

A QUARTERLY PUBLICATION OF THE HEALTHY HEART PROGRAM AT
ST. PAUL'S HOSPITAL, VANCOUVER, B. C.

FALL EDITION
SEPTEMBER -2011
VOLUME 17—#3

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PASH

**Next Meeting:
September 13, 2011**

Meeting rooms 1 and 2
(just to the left of the
cafeteria entrance on the
4th Floor, Providence
Wing) at 1 pm.

Patients benefit as access to cardiac rehab expands

Happy Hearts is a community-based program focusing on monitored exercise, nutrition counseling, emotional support and lifestyle change education. The program, designed to help patients and their families recover after a heart attack or other forms of heart disease or surgery, is now offered at the Robert Lee YMCA and the Kensington and Dunbar community centres.

The program was developed by Providence Health Care (PHC) and Vancouver Coastal Health (VCH), in partnership with Cardiac Services BC (an agency of the Provincial Health Services Authority), the YMCA of Greater Vancouver and the Vancouver Board of Parks and Recreation, with the primary goal of increasing the number of patients able to benefit from cardiac rehab.

(cont'd on page 2)



BC Health Minister Mike de Jong performs cardiac exercises with PHC's exercise specialist and program coordinator Min Narukivan Velzen, as part of the Happy Hearts program roll-out.

Patients benefit as access to cardiac rehab expands

(cont'd from page one)

“Heart disease remains the leading cause of death in British Columbia, in Canada and in most countries throughout the world, yet much of this is preventable, said Dr. Andrew Ignaszewski, PHC’s head of Cardiology and medical director of the Healthy Heart program at St. Paul’s Hospital. With our aging population, it is essential to focus on prevention to improve quality of life for patients and reduce the impact on the health care system.”

There is growing evidence that immediate access to cardiac rehab for people with heart disease can lower their risk of recurring heart problems and death by up to 30 per cent. Yet only 15 to 30 per cent of cardiac patients are going to rehab.

Phytosterols

Check out the article below to learn about phytosterols and phytosterol enriched products. These products can help lower your cholesterol. (Never stop your cholesterol lowering medication unless advised by your doctor).

What are phytosterols?

“Phytosterols” are compounds naturally found in plants. Fruits, vegetables, nuts, seeds, legumes, whole grains and vegetable oils all contain phytosterols.

How does it lower cholesterol?

Phytosterols are similar in shape to cholesterol. Phytosterols lower cholesterol by competing with cholesterol for absorption in the gut.

How much do I need?

The American Heart Association and National Cholesterol Education Program recommend eating 2 grams (2000 mg) of phytosterols a day to lower cholesterol. Studies have shown that eating 2 grams of phytosterols per day, in combination with a heart healthy diet, can lower LDL cholesterol by up to 15%.

What are the main food sources of phytosterols?

Good sources of phytosterols include: plant oils, nuts, seeds and legumes.

Fruits and vegetables also contain small amounts of phytosterols.

Food	Serving Size	Phytosterol Content
Flax seed oil	1 tbsp	46 mg
Wheat germ oil	1 tbsp	75 mg
Pistachios	¼ cup	66 mg
Cashews	¼ cup	54 mg
Almonds	¼ cup	41 mg
Peas	½ cup	108 mg
Kidney beans	½ cup	112 mg
Sunflower seeds	¼ cup	187 mg
Banana	1 medium	16 mg
Apple	1 medium	12 mg

Letters & Submissions

Your letters, articles, recipes and experience are welcome for consideration to be included in our newsletter. Please send or mail to newsletter at:

healthyheartnewsletter@yahoo.ca

Or CSBC, Box 610,
1027 Davie Street,
Vancouver, B.C. V6E 4L2

604-682-2344 (LOCAL 62166)

CARDIAC SOCIETY OF B. C. HEALTHY HEART HELPERS

President: Ralph Alexander
Vice-President: Fred Dench
Treasurer: Barry Reed
Past President: Gwynneth Foulds

GRADUATES HELPING GRADUATES

FUNDRAISING

We have T-SHIRTS, HATS and WATER BOTTLES available for sale.

