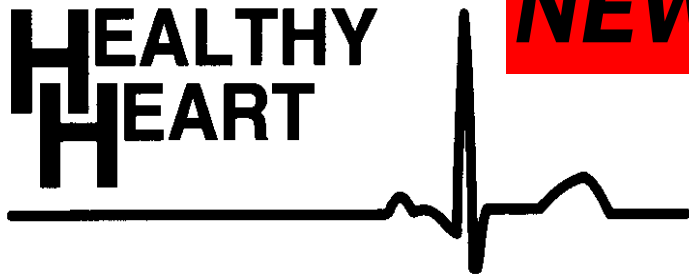


HEALTHY HEART



NEWSLETTER



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

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This year, the Lights of Hope campaign has a goal to raise at least \$1.95 million. To light the way to a brighter future for St. Paul's Hospital, make a donation to the campaign by calling 604-662-HOPE or visiting www.helpstpauls.com

New atrial fibrillation clinics to improve access to specialists and focus on prevention

Faster access to specialized heart care and improved quality of life, are the drivers behind a growing network of atrial fibrillation clinics opening across the province.

Atrial fibrillation (AF or A-fib) is a condition in which the two top chambers of the heart (the atria) beat irregularly or abnormally fast. The condition affects close to 250,000 Canadians, and accounts for 43,000 hospitalizations each year. About three per cent of the population over the age of 45 and six per cent over the age of 65 have AF. By age 80, it is estimated that over 20 per cent of Canadians will have suffered from AF. After 55, the incidence of AF doubles with each decade of life, and in the most serious cases, can lead to stroke.

"Despite heart disease being the bigger killer of British Columbians, this province has a reputation as a leader, and an innovator, in cardiac care in Canada," said Health Services Minister Kevin Falcon. "The atrial fibrillation clinics provide patients with potentially life-changing education and self-management supports while they wait for more specialized care or surgery; this helps them take responsibility for their own health and can improve their outcomes long-term."

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Hundreds turn out for 13th annual Lights of Hope Lighting Celebration

Despite an early taste of winter weather, hundreds of people gathered outside St. Paul's Hospital on November 25 to watch the 2010 Lights of Hope display turn on for the first time. The Lights of Hope – a spectacular display of holiday lights that invites the community to give generously to support the hospital's greatest needs – can be viewed on Burrard Street every evening until January 7, 2011. The display was built by volunteers using donated materials, including 10 km of holiday lights and hundreds of stars featuring the names of donors to the campaign.

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The clinics provide a jump start to improving a patient's quality of life. They allow for quick access to an interdisciplinary team of experts, who triage patients based on the severity of their symptoms. All patients receive a comprehensive assessment and a tailored treatment plan. They are also provided with education and self-management support designed to enhance their understanding and management of AF and its inherent

"Cardiologists and heart rhythm specialists (Electrophysiologists) work with nurses, nurse practitioners and pharmacists to tailor individual approaches for these patients," said Dr. Charles Kerr, Director, Electrophysiology Program for the Heart Centre at St. Paul's Hospital and Director, Metro Vancouver Heart Rhythm Service. "Our goal is to develop treatment plans to reduce often disabling symptoms of AF and to protect patients from stroke, which is of significant risk in patients with AF. Our clinic network is an ideal atmosphere for performing quality research and introducing innovation in patient care."

The Ministry of Health Services and Cardiac Services BC, an agency of the Provincial Health Services Authority, are investing approximately \$2 million annually (or \$400,000 per clinic) in the atrial fibrillation clinics. The first opened at St. Paul's Hospital in November 2009. It was soon followed by one at Royal Jubilee Hospital in Victoria; two more opened in recent months at Vancouver General Hospital and Royal Columbian Hospital in New Westminster, and a fifth clinic is slated to open in Kelowna in 2012. All clinics will deliver harmonized care and education and will be linked by a common database.

"These clinics are provincial in scope," said David Babiuk, Executive Director of Cardiac Services BC. "This means that as more clinics open across BC, we will ensure that all people suffering from AF have access to the same high standard of care, and reduce the time it takes for them to see an arrhythmia expert, regardless of where they live." Historically, wait times for an elective consultation with an arrhythmia expert have been more than five months. More urgent patients are prioritized and seen much sooner, but non-urgent patients can face potentially long waits to see a specialist. By improving the health and well being of those on

waitlists, it is hoped that the Atrial Fibrillation clinics will reduce complications and the more severe symptoms associated with this condition, and subsequently, reduce emergency room visits and hospital stays related to atrial fibrillation and strokes.

