



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

October 2008 Issue

For those of you who may not know, Nestor Shabits has "retired" from editing the CARG Newsletter as of last month, and I'm the new editor. Following in the footsteps of Nestor will not be an easy task, but I'll do my best. This month's newsletter will be a little on the "thin" side while I get to know the ropes.

As well as editing the newsletter, I will also be compiling a daily weblog/blog which will contain information of direct interest to CARG members, and general heart-health news items gleaned from the world's media. Since heart disease is the world's number one killer, there will be lots of information! I will also be posting links to videos and other multi-media information. The blog is available online at

<http://cargsaskatoon.blogspot.com>

You will also find a list of links, pointing to other trusted heart-related sites and organisations like the Canadian Medical Association, The British Heart Federation, The American Heart Association, and so on.

I have also taken on the task on re-vamping the CARG website at

<http://carg.ca>

The current information needs updating as do the pictures. I will be calling on those of you with digital cameras and video recorders to help out! I'm particularly interested in creating videos in which CARG members can talk about what the organisation means to them.

If you have items for publication in forthcoming newsletters, you can contact me at

carg.ca@gmail.com

or by phone at 244-8761, or by pinning a paper copy to the track-side bulletin board.

Peter Scott, 1 October 2008

CARG 2008 AGM - The 2008 CARG Annual General Meeting will be held Wednesday October 29 in the large upstairs meeting room at the Field House



Congratulations go out to Jill (CARG exercise therapist) and Daniel on the birth of their triplets, Friday, September 5, 2008. The boys are named Mitchell and Casey, and the girl is named Maggie. Congratulations also go out to Patti (CARG exercise therapist) and Dave on the birth of the son, David Douglas, born September 12, 2008. Pictures of the proud parents and newborns will appear in next month's newsletter

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

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

Tuesday, October 14: 9:00-11:00 am

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

Diabetes on Track for CARG & 1st Step

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:

Monday, October 6: 8:00-10:00 am

Tuesday, October 28: 8:00-10:00 am

Tuesday, December 9: 8:00-10:00 am

Please bring your logbook and blood sugar meter. No appointments required. Also, please join us for a short "Diabetes Discussion" in meeting room 3 (off the track):

Monday, October 6: - Type 1 & 2 - what is the difference? 10:30-11:00 am

Tuesday, October 28: - Do I need to check my blood sugar? - when and why? 10:45-11:15 am

Tuesday, December 9: - What's new in diabetes medications 10:45-11:15 am

The next **CARG Pancake Breakfast** will be held October 8 from 8:30 to 10:30 in Willy's Cafe. The silver collection will support the Saskatoon Council on Aging Caregiver Group





Jingle Bell Run & Walk for Arthritis

"Nearly 4.5 million Canadians, (150,000 people in Saskatchewan) have arthritis and another 100,000 are diagnosed every year. With your help, through research, we can find better treatments and create a better life for people living with arthritis. Make a difference and register today for The Arthritis Society's Investors Group Jingle Bell Run & Walk for Arthritis.

This event is a non-competitive, fun-filled, family-oriented fundraiser that everyone can participate in. Sunday, November 2, 2008"

Influenza Program 2008



Saskatoon Health Region invites residents in Saskatoon and surrounding rural areas who are in the following groups to attend its free Influenza (Flu) Clinics, October 14-31, 2008:

- * Adults 65 years or older
- * Children and adults with chronic lung, heart and kidney conditions, cancer, diabetes and immune disorders
- * Children and adolescents receiving long-term A.S.A.
- * Healthy children ages 6 to 23 months
- * Pregnant women

Starting October 27, 2008, vaccine is available for purchase to people who do not qualify for free vaccine

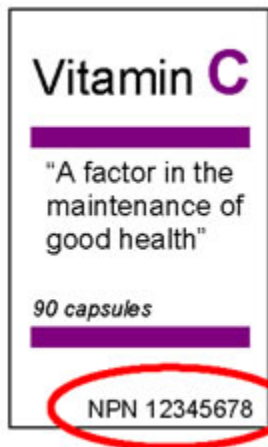


Health Bus services in demand

From Saskatoon Health Region: By the time it had been on the road for just four days, the region's new Health Bus had provided health care services to 41 clients. Community interest in the Mobile Primary Health Centre was high, as more than 100 people visited the bus to talk with staff

about the health services available. The bus was launched on August 28, with more than 175 dignitaries and community people gathering to celebrate the occasion. The Health Bus or 'Mobile Primary Health Centre' is a 6-month pilot project: a partnership of the Saskatoon Health Region, MD Ambulance Care Ltd. and the Ministry of Health. Its first shift was on Friday, August 29

Making the Connection is a program dedicated to the ongoing education of Canadians about the dangers of high cholesterol, and to encouraging Canadians to take action to control high cholesterol to reduce the risk of heart attack and stroke. Making the Connection is a partnership of the Canadian Lipid Nurse Network, the Canadian Association of Cardiac Rehabilitation, Diabetes Quebec, the Heart and Stroke Foundation, the Canadian Diabetes Association, Blood Pressure Canada, and Pfizer Canada Inc. <http://www.makingtheconnection.ca>




The Licensed Natural Health Products Database (LNHPD) contains product specific information on those natural health products that have been issued a product licence by Health Canada. The issuance of a product licence means that the product has been assessed by Health Canada and has been found to be safe, effective and of high quality under its recommended conditions of use. Stakeholders can identify licensed natural health products by looking for the eight-digit Natural Product Number (NPN) or Homeopathic Medicine Number (DIN-HM) designation on the label. <http://tinyurl.com/4ysf3u>

Canadian Federal government would save billions with an Adult Fitness Tax Credit



The federal government would save \$2.5 billion over the next 21 years by extending the benefits of the current Children's Fitness Tax Credit program to adults, according to Dave Hardy, President of the Fitness Industry Council of Canada following the release of an economic study on the effects of the program. "The financial incentive offered by a federal adult fitness tax credit will encourage nearly one million more Canadians to get active and healthier," said Hardy. "These healthier Canadians will need less health care and miss less work due to illness".

Diabetes on the rise in Canada

 More Canadians are at risk of developing diabetes and its complications the Canadian Diabetes Association has warned as it released new clinical guidelines that emphasize early identification and treatment of patients at risk. The association said up to six million Canadians have prediabetes and 25 per cent could progress to Type 2 diabetes within three to five years. <http://www.diabetes.ca>