



# Heart & Facts

Coronary Artery Rehabilitation Group Inc.

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## March 2010 Issue

### CARG Volunteers of the Year 2010: Vic Zapf & Art Wiggins

Presented at the pancake breakfast, February 17, 2010



Cathy Matlock stated: "Recognition of volunteers in the CARG program started in 2001, starting with Freida Goodhew. In 2002 John Nargang was chosen as the Volunteer of the Year, followed by Ray Williams and Ethelyne Eichhorn in 2003. In 2004 Phillip Griffin-Warwicke received the honor as did Don Campbell in 2005. In 2006 Roland Perras was a deserving recipient of the award, and in 2007 Nestor and Eva Shabits were honored, as was Cathy Matlock in 2008. In 2009 Shirley Patola and Lottie Kear were chosen. This year it is my pleasure to have been asked to choose another Volunteer of the Year. This volunteer can be found walking on the track, and very rarely walking alone because he is usually listening or problem-solving with someone. He has been a strong supporter of the

CARG program for the last ten years. He has been a hospital visitor for many many years, and being a hospital visitor is really a gift that few have. He registers people coming in to the education program for the yellow shirts when needed. This volunteer was on the board of directors and served as treasurer. Immaculate records were kept. While on the board he served on many committees and helped make the CARG program better for all of us. He volunteers for many things...he has made up draw tickets and sold them...he helps with setting up for pancake breakfasts and other events we have during the year, and is probably still around when the clean up takes place. He was the convenor for the 2009 CARG Christmas party...the annual volunteer BBQ in June of each year is another event he helps to organize and we all hope he will once again pick an awesome day this year. I am so very pleased to present the 2010 Volunteer of Year Award to **Vic Zapf**.

Vic Zapf stated: "It is indeed a pleasure to have been asked to introduce the recipient for the CARG Volunteer of the Year award for 2010. Our nominee has been a participant in the exercise program for 22 years, has been a visitor to heart patients for 15 years, retiring in 2008. He has also volunteered at the collection desk for the past 15 years and still continues to do this task. The above mentioned acts of volunteerism were not enough. He along with his wife also volunteered for the SHR at City Hospital for the past 20 years retiring from this in 2009. It gives me great pleasure to present this plaque to **Mr. Art Wiggins**. On behalf of all the members of CARG I congratulate

you and thank you for all your volunteer efforts."

SORRY, NO  
IMAGE  
AVAILABLE

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Curt Weberbauer, CARG Collection Coordinator writes:

**The CARG organization is looking for a support volunteer to oversee the collection of our monthly walking fees at the Field House. We would like a volunteer who would be willing to work on the first three walking days of each month, from 6:00am to noon. The person would be assisting in organizing the collection teams and assisting in managing the collection process. Please contact Curt by phone at 372-1377, or e-mail at [charleyoatmeal@shaw.ca](mailto:charleyoatmeal@shaw.ca)**



## Reminder: Upstream Diabetes Study



We are looking for volunteers to participate in a study that is testing a new Canadian Diabetes Screening tool. You may have already been approached by a staff member regarding this project, but if you haven't, this could be your opportunity to make an easy \$20.00. Jaime (one of the staff) has been recruiting people to participate in this study. If you are interested please talk to her.

Do you qualify for the study?

- Have to be between the ages of 40 and 74 years
- NOT diabetic already
- NOT pregnant

There are two ways to participate

1. Screening events are being held once a month. They are currently only at the field house but we are planning to expand to Shaw sometime in the near future. Your blood test will be done at this time and you will also receive education on nutrition, physical activity, and action planning. Posters and sign-up sheets will be found on the exercise log tables
2. If you would rather do the blood test on your own time, a lab requisition form can be obtained from Jaime. Before receiving the requisition, a meeting will need to be scheduled to complete the screening tool. After this is completed, a trip to the lab can be completed at your earliest convenience

If there are any questions or concerns, please talk to Jaime during the cardiac program or call 655-4804

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### Larry Wilkins is new CARG Treasurer

