

HEALTHY HEART



NEWSLETTER



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

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VOLUME 18—#1

Meet VOLUNTEER PAULO BALATBAT...

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Paulo Balatbat
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..Healthy Heart Program volunteer at St. Paul's hospital, guitar player, volunteer research assistant at the Brain Research Centre at UBC, co-chair for Derby Days for BC Children's Hospital Foundation, volunteer at UBC hospital AND 5th year Life Sciences student at UBC.

Paulo has been volunteering at St. Paul's for 4 years. He started in the Emergency Department, but soon switched to the Healthy Heart resource centre, and is now a volunteer at the Healthy Heart gym. The Healthy Heart resource centre is a place with computers, videos and books, where heart patients can find information on healthy nutrition and lifestyle to help them in their recovery after cardiovascular surgery. Paulo helped patients navigate through the centre and find the information they need.

At the HHP gym, Paulo has a very unique and interesting position: he helps a blind patient get to and from the hospital and guides him around the 2-storey gym. He has been volunteering with this patient for one year and they have become good friends, enjoying each other's company during their walks and workouts. Paulo and the patient found that they have many things in common, such as both having studied at UBC. They like to compare how things were years ago when the patient went to UBC and how things are now that Paulo is there. Creating a meaningful relationship and helping patients is exactly why Paulo chose to volunteer here at St. Paul's; he feels satisfied that he is doing just that. He recommends this volunteering program to all volunteers if the opportunity arises again, but for now he plans on continuing on for as long as he can!



Paulo Balatbat

THANK YOU TO
NATASHA SIMULA
FOR VOLUNTEER ARTICLE

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
Secretary: Margaret Shearer
Vice-President: Fred Dench
Treasurer: Barry Reed
Pash Group: Daren Tourigny
Past President: Gwynneth Foulds
Newsletter: Debra Smith

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)



ST. PAUL'S HOSPITAL

LIGHTS OF HOPE

The Lights of Hope campaign is shining at St. Paul's Hospital! Be part of this annual holiday tradition by joining us on Burrard Street evenings from November 24, 2011 to January 9,

On November 24, hundreds of people filled Burrard Street to watch us turn on the 2011 Lights of Hope display for the first time during a special Lighting Celebration with fireworks.

The Lights of Hope display is made up of more than 10 km of holiday lights and 170 stars recognizing donors to the campaign. Building the display requires months of planning, the support of suppliers who generously donate materials, and the dedication of hundreds of volunteers.

Those efforts culminate on set-up day, when more than 120 volunteers wake up early Saturday morning, rain or shine (usually the former!), to help put the display together by working high on cherry picker trucks, scaling the rungs of the scaffolding, cleaning up, hanging decorations and testing the lights.

PRESIDENTS CHRISTMAS MESSAGE

NEWSLETTER - DECEMBER 2011

Once again it is that time of year to be thinking of people that are less fortunate than ourselves. Please give as much as you can.

On behalf the Executives, Board of Directors and Members I would like to wish you the members and staff at SPH and their families a very Merry Christmas and a most prosperous Happy New Year may all your dreams come true.

I would like to tell you some of the events we had over the last year.

The Dietitians have been able to have several very successful dinners. Percipients pay \$5.00 each and have very good meal. Limit to 20 participants at a time.

We have been able to give Water bottles and certificates upon graduation to each precinct in the program.

On October 19th had a potluck dinner, in which we all had a wonderful time meeting new and old friends. Door prizes were donated by the Heart and Stroke Foundation, St. Paul's Hospital Foundation. Volunteer Resources of St. Paul's, Cardiac Society B.C. and Various Other Donors. The fifty to sixty participants had a good time and wanted to be notified for the next one. Thank you for making this event possible.

Our Healthy Heart Resource Centre on the fifth floor is doing well, but still need volunteers. Please give BRANDON a call at 604-806-8509. Frank our Director tells me that we have approximately 40 volunteers. They put in approximately 5,700 hours for the year. They also had approximately 12000 visitors to the centre to use the computers and pickup heart material from the Heart and Stroke Foundation.

On November 29th, CSBC - and Healthy Heart Resource Centre Volunteers and staff of the 5th floor had a get together called "Appreciation for Volunteers and Staff." We had over 125 turned out.

Our tea and coffee on the 5th is not doing as well we need of volunteers so please give Brandon (coordinator) of volunteers a call. If you are interested and want to know what your duties are please give our Director Fred a call a call at 604-682-2344-local 62166 please leave a message.

The tea and coffee and cookies are enjoyed by all patients and are missed when there are not enough volunteers.

**HAVE A MERRY CHRISTMAS AND
A HAPPY NEW YEAR
LOOK FORWARD TO SEEING YOU IN 2012**

**Ralph
Cardiac Society of B. C. President**

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 November 25, 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

SHERRYL MacKAAY, RN 604-431-2834 Press 1

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.**

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

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

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

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. 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 **PACE-MAKER/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. First month FREE

If you are interested, please call **POUL HANSEN at 604-868-3862** Or **LIZ CAMPBELL at 604-263-2205**

Email scams.bc@telus.net

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

SURREY CARDIAC REHABILITATION PROGRAM

Jim Pattison Outpatient Care - 604-582-4584.

