



HAPPENINGS AND HIGHLIGHTS.

Social Breakfast

- Thursday December 11 ,
at Pure Casino 9:30 AM

CASE Bowling

- In Boonie Doon Lames
the dates and times to be
announced in separate e-
mails

Christmas Party

- December 5 at 5:00 pm
Westend Seniors Activity
Centre.

Virtual Golf

- December 3 and 17
Evolution Golf South
3038-106 St.

Welcome Back Dinner

- January 13 at 6:00 at the
Boston Pizza 4804
Calgary Trail

Education Sessions

- Save the date for Monday
February 9. This may be
a lunch or an evening
session. TBA

Essentrics for CASE

- Lynn Bohuch offers
sessions mornings through
the week. Contact
bohuch85@gmail.com



BEST WISHES FOR THE SEASON

As we come to the close of another year, I want to extend my heartfelt thanks to each of you for your ongoing support, dedication, and participation in our society's programs. Your commitment is what allows our organization to thrive and make a positive impact in our community.

During this season of togetherness and reflection, I hope you enjoy moments of peace, joy, and connection with the people who matter most to you.

On behalf of the board, I wish you a very Merry Christmas and a happy, healthy New Year. We look forward to sharing another meaningful year together in 2026.

Warmest regards,

Wayne Saunders

President, Cardiac Athletic Society of Edmonton. "CASE"

Cardiac Athletic Society Edmonton - Contacts

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CASE Website <https://edmontoncase.ca>

CASE Payments CASE.Deposits@gmail.com

TIME FOR CHRISTMAS

If you reserved or purchased tickets, do not forget our Annual Christmas Party on Friday, December 5, 2025, at the Westend Seniors Activity Centre, located at 9629 - 176 St NW, **Edmonton. Cocktails at 5pm, Dinner at 6pm.**

WELCOME BACK DINNER

Time to greet the New Year with CASE by having our Welcome Back dinner on Tuesday Jan. 13, 2026, at 6 pm in the Team Room at Boston Pizza, 4804 Calgary Trail. Please note that there will be separate bills with 20% gratuity included.

SOME THINGS TO NOTE

We have rescheduled the December Social Breakfast from the first Thursday of December to the second Thursday. It will now be held on Thursday December 11 to avoid any concern about clashing with the Friday Christmas Party.

Also, please do not forget to renew your CASE membership for 2026. The fee is still \$30 for 2026 payable by making payment via e-transfer to case.deposits@gmail.com. Please mark your E-transfer 2026 Membership.

If you have any receipts for your 2025 exercise activities and you have not already submitted them for reimbursement under the CASE EXERCISE INCENTIVE PROGRAM, these must be submitted to Grace Werner at case.deposits@gmail.com before the end of the year.

YOUR BOARD NEEDS YOU!

We are appealing to our membership for someone to fill the position of Secretary. Duties include taking minutes at monthly board meetings and distributing them to board members. If anyone can help us with this important position, we'd sincerely appreciate it. For details, please contact Wayne Saunders at: sharway@telusplanet.net.

CASE 2026 CALENDAR

You will find attached to this issue of Heart Murmurs a single sheet 'planning calendar' for CASE's activities in 2026. This sheet outlines the regular dates and locations of the Exercise Programs delivered and supported by CASE as well as the scheduled Social and Educational Activities.

We continue to produce the monthly traditional calendars with each newsletter which may provide more information about changes resulting from additions or deletions and changes in schedules and locations. However, this single sheet does provide an overview of what you can expect to occur from CASE during 2026.

EXERCISE ACTIVITIES

The outdoor walk season has wrapped up; an indoor walk or two may be held in the depths of winter.

Healthy at Heart Exercise continues at Terwillegar Rec Centre with good attendance, including several additional CASE members.

Wednesday Bowling has started for the winter season; the first event had 11 participants.

Source: Wayne Jackson

AI MODELS TO ANALYZE ANGIOGRAMS

Coronary artery disease (CAD) is the leading cause of death globally, affecting millions. In 2015, CAD was behind nearly nine million deaths in Canada, and it remains a leading cause of death and hospitalization in the country.