"Providence Health Care is very proud to be home to BC's first AF clinic and to expand the services of our well established and recognized cardiac program at St. Paul's Hospital," said Dianne Doyle, Providence Health Care President and CEO. "We are pleased to be part of a network of clinics throughout BC that will enhance patient care by focusing on prevention and a team-oriented approach."

The Provincial Health Services Authority (PHSA) plans, manages and evaluates selected specialty and province-wide health care services across BC, working with the five geographic health authorities to deliver province-wide solutions that improve the health of British Columbians. For more information, please visit www.phsa.ca.

Providence Health Care is one of Canada's largest faith-based health care organizations, operating 15 health care facilities in Greater Vancouver. Guided by the principle "How you want to be treated," PHC's 1,200 physicians, 6,000 staff and 1,500 volunteers deliver compassionate care to patients and residents in British Columbia. Providence's programs and services span the complete continuum of care and serve people throughout B.C.. PHC operates one of two adult academic health science centres in the province, performs cutting-edge research in more than 30 clinical specialties, and focuses its services on six "populations of emphasis": cardio-pulmonary risks and illnesses, HIV/AIDS, mental health, renal risks and illness, specialized needs in aging and urban health. For more information on Providence Health Care, please visit our website at

<http://www.providencehealthcare.org>.





HOLIDAY GREETINGS

**BEST WISHES TO ALL
OUR MEMBERS**

**FOR A HEALTHY AND
HAPPY**

HOLIDAY SEASON.

HAPPY NEW YEAR 2011

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,
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604-682-2344 (LOCAL 62166)

**CARDIAC SOCIETY OF B. C.
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FOULDS**

**GRADUATES HELPING
GRADUATES**

A BIT OF HUMOUR

**What happened when the snowgirl fell
out with the snowboy ?**

She gave him the cold shoulder !

**What do
snowmen wear on their heads ?**

Ice caps !

What do snowmen eat for lunch ?

Icebergers !

Where do snowmen go to dance ?

Snowballs !

How do snowmen travel around ?

By iceicle !

What sort of ball doesn't bounce ?

A snowball

**!How do you know when there is a
snowman in your bed ?**

You wake up wet

**!What do you get if cross a snowman
and a shark ?**

Frost bite

!How do you call an Eskimo cow ?

An Eskimoo !

**How to cats greet each other at
Christmas ?**

"A furry merry Christmas & Happy
mew year" !



Dozen Ways to Improve Your Walking Workouts

Of all the ways to stay fit, walking is the easiest, safest, and cheapest. It can also be the most fun: a fine day, a good companion, an attainable goal (say, a scenic spot) three or four miles away. On city streets, in the woods, or even round and round the high school track, walking is the best way to experience a landscape. If it's too rainy for anything but a treadmill indoors, at least you can read or watch TV. And after your workout, you know you've done yourself some good.

Briskly walking one mile (brisk usually means 3.5 to 4 miles per hour) burns nearly as many calories as running a mile at a moderate pace, and confers similar fitness and health benefits. Even strolling or slow walking (about 2 miles per hour) confers some benefits. This was seen in a new Harvard study of almost 40,000 female health professionals, which found that walking as little as an hour a week, at any pace, reduces the risk of coronary artery disease. Longer and more vigorous walking produced a greater risk reduction.

Here's how to get more out of your walking workouts and to vary your routine:

- **Try to walk briskly for at least half an hour every day, or one hour four times a week.**

If you weigh 150 pounds, walking at 3.5 miles an hour on flat terrain burns about 300 calories per hour. So this schedule would burn about 1,100 calories a week (studies show that burning 1,000 to 2,000 calories a week in exercise helps protect against heart disease). If you can't work that into your schedule, try more frequent, shorter walks.

- **Make an effort to walk as much as possible.** Skip elevators and escalators and take the stairs. Leave the car at home if you can walk the mile or two to a friend's house. Walk to work, at least part of the way.
- **Another approach:** get a pedometer and see how many steps you take a day. Aim for 3,000, and then try to work up to at least 5,000 steps (about 2.5 miles for the average stride) in the course of your daily activities. Some Japanese health officials advise 10,000 steps as a goal,

though there is no magic number. To achieve the higher goals, you'll have to include some brisk exercise walking in addition to walking at home and at work.