Larry Wilkins became a member of CARG in April 2007. He has recently retired from Revenue Canada. While there he was an auditor with their special investigations unit working with the RCMP tracking illegal monies and investments. He also has a history in law enforcement: serving with the Canadian Army, Military Police, Highway Traffic Officer and Deputy Sheriff

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## Heart and Stroke Foundation's 2010 Annual Report on Canadians' Health

The Heart and Stroke Foundation's 2010 Annual Report on Canadians' Health warns that a "perfect storm" of risk factors and demographic changes are converging to create an unprecedented burden on Canada's fragmented system of cardiovascular care, and no Canadian - young or old - will be left unaffected. Adding to the perfect storm, troubling disparities persist between provinces and territories. "In a very short time, the face of heart disease in Canada has changed to include groups that have historically been immune to the threats of heart disease," says Dr. Beth Abramson, cardiologist and spokesperson for the Heart and Stroke Foundation. "But the combination of new groups at risk of heart disease and the explosion of unhealthy habits across Canada have accelerated the impact of these threats which are now converging and erasing the progress we've made in treating heart disease over the last 50 years." For more see: <http://carg.ca/storm>



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## GE's Vscan, world's smallest portable ultrasound



"GE Healthcare is finally releasing the much awaited Vscan pocket sized ultrasound. Many in the industry hope that this device offers a chance for physicians to make a move from stethoscopes to portable imaging devices, bringing advanced visualization to any examination room. The unit weighs one pound and is only 3 inches (7.6 cm) wide and 5.3 inches (13.5 cm) long, offering both standard black and white imaging, as well as colored blood flow doppler. GE is touting Vscan's size and capabilities for cardiologists to transthoracically view myocardium, pericardium, and heart valves, and for primary care physicians, as well as OB, ER, and others, to scan the liver, kidney, aorta and peripheral vessels, babies in the womb, and anything else the transducer can penetrate" - More at <http://carg.ca/vscan>



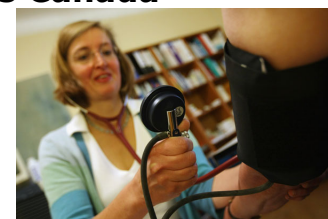
## "Happy" or "Positive" people observed to have fewer heart attacks

Columbia University Medical Center researchers studying the link between emotions and heart disease believe that their recent study, published in the latest issue of the European Society of Cardiology's **European Heart Journal**, is the first to show a relationship between positive emotions and coronary heart disease. In other words, being happy may be good for your heart, says Karina Davidson, Ph.D., who led the research. Although it was observational research in a trial population that had suffered cardiac events, the study suggests that it might be possible to help prevent heart disease by enhancing people's positive emotions. Over a period of 10 years, Dr. Davidson and her colleagues followed 1,739 healthy adults (862 men and 877 women) who participated in the 1995 Nova Scotia Health Survey. At the start of the observational study, trained nurses assessed the participants' risk of heart disease and the degree of expression of positive emotions, which is known as "positive affect." - For more: <http://carg.ca/happy>

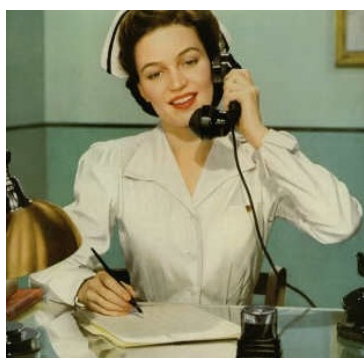
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## Nearly 4.6M Canadians have hypertension: Statistics Canada