For more information, please contact

VANCOUVER GENERAL HOSPITAL

Cardiac Rehab/Maintenance 2775 Laurel Street, Room 6273

Contact **Karelyn Hrushowy BHK,ACSM Exercise Specialist**

Please call **604-875-4111** for information

WALKING CLUBS

Heart and Stroke Foundation of B.C. & Yukon has over 20 walking clubs throughout BC & Yukon. 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 healthpromotion@hsf.bc.ca

WEST VANCOUVER HEALTHY HEART PROGRAM

604-925-7231

WHITE ROCK HEALTHY HEART PHASE IV

Peace Arch Hospital Cardiac Rehab Program

#1—1475 Anderson Street

604-541-7162 Local 757792 for information

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 – 7:35am, 7:55 – 8:35am and 10 - 10:40 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 Avenue 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 **CARDIAC 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



The holiday season is just around the corner!!!!

The festive season is soon upon us and with that comes an abundance of food – not always so healthy. It is important to enjoy yourself and not feel deprived but try to practice healthy habits as well. You don't want to spend the entire year losing those last 10 pounds only to regain them in 2 weeks!

Follow these healthy tips to make the most of the season:

There will be more parties – keep in mind you are there to socialize, not only to eat and drink. Don't arrive starving, as you will then tend to then overeat. Balance out the day with healthier choices and make sure you get in some exercise so you can have a few extras that evening.

Make sure you truly enjoy the foods you try - don't just eat it because it is in front of you! Remember a few nuts are a healthy choice but eating the entire bowl is not! If you have cheese and crackers then forgo the chips and creamy dip. Try to choose smoked salmon, sushi rolls, antipasto, veggies and hummus. If the party is at your house make sure you offer good choices.

Keep in mind the calories from alcohol add up quickly - enjoy a glass of wine or a cocktail, but balance it out with lemon or soda water. For a lighter drink make a spritzer, with wine and sparkling water. Add pomegranate seeds or dried cranberries for a “party” touch. Creamy eggnog is just as rich as dessert so why not try the lighter versions.

The festive meal with “**all**” the traditional trimmings can put anyone over the top – skinless turkey is a great choice topped with cranberry sauce. Make homemade stuffing instead of using a packaged mix that is high in sodium. Prepare mashed potatoes without all that added butter; just add a splash or milk. Strain the turkey juices from the roasting pan, and create healthier gravy. Toss yams, turnips, beets and carrots with olive oil and rosemary and roast in the oven. Dinner would not be complete without brussel sprouts and a tossed green salad. Add fresh pomegranate seeds to the salad for a crunchy texture. Enjoy desserts in moderation – half a piece of pie only has half the fat and calories!

Remember to have a **PLAN** for the holiday season:

P – Pace yourself, as the holidays are not just limited to one day! Festivities often start the beginning of December and go well into the New Year.

L – Make sure you drink enough **liquids** – chances are there will be more alcohol and salty foods that can dehydrate you.

A – Do some form of **activity** every day. The weather can be beautiful or snowy this time of year so go for a walk on the beach, play Frisbee, hit the slopes or tennis courts! Just being in the fresh air makes you feel better.

N – Remember No means **No!** If you are not hungry don't take extras just to be polite!

Most importantly enjoy the season.

Wishing you all a happy and healthy holiday!

Healthy Heart Program Dietitians 604-806-8611/604-806-9129



Cranberry Chocolate Chip Squares

Chocolate and cranberries are a delicious flavour combination and a real festive treat. During the holiday season, make these for your dessert plate with an additional $\frac{1}{4}$ cup (60 mL) chopped pistachios.

$\frac{1}{4}$ cup	margarine	60 mL
$\frac{1}{4}$ cup	sugar	60 mL
$\frac{1}{2}$ cup	packed brown sugar	120 mL
1	egg	1
1 tsp	vanilla extract	5 mL
1 $\frac{1}{4}$ cups	flour	300 mL
$\frac{1}{2}$ tsp	baking powder	2.5 mL
$\frac{1}{4}$ tsp	salt	1.2 mL
$\frac{1}{4}$ cup	dried cranberries	60 mL
$\frac{1}{4}$ cup	chocolate chips	60 mL

Preheat oven to 350°F (175°C). Spray 8-in (20 cm) square baking pan with non-stick spray.

In mixing bowl, cream margarine with sugars until well blended. Add egg and vanilla. Beat well.

In separate bowl, mix together flour, baking powder and salt. Add flour mixture to sugar mixture and beat until blended. Stir in cranberries. Spread batter into pan. Top with chocolate chips. Bake for 25-30 minutes or until a toothpick inserted into the centre comes out clean.

Makes 16 servings.