- **If you want to go faster,** instead of taking longer steps, take faster steps. Lengthening your stride can increase strain on your feet and legs.
- **Swing your arms.** One good option: bend them at 90° and pump from the shoulder, like race walkers do. Swing them naturally, as if you're reaching for your wallet in your back pocket. On the swing forward, your wrist should be near the center of your chest. Move your arms in opposition to your legs—swing your right arm forward as you step forward with your left leg. Keep your wrists straight, your hands unclenched, and elbows close to your sides. The vigorous arm pumping allows for a quicker pace, and provides a good workout for your upper body. And you'll burn 5 to 10% more calories.
- **Add some interval training.** For example, speed up for a minute or two every five minutes. Or alternate one fast mile with two slower miles.
- **Choose varied terrains.** Walking on grass or gravel burns more calories than walking on a track. And walking on soft sand increases caloric expenditure by almost 50%, if you can keep up the pace.
- **Walk up and down hills** to build strength and stamina and burn more calories. Combine hill walking with your regular flat-terrain walking as a form of interval training. When walking uphill, lean forward slightly—it's easier on your leg muscles. Walking downhill can be harder on your body, especially the knees, than walking uphill, and may cause muscle soreness, so slow your pace, keep your knees slightly bent, and take shorter steps
- **Try a walking stick or poles.** A walking stick is helpful for balance, especially for older people. To enhance your upper-body workout, use lightweight, rubber-tipped trekking poles, sold in many sporting-goods stores. This is like cross-country skiing without the skis. When you step forward with the left foot, the right

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arm with the pole comes forward and is planted on the ground, about even with the heel of the left foot. This works the muscles of your chest and arms as well as some abdominals, while reducing the stress on your knees. Find the right size poles by testing them in the store: you should be able to grip the pole and keep your forearm about level as you walk. Many poles are now adjustable.

- **Use hand weights, but carefully.**

Hand weights can boost your caloric expenditure, but they may alter your arm swing and thus lead to muscle soreness or even injury. They're generally not recommended for people with high blood pressure or heart disease. If you want to use them, start with one-pound weights and increase the weight gradually. The weights shouldn't add up to more than 10% of your body weight. Ankle weights are not recommended, as they increase the chance of injury.

- **Try backward walking for a change of pace.**

It is demanding, since it's a novel activity for most people. Even a slow pace (2 mph) provides fairly intense training. "Retro" walking is also a good option if you're trying to vary your workout on a treadmill or stair-climbing machine. And if you're recovering from a knee injury, it may help. Be careful when going back-wards outdoors: choose a smooth surface and keep far away from traffic, trees, potholes, and other exercisers. A deserted track is ideal. If possible, work out with a spotter, a forward-walking partner who can keep you from bumping into something and help pace you. To avoid muscle soreness, start slowly: don't try to walk backward more than a quarter mile the first week. Elderly exercisers or anyone else with balance problems should not retro walk.

- **Choose the right shoes.** Avoid stiff-soled shoes that don't bend. "Walking shoes" have flexible soles and stiff heel counters to prevent side-to-side motion. But for normal terrain, any comfortable, cushioned, lightweight, low-heeled shoes will do.



Monitoring Your Blood Pressure

Blood pressure is indicated by two numbers, each referring to how high in millimeters the pressure of the blood in your arteries can raise a column of mercury (Hg). The first number, the systolic pressure, represents the force of blood during a heart-beat. The second number, the diastolic, indicates the pressure between heartbeats. Blood pressure measurements for establishing hypertension now reflect equal emphasis on systolic and diastolic pressure, whereas previously only diastolic. Levels above 140/90 mm Hg are generally thought to require medical treatment, often beginning with the lifestyle measures given below



Seven Steps to Control Blood Pressure

- Lose weight if you are overweight—even a small drop in weight can lower blood pressure significantly. In some overweight people, a loss of as little as 5 to 10 pounds can make antihypertensive drugs unnecessary.
- Limit your daily alcohol intake to less than two drinks daily.
- Exercise regularly.
- Don't smoke.
- Keep your sodium intake under 2,400 milligrams per day (the amount in 6 grams of salt—a little more than a teaspoon).
- Maintain an adequate dietary intake of potassium, calcium, magnesium, and dietary fiber, which may help prevent or lower high blood pressure.
- Reduce your intake of saturated fat and cholesterol, which can help you reduce weight and is beneficial for overall cardiovascular health.