T-SHIRTS	\$15.00
HATS	\$10.00
WATER BOTTLES	\$ 5.00

Contact:

Barry
604-682-2344 (Local 62166)

Frank or Rodney
604-682-2344 (Local 62590)

THANK YOU FOR
YOUR SUPPORT

The Pacemaker Arrhythmia Self Help Group

CHECK OUT OUR WEBSITE

www.pacemakergroupbc.org

FALL POTLUCK VOLUNTEERS WANTED

We need some volunteers for our Fall Potluck to be held in October.

It will be held on a Wednesday, exact date not confirmed –about 3 hours are required.
(5 pm to 8 pm).

Please contact **BARRY REED** if you would like to help .
604-682-2344 (Local 62166)

If no answer, please leave a message or

Email barryreed@shaw.ca

**WELCOME TO OUR NEW
VOLUNTEER NEWSLETTER
&
WEB PAGE EDITOR**

DEBRA SMITH

Directory of Programs

Healthy Heart graduates are invited to continue their exercise, education, and group support with following programs.

Call the listed numbers for more information. (Updated August 2011)

LOWER MAINLAND

BURNABY HOSPITAL HEALTHY HEART PROGRAM

This program will benefit people who have had a heart attack, open heart surgery or angioplasty, those who have diabetes and/or have risk factors for heart disease or diabetes.

Hospital based classes: 2 sessions per week

Monday through Friday—Various times

Community based classes: 2 sessions per week

Bonsor: Mon/Thurs or Tues/Friday - 7 am

Thunderbird: Mon/Wed-8:15a.m. or 10 a.m.

Confederation: Tues/Thurs— 2:30 p.m. or 4:30 p.m.

Burnaby South School - Mon/Wed-4:30 p.m.
For further information please contact the program secretary at 604-412-6440

DELBROOK RECREATION CENTRE

Mon., Wed., Fri at 7:30 – 8:30 am -
604-987-7529

DUNBAR COMMUNITY CENTRE—HAPPY HEARTS

4747 Dunbar Street at West 31st

Classes Monday & Thursday 8:00—9:00 am

Cost: Adults \$48/month Seniors \$33/month

Contact: 604-224-3004

TSAWWASSEN HEALTHY HEART

Phase IV Program. Tuesday/Thursday 10:30 am

Contact Carole Stevens at 604-952-3005

DENMAN FITNESS

HEALTHY HEART PROGRAM -PHASE IV

1731 Comox Street. - For more information, contact Denise or Ryan at 604-688-2484.

KENSINGTON COMMUNITY CENTRE— HAPPY HEARTS

5175 Dumfries Street at East 33rd.

Mondays 10:00-11:am Wednesdays 9:30-10:30 & 11am-12 noon

Cost: Adults \$48/month Seniors \$33/month

Contact: 604-718-6213

LIONS GATE HOSPITAL

Cardiac Rehabilitation Exercise Program.

Mon., Wed., Fri. at 9:30 – 10:30am—

604-984-5752

Cardiac Home Follow-up Program -

604-984-5933

GLENEAGLES COMMUNITY CENTRE

West Vancouver Phase IV Community

Cardiac Maintenance Program. For

information & application, please call

Christie Kennedy at 604-921-2100

JEWISH COMMUNITY CENTRE HEALTHY HEART PROG.

Call Talitha Motola, BHK, Lifestyles

Co-ordinator, 950 West 41st Avenue,

604-257-5111 Local 218

Classes M/W/F 7:45-8:45 am, 11:30am-

12:30pm and 2:30-3:30pm.

www.jccgv.com

RICHMOND HOSPITAL HEALTHY HEART

Offering medical supervision, ICU trained supervising nurse and a physiotherapist in

addition to a series of lectures on cardiac topics etc Contact Cardiology office at 604-273-1555 on referral from your physician.