Nutritional analysis per serving:

132 calories 2g protein 4 g fat 1 g saturated fat 22 g carbohydrate
16 mg cholesterol 102 mg sodium

Nutrition notes: Brown and granulated sugar, honey, and syrup are basically the same when it comes to carbohydrate content. There is really no added nutritional benefit in using brown sugar or honey rather than white sugar in the quantities that we normally consume them.

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

Healthy Heart Cooking Classes at St. Paul's Hospital Healthy Heart Program

Heart Healthy cooking classes are offered at the healthy heart program's kitchen by the lower gym and presented by Healthy Heart Dietitians and UBC student volunteers. There are about 4-5 classes per year and they are offered during the fall, winter and spring. The cost is \$5.00 which includes the cost of food. Space is limited to 15 participants (there is a cancellation list). Various themes are presented - heart healthy foods: legumes, whole grains, fish and vegetables; ethnic foods : Greek, Italian, Indian or seasonal cooking classes plus many others. If you are interested, please call 604-806-8611 to register or to be put on a waiting list.

Healthy Heart Dietitians

Beating the global **oppression**

Within two years the global deaths from heart and stroke are equivalent to removing all people from Canada. Heart disease and stroke, along with other chronic non-communicable diseases are the drivers for health care expenditures, and grief.

Mummies from ancient Egypt have been shown to harbor arteries in their hearts with a continued and worldwide burden – hardening of the arteries. The diseased blood vessels limit blood flow to vital organs like the heart and brain, and cause “limb attacks” and “bowel attacks” that are similar to heart attacks and strokes. Tissue dies, and crucial functions are lost. The personal, medical, and economic costs of such pervasive ailments are astronomical, and climbing in importance.

What are termed “chronic non-communicable diseases” (NCDs), that cluster of conditions that include hardening of the arteries, contributing to heart disease, stroke, vascular dementia, and leg amputations, along with chronic obstructive lung disease, diabetes, obesity, and cancers, are the drivers for health care expenditures, and grief, in almost all societies on the planet. Indeed, the NCDs have emerged as THE profound spectre of the 21st century. The enormity of the situation is reflected in the “declaration of war” by the United Nations against NCDs tabled on September 19th this year. When nearly 17 million people die of cardiovascular disease annually at the present time, and the numbers are projected to rise steadily over the coming decades, it is worth paying attention to the issue. For simple perspective, within two years the global deaths from heart and stroke are equivalent to removing all people from Canada. Adding in the burdens of the other major chronic ncd’s, the UN declaration estimates a global cost for these conditions of \$ 47 trillion over the coming 20 years!

early life determinants Another reality that is finally sinking in relates to the contribution of pre-natal, perinatal, and early post-natal determinants of later chronic diseases. This understanding has been burgeoning rather quietly since the 1980’s, propelled by the brilliant work of Dr. David Barker and a growing army of researchers, health care professionals, and policy mak-

ers now galvanized in a global organization, Developmental Origins of Health and Disease (DOHAD). The contribution of the earlylife determinants of later chronic diseases is estimated in economic terms to be greater than the contribution of wellknown later-life risk factors like tobacco use, poor dietary choices, and inactivity. The most important message is that later overweight, blood lipid abnormalities, high blood pressure, and diabetes are traceable from the time of the maternal-fetal unit and then are relentlessly accrued throughout life, depending on lifestyle and environmental influences. Genetic contributions to individual risks and expression of heart and blood vessel diseases interplay with the choices people make and the socio-economic adversities present to yield a now-urgent global scene.

Given the challenges and the size of the task in grappling with risks for and realities of heart disease, we should be greatly encouraged by the extraordinary work being debated and presented this week at the annual Canadian Cardiovascular Congress held in Vancouver. The Congress brings together all professionals committed to preventing, better managing and treating, and more cohesively addressing the many faces of heart disease and stroke. The meeting is a melting pot of initiatives that run from communities, to clinics, to research institutes, to governmental policyunits. Leaders from Canada are joined by notable international experts to push insights as far as possible. Canada’s well-deserved reputation for leadership in the cardiovascular sciences is reflected in the program and the five full days of meetings.

beating back heart and stroke Locally in Vancouver and British Columbia, innovation is afoot to help beat back heart and stroke. In this special section, just the tip of the iceberg of exceptional efforts being made are highlighted – the work of heart surgeons and cardiologists in bringing care to those who otherwise would not have access, the leadership of teams in drawing a bead on the heart health issues that particularly face women, and the commitment to better sharing of knowledge and the mobilization of communities and organizations in the realizable goal of prevention of cardiovascular diseases. In this province we are making progress in our address of heart and lung diseases, fostered most recently by the creation of a community-wide enabling, inclusive vehicle to push higher through partnership in research, discovery, mentoring and education, and clinical and community innovation. This vehicle, the Institute for Heart + Lung Health (heartandlung.ca), is a natural development based on a belief that all talents and tools are essential to more efficiently slow the impact of NCD’s.

The Vancouver Sun October 24, 2011