The Post Office and Christmas

For well over a hundred years, there has been in the public mind a particularly close association between the Post Office and Christmas time. Christmas cards, letters from abroad, turkeys, geese and parcels of every description are happily linked with the image of a heavily-laden but cheerful postman. Despite great changes in technology in recent years, the link between Christmas and the Post Office survives and Santa Claus himself still depends on An Post to bring him the many thousands of letters written by children throughout the country.



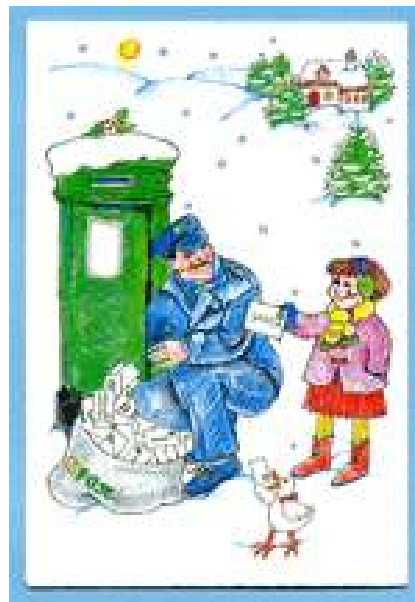
How did all this begin though? The connection with the Post Office goes back at least to the invention of Christmas cards and to Henry Cole who is credited with introducing them. Cole had worked with the postal reformer, Rowland Hill, on the introduction of universal penny postage and the famous Penny Black stamp. In 1843 he arranged for the design and printing of one thousand hand-coloured cards which he sold at the high price of 6d - about 3 cents in today's currency but a lot of money at the time and well beyond the reach of most ordinary people. Slowly, however, the idea of sending a special greeting card at Christmas caught the imagination and by 1881 the Post Office thought it wise to issue its first "Post early for Christmas" message in order to cope with the additional mail volumes. Early Christmas cards generally show Santa dressed in green in anticipation of the spring-time that would put an end to winter's grip. His red costume originated later in the United States and spread back to Europe. Scenes of festivity and traditional Biblical motifs formed the

most popular themes on cards but, with the increasing importance of the Post Office at Christmas time, card manufacturers would sometimes incorporate a postal image - a snow-covered pillar box for instance or children awaiting the arrival of the postman.

In days when letters were still the main form of communication between people, it was expected that postal staff would provide normal services on Christmas day. Occasionally, there was generosity on the part of the Post Office as an employer: eighty-odd years ago the Postmaster General conceded that an "official Christmas breakfast" might be funded

out of official funds for staff engaged on the 4am duties on Christmas day. This concession, however, was experimental and was not repeated the following year! It was normal for local delivery staff to remain on duty until the final incoming mails had been received, even if they were late, and staff might not get home to their families until the evening. Pressure from staff eventually brought change and, for the first time, there was no Christmas day delivery in 1937.

As mail volumes grew, it became necessary to take on extra staff at Christmas and, in difficult economic times, applications for those Post Office jobs far exceeded the number of positions available. Although Christmas volumes have been affected by technological innovations and changing writing habits, An Post still takes on extra staff at Christmas in order to cope with the nearly 100 million additional items that pass through the postal system over the Christmas period.





The Price of a Huge Holiday Meal

Our bodies do respond differently to an extra large meal and that can set you up for some not so pleasant results. Some research has shown that a huge holiday meal can increase your chances of a heart attack by up to four times in the next two hours! That is a good enough reason to slow down, eat smaller portions and to put into action some of our holiday tips.

So, our bodies react, but how? Firstly, after a large meal...say 3,000- 4,000 calories, cardiac output of blood is increased and takes a detour to the digestive system, leaving the heart and brain drained. This results in a lot of extra work and strain for the heart.

A large holiday meal can also increase Insulin as a result of all of those extra carbohydrates...potatoes, stuffing, bread and apples. This prevents normal relaxation of the arteries. Stiff arteries are not good news and can mean a heart attack down the road. Also, one of the indicators of inflammation, C-reactive protein, has been noted after a large, high fat meal. This is caused by quickly rising triglycerides and from all those extra fats and carbohydrates.

Well, if that wasn't enough, gobbling down a huge dinner can cause gastric reflux that can go on for hours. One large, high fat meal can also bring on a gallbladder attack. That said, you don't have to worry about rupturing your stomach since your stomach can accommodate nearly four times the normal amount of food. But, is that what you really want?