RICHMOND WELLNESS CENTRE – MINORU PAVILION

Do you live in Richmond and want to continue your cardiac exercise? For information contact:

Alison Dennis or Bernadette Clarke at

604-718-8004

STRESS MANAGEMENT & COUNSELLING

St. Paul's Hospital Stress Management Program.
604-806-8591
Canadian Mental Health Association
604-688-3234
The Columbia Centre for Integrated Health
Services - 604-687-5911

PACEMAKER ARRHYTHMIA SELF HELP GROUP (PASH)

"Our goal is to share feelings, experiences and insights, and to foster acceptance of our disease/illness in a supportive environment within our peer group." PASH includes all individuals with rhythm disorders of the heart, such as: atrial fibrillation, LAF (Lone Atrial Fibrillation), SSS (Sick Sinus Syndrome), ventricular tachycardia and many more. Treatment solutions discussed include and are not limited to: medical management, ablation, pacemakers, ICD's (Implantable Cardiac Defibrillators), naturopathic remedies and more.

Member meetings are held two or three times a year in the Media Centre or Dining Area Conference Rooms at St. Paul's Hospital, Burrard Street, Vancouver. Meetings can be either afternoon or evening and members will be notified ahead of time by telephone or they can visit our web site listed below.

Guest speakers are professionals who outline the latest happenings in arrhythmia treatment and medications as well as pacemaker or other equipment or procedures. For more details or information as to date, speaker and topic of these meetings, please call:

Daren at 604-879-3547 or 604-682-2344 Local 62166

Surrey Memorial Hospital has formed a new group for **PACEMAKER/ARRHYTHMIA**. Please contact **Claire Prentice, R.N.**, Nurse Coordinator, Cardiology Outpatient Programs.
604-585-3303

Email claire.prentice@fraserhealth.ca

Visit our website regularly at:
www.pacemakergroupbc.org

PATIENT FAMILY RESOURCE CENTRE (PFRC)

A collaboration of the Heart and Stroke Foundation of B.C. & Yukon and the Heart Centre (St. Paul's). The PFRC will provide interactive education and information in print, video and computerized formats to address the different learning needs of the patient/family. The centre will augment current programs by providing information in different forms and maximize the learning of patient and family.

Located on the 5th Floor Providence Heart Centre 5B

Open daily - Hours vary. 604-685-2344 Local 62590

SCAMS - SHAUGHNESSY CARDIAC EXERCISE GROUP KERRISDALE Community Centre, 5851 West Boulevard, Van.

This is a "Phase 4" cardiac maintenance and support program for graduates of cardiac rehabilitation programs and for people who have experienced or are at risk of heart problems. The instructors are certified exercise leaders and they carry CPR certification. Everyone participates at his or her own pace, and according to his or her personal exercise program.

Monday, Tuesday, Thursday & Friday 7:00-8:00am.

The first month is free and thereafter, the monthly cost is \$50. There is an annual membership fee of \$10.

If you are interested, please call **POUL HANSEN at 604-868-3862**
Email scams.bc@telus.net

We will be pleased to escort you to the Kerrisdale Community Centre for the first time.

SURREY CARDIAC REHABILITATION PROGRAM

Surrey Memorial Hospital - 604-585-3303. For more information, please contact **Claire Prentice R.N.**

VGH Cardiac Rehab/Maintenance

Contact **Linda Weins 604-875-5389**

WALKING CLUBS

Heart and Stroke Foundation of B.C. & Yukon has over 40 walking clubs throughout BC & Yukon with over 900 walkers. The club averages 20-100 members that walk indoors or outdoors.

These clubs not only help provide the healthy benefits of walking, but do so in a fun and social way. If you are interested in joining one or starting a club in your community, please call Heart and Stroke Foundation of B.C. & Yukon at 1-888-473-4636 or email ttang@hsf.bc.ca

WEST VANCOUVER HEALTHY HEART PROGRAM 604-925-7231

WHITE ROCK HEALTHY HEART PROGRAM Peace Arch Hospital Cardiac Rehab Program
Cathy 604-535-4500 Local 7794

YMCA CARDIAC CARE PROGRAMS

ROBERT LEE DOWNTOWN YMCA— 955 BURRARD ST.