"Nearly one-fifth of Canadians, or roughly 4.6 million adults, have hypertension, with hundreds of thousands of people unaware of their condition, a new survey shows. **Hypertension**, or high blood pressure, is a leading risk factor for mortality, cardiovascular disease and kidney disease, said the study released by **Statistics Canada**. About 80 per cent of the 4.6 million Canadians with hypertension are being treated with medication, said the study. In two-thirds of those treated, the anti-hypertensive drugs were found to be effectively controlling blood pressure. However, among one-third of adults with hypertension, the condition remained "uncontrolled," meaning blood pressure is still high. About half of those with "uncontrolled" blood pressure, or 762,000 people, were unaware of their condition, according to the findings. The study used analysis from the Canadian Health Measures Survey between March 2007 and February 2009, which is based on direct, automated measures of blood pressure and self-reported use of blood pressure medication in respondents aged 6 to 79 years" For more:<http://carg.ca/hypertension>



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## Nurse-led service slashes cancelled heart ops (UK)

"A nurse-led service for patients having cardiac surgery has helped slash the number of cancelled operations and length of hospital stay at a south London trust. The service - a joint project between St George's Hospital Trust and the South West London Cardiac and Stroke Network - was set up in December 2008 to improve the cardiac surgery patient pathway and help the trust meet the 18-week referral to treatment target. Lead by a cardiothoracic nurse practitioner, who co-ordinates the care of cardiac surgery patients, the service has seen the number of theatre cancellations decrease from 10.1 cases per month two years ago to just 2.3 cases per month at present.

Length of hospital stay has also reduced - from 8.8 days to 7.6 days for elective patients, and 15.7 days to 13.3 days for emergencies" For more: <http://carg.ca/nurseled>

## Pensioners' playground: London to open its first exercise area for older people (UK)

Swinging London will take on a whole new connotation for the capital's aging baby boomers, who will soon get their own specially designed outdoor playground. The park will offer low-impact exercise equipment to help older people improve their balance and flexibility and tone muscles that may not have been tested for decades. "Every park has a children's playground, very few have playgrounds for adults, and none have playgrounds for the elderly," said Madeline Elsdon, whose local residents' association has won funding for the playground, which is planned for London's popular Hyde Park. "We wanted something that would be of long-term benefit to people, so we came up with this idea for an older person's playground." Exercise areas aimed at the elderly are popular in Europe and Asia, and there's already a U.K. precedent - an over-60 playground billed as Britain's first opened in Manchester's Dam Head Park two years ago. Westminster City Council, which gave 40,000 pounds (\$60,000) to fund the project, said a sign would identify the area as the "Hyde Park Senior Playground" but anyone of any age was welcome to use it. For more: <http://carg.ca/play>



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## Saskatchewan Health Information Resources Partnership

The Saskatchewan Health Information Resources Partnership provides access to a comprehensive suite of online health

information resources for all health practitioners in Saskatchewan. Practice areas include medicine, nursing, pharmacy, psychology, and therapy. The SHIRP digital library includes:

- \* 13 Medical and Interdisciplinary Health Databases
- \* Over 6,000 Full text Journals
- \* 144 Full text Books
- \* 2 Clinical Decision Support Tools

SHIRP's Mandate:

- \* ensure that critical evidence-based health information is available to all health care practitioners in the province
- \* provide training and reference support for all health care practitioners in accessing these vital resources

The SHIRP team is comprised of two Co-Chairs, a Coordinator, an Outreach Services Librarian, and a Programmer/Analyst. For more: <https://www.shirp.ca>

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## Eight in 10 English men 'will be too fat by 2020'



"Eight out of 10 men and nearly seven out of 10 women in England will be too fat by 2020, according to new data recently released. Researchers said that while recent research showed obesity among children levelling off, instances among adults show no sign of doing the same. Some 41 percent of men aged 20 to 65 will be obese by 2020, with 40 percent overweight, according to the figures from the **National Heart Forum**, based on data from the Health Survey for England. That makes a total of 81 percent. Among women, 36 percent will be obese and 32 percent overweight - a total of 68 percent. By 2050, this will lead to sharp increases in the number of people suffering strokes, high blood pressure, heart disease and diabetes, researchers

said. "These trends demonstrate that the cautiously optimistic picture we presented in November 2009 for a levelling off of future obesity rates among children is not mirrored in adults," said Professor Klim McPherson of Oxford University, who also chairs the National Heart Forum" For more: <http://carg.ca/2020>