There are ways around this, especially remembering the abundance and choice of food we have. Eat until you are 80% full and there will be plenty of leftovers that everyone can enjoy that are just as delicious the next day! Enjoy your favourite foods in smaller portions and resist seconds. Eat slowly and enjoy the conversation around the table. Suggest a walk or arrange skating before or after dinner. Make food part of your celebration but also enjoy or start some new holiday activities and traditions with your family and friends.



Mother Souperior's Best Barley

This unconventional chunky and hearty soup is second to nun. Great for turkey leftovers.

1 lb	Boneless, skinless turkey or chicken breasts, cut into cubes	
1 ½ cups	Each chopped celery and chopped carrots	375 ml
1 cup	Chopped onions	250 ml
4 cups	Low-sodium, reduced-fat chicken broth	1 litre
1 can	Tomatoes, undrained, cut in cubes	28 ounces
1/3 cup	Pearl barley	85 ml
¾ teaspoon	Dried marjoram	a pinch
½ teaspoon	Each ground thyme, ground sage, salt, and black pepper	a pinch
¼ cup	Chopped fresh parsley	60 ml
2 cups	Kale, stem removed and cut into small pieces	500 ml

Heat oil in a large saucepan over medium high heat. Add turkey cubes and cook until they are no longer pink.

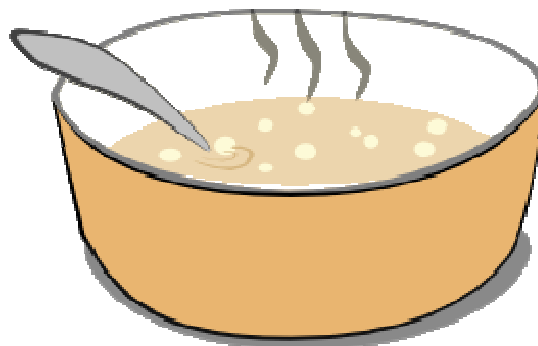
Add the remaining ingredients and mix thoroughly. Bring soup to a boil over high heat.

Reduce heat to low, then cover and simmer for 30-35 minutes until turkey and barley are tender.

Makes 6 servings

Source: Loonyspoons by Janet and Greta Podleski

Per serving:	Calories	Fat	Protein	Carbohydrate	Cholesterol	Sodium	% calories from fat
	257	5.4 g	26.5 g	25 g	59 mg	762 mg	19





HEALTHY HOLIDAY EATING



Is your calendar filling up with holiday events? Many of us look forward to the festive times spent with friends, family, and yes.... the food! To help you avoid the binge bug, consider these tips for making healthier choices throughout the holidays. Try committing to at-least three specific goals for any festive events you attend.

- * Don't starve yourself. Eat breakfast and lunch and curb your appetite by eating a light snack before an event.
- Going to a potluck? Take a low calorie dish.
- Don't waste calories on goodies that you can have anytime.
- Enjoy small samples - don't splurge!
- Avoid alcohol or drink moderately. Not only will alcohol add excess calories to your diet, but it will also cause your willpower to topple and you will over-indulge. Sip alternately on a low calorie drink.
- Fill your plate with fresh vegetables, fruit, and slices of lean meat.
- Eat only when you are hungry and not because food is near.
- Choose appetizers that will help meet the guideline of five or more servings of fruits and vegetables a day.
- Take small portions of high-fat foods.
- Fill up on fiber.
- Eat slowly and enjoy each mouthful and the company around you.
- Eat off of smaller plates and fill up your plate once.
- Recognize that the environment is much stronger than your will power, so keep the chocolate and nuts out of sight until dessert time.
- Don't eat while standing up or on the run or socialize around the food table.
- Plan entertainment around non-food events like ice skating or watching a holiday movie, or singing carols.

Serve "small size" healthy alternatives to alcohol, such as sparkling apple juice or cider, seltzer mixed with fruit juices, low sodium vegetable juice, low fat chocolate hot chocolate with peppermint or light eggnog mixed with skim milk.

Festive ice cubes can add flavour and colour. Freeze berries, cherries, lemon or orange slices, or a sprig of mint in ice cube trays or a bundt pan for a round ring. Fill with water, fruit juice or sparkling beverage and freeze.

During this holiday season, "fill up" on the good things, whether it is making healthier food choices or enjoying the company of people you love. Take care of both your physical and mental health for maximum health, satisfaction and maintaining balance in your life.