The St. Paul's Hospital and YMCA Healthy Heart Community Wellness Program can help you lead a healthier lifestyle. Through education, lifestyle changes and exercise, you too can improve your health and lower your risk of heart disease. The program is supervised by a health care team from St. Paul's Hospital including a Physician, Registered Nurse/Patient Educator, Registered Dietician, Occupational Therapist and Exercise Specialist

You can refer yourself or be referred by your doctor. Please contact us for more information on the benefits of being part of the St. Paul's Hospital and YMCA Healthy Heart Community Wellness Program.
604.806.9813
www.RobertLeeYMCA.ca

LANGARA FAMILY YMCA - 282 West 49th near Cambie

The YMCA Healthy Heart program is designed specifically to accommodate individuals who: have suffered a heart attack, experienced bypass surgery, are at high risk of developing cardiovascular disease, or are over 55 years of age and at a low level of physical fitness. ****Doctor's referral is required.**

Cardiac Care Program – 3 Classes Monday, Wednesday, & Friday
6:55 – 7:45am, 7:55 – 8:45 am and 10 - 10:55 am .

For information, please call :

Health & Fitness Director– 604-326-3298

Y CARE – Cardiac Rehabilitation Program of New Westminster, Burnaby, Coquitlam, Port Moody & Surrey

Locations & Times:

Centennial Community Centre—65-6th Ave-
New Westminster M/W/F 6:30-8:00 am

Burnaby at Confederation Centre—
4585 Albert Street M/W/F 4:45-6:15 pm

Coquitlam Rec Centre, **Centennial Room**—
620 Poirier Street M/W/T – 4:00–5:30 pm

Surrey – Tong Louie Family YMCA
14988 – 57th Ave. M/W/F 6:45 – 8:00 am

Port Moody Rec Centre
300 Ioco Road. M/W 2:30 – 3:45pm

For more information call 604-521-5801

OUTSIDE LOWER MAINLAND

CHILLIWACK

CHILLIWACK YMCA - 604-792-3371

KAMLOOPS

**KAMLOOPS COMMUNITY YMCA –
250-372-7725**

KELOWNA

**CENTRAL OKANAGAN ASSOC. FOR
CARDIAC HEALTH – COACH.**

A non-profit society dedicated to reducing cardiovascular risks and promoting health of the people in the Central Okanagan. The program education team includes: a nurse, exercise specialist, dietitian, pharmacist, and stress reduction specialist. The program includes individual and group education sessions, and supervised exercise as required. For more information call the clinic at 1-250-763-3433

**THE KELOWNA CORONARY
EXERCISE SOCIETY**

Parkinson Recreation Centre -
250-860-3938

**CARDIAC REHABILITATION GROUP
LECTURE SERIES**

Kelowna General Hospital - 250-862-4000

PRINCE GEORGE

HEALTHY HEART PROGRAM
250-565-7432

FAMILY YMCA CARDIAC REHABILITATION PROGRAM
250-562-9341

PRINCE RUPERT

**HEALTHY HEART RISK FACTOR
REDUCTION PROGRAM**

Prince Rupert Regional Hospital -
250-624-2171

VERNON

**VERNON HEALTH IMPROVEMENT
NETWORK CHRONIC DISEASE
MANAGEMENT PROGRAMS**

including CADIAC REHABILITATION
and NICOTINE INTERVENTION
COUNSELLING PROGRAMS

Vernon Jubilee Hospital 250-558-1294

**SMART HEART EXERCISE
PROGRAM 250-545-6035**

VICTORIA

TAKE HEART PROGRAM

Cardiac Rehabilitation Exercise Program,
MELANIE WILSON 250-418-1842
YM-YWCA of Greater Victoria
250-418-1841

MISCELLANEOUS

MEDIC ALERT

Necklaces and Bracelets -1-800-668-1507

NUTRITION FOR A HEALTHY HEART

Dial-a-Dietician Greater Vancouver -
604-732-9191

Outside Vancouver, Toll Free
1-800-667-3438

Becel Heart Health Information Bureau -
1-800-563-5574

Butternut Squash Soup



This is a spicy and flavourful light soup. The swirl of yogurt mellows out the powerful flavour of the spices. MacIntosh apples are best in this soup, but any apples will work. Remember soups freeze great!

