out their survey. Lead author Romania Iqbal, of McMaster University in Canada, said: '30% of the risk of heart disease in a population could be related to poor diet.'



U.S. doctors have found the Bee Gees 1977 disco anthem **Stayin' Alive** provides an ideal beat to follow while performing chest compressions as part of CPR on a heart attack victim. The American Heart Association calls for chest compressions to be given at a rate of 100 per minute in cardiopulmonary resuscitation (CPR). "Stayin' Alive" almost perfectly matches that, with 103 beats per minute

World Diabetes Day is the primary global awareness campaign of the diabetes world. It was introduced in 1991 by the International Diabetes Federation and the World Health Organization in response to the alarming rise in diabetes around the world. In 2007, the United Nations marked the Day for the first time with the passage of the United Nations World Diabetes Day Resolution in December 2006, which made the existing World Diabetes Day an official United Nations World Health Day. World Diabetes Day is a campaign that features a new theme chosen by the International Diabetes Federation each year to address issues facing the global diabetes community. While the themed campaigns last the whole year, the day itself is celebrated on November 14, to mark the birthday of Frederick Banting who, along with Charles Best, first conceived the idea which led to the discovery of insulin in 1922