Coronary angiography, an X-ray technology that involves using a catheter and special dye to view blockages and narrowing of the vessels in the heart, has been the gold standard used to assess CAD since the 1960s. However, data from test results is entered manually, which can be time consuming and may lead to mistakes. It also makes it difficult for researchers to include these results in artificial intelligence (AI) models, which are increasingly being used to help predict patient outcomes and in treatment decisions.

Health AI researcher Dr. Joon Lee, PhD, a professor in the departments of Cardiac Sciences and Community Health Sciences at the Cumming School of Medicine, is leading a team that wants to change that. The team, made up of researchers from the University of Calgary, the University of Ottawa Heart Institute and the Montreal Heart Institute, was recently awarded a Michael and Terry Wilson Grant to develop the first AI-powered multi-modal patient outcome prediction models capable of analyzing coronary angiograms and electronic health record data.

“This is an important project because our models will help support treatment decisions, which aren’t always straightforward,” says Lee. “We will be able to do a lot with this grant.”

To develop the models, this project will expand an existing data set—previously built by Lee and his team—containing information from more than 60,000 catheterization procedures done in Alberta between 2009 and 2019. The models will be designed to predict major adverse cardiovascular events, such as heart attacks, stroke, and heart failure, at 90 days and one, three and five years after receiving a CAD treatment.

According to Lee, once updated to include angiogram images and other patient data, a similar data set will be extracted at the University of Ottawa Heart Institute to further refine and validate the models.

“This partnership with Ottawa is important, because in machine learning, the bigger your data set is, the more generalizable and useful your prediction models will be,” says Lee. “It’s one thing to build something that works for your own site, but we want to create something that will work at as many sites as possible.”

Following this work, Lee’s team will apply for grants to conduct multi-center trials to evaluate the clinical usefulness of their models in CAD treatment decision-making, integrate with clinical information systems and commercialize the technology.

Dr. Joon Lee, PhD, is a professor in the departments of Cardiac Sciences and Community Health Sciences at the Cumming School of Medicine at the University of Calgary. He directs the Data Intelligence for Health Lab. He is a member of the Libin Cardiovascular Institute and the O’Brien Institute for Public Health.

Source: Dawn Smith, Libin Cardiovascular Institute Sept. 17, 2025

[Researchers aim to build first AI prediction models capable of analyzing coronary angiograms | News | University of Calgary](#)

TYPE 2 DIABETES DRUG MAY HELP PREVENT HEART FAILURE.

A University of Alberta pharmacology researcher has discovered that a new experimental anti-obesity drug improves diastolic heart function in mice with Type 2 diabetes independent of its weight loss effects, suggesting the drug may work as a treatment to prevent the most prevalent form of heart failure in people with diabetes.

John Ussher is a professor in the Faculty of Pharmacy and Pharmaceutical Sciences, Canada Research Chair in Pharmacotherapy of Energy Metabolism in Obesity and a member of the Alberta Diabetes Institute, the Cardiovascular Research Institute and the Women and Children’s Health Research Institute.

“I believe that if we manage this type of heart disease for the 400-million-plus people who have been diagnosed with Type 2 diabetes worldwide — if we get on top of it for someone diagnosed in their 40s or 50s — then they won’t have this type of heart failure in their 60s and 70s,” Ussher says. “It is debilitating for the patient because they get out of breath from just walking up one flight of stairs, and it’s also a huge burden on the health-care system.”

Ussher’s lab tested the new anti-obesity drug *Growth Differentiation Factor 15 (GDF15)*, which acts on the brain to decrease appetite and promote weight loss. It is currently in early clinical trials for use in humans. Obesity is a risk factor for both Type 2 diabetes and cardiovascular disease.

The team gave GDF15 to mice with Type 2 diabetes, while a control group lost weight through diet alone. The team found an improvement in diastolic heart function in both groups, but it was better in the mice that had received the drug. The research team determined that the drug caused this improvement because of its anti-inflammatory effects within the heart.

“One of the cell types that cause an inflammatory response in the heart are known as macrophages, and we saw less macrophages recruited to the heart,” Ussher explains. “Several biomarkers of elevations in inflammation were decreased in the heart with GDF15 treatment.”

Health Canada reports that more than three million Canadians live with diabetes, representing 8.9 per cent of the population, and another 6.1 per cent have prediabetes. About 80 per cent of people with diabetes will die as a result of heart disease or stroke, according to the Canadian Diabetes Association. The most common type of heart problem in Type 2 diabetes is diastolic