2 tsp	oil	10 mL
1 large	onion, chopped	1 large
2 cloves	garlic, minced	2 cloves
3	apples, peeled, cored and chopped	3
1 Tbsp	fresh ginger, minced	15 mL
1Tbsp	curry powder	15 mL
½ tsp	cumin	2.5 mL
6 cups	butternut squash, peeled, seeded and cubed (2 lbs/900g)	1.5 L
4 cups	chicken broth	900 mL
1 cup	apple juice	240 mL
	salt and pepper to taste	
½ cup	nonfat plain yogurt (optional)	120 mL

In a large soup pot, heat oil over medium heat.

Add onions and saute until softened.

Add garlic and apples, and saute until apples are soft.

Add ginger, curry powder and cumin, and cook for 2 minutes. Add squash, chicken broth and apple juice.

Bring to a boil.

Reduce heat and simmer for 30-40 minutes or until squash is tender.

Strain the soup mixture and reserve the liquid.

Puree the solids in food processor or with hand blender until smooth.

Return liquid and pureed mixture to the soup pot. Heat through. Season with salt and pepper, and adjust spices.

Add a dollop of yogurt to each bowl before serving.

Serves 8.

Nutritional analysis per serving:

141 calories 4 g protein 2 g fat 0 g saturated fat 25 g carbohydrate
0 mg cholesterol 411 mg sodium 3 g fibre

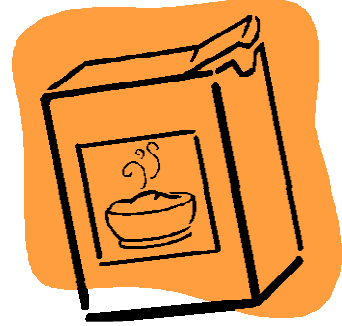
Nutrition notes: Butternut squash is rich in vitamin C and beta-carotene. In fact, most squashes including pumpkin are high in these anti-oxidant vitamins. Pureed squashes can be added to any soups or even mashed potatoes to boost the nutrition content.

Recipe from Eating Light Eating Right, Frances Johnson & Shauna Ratner, available at Healthy Heart Program, St. Paul's Hospital \$15.00.

Pumpkin Oatmeal Porridge

Ingredients:

2 cups	quick or old-fashioned oats
3 cups	fat-free milk
1/2 cup	canned pumpkin
1/4 tsp	pumpkin pie spice
1 tsp	raisins
1/8 tsp	cinnamon
	brown sugar to taste



Preparation:

Place oatmeal in a microwave-safe bowl and stir in milk.

Microwave on high for 2-3 minutes.

Remove from microwave and stir in pumpkin puree, spice and cinnamon.

Heat for 40-60 seconds, or until heated through.

Stir in raisins.

Sweeten with brown sugar if necessary and enjoy.

Stovetop method:

Bring milk to a boil in a medium saucepan.

Stir in oats and cook on a medium heat for about 5 minutes.

Add pumpkin and spices and stir until heated through.

Stir in raisins just before serving.



Makes 4 servings

Per Serving: Calories 242, Calories from Fat 47, Total Fat 2.9g (sat 0.6g), Cholesterol 3mg, Sodium 99mg, Carbohydrate 40.5g, Fiber 5.3g, Protein 13.2g

Source:

<http://lowfatcooking.about.com/od/fall/>

St. Paul's Hospital – Healthy Heart Program Dietitians

604-806-8611 or 604-806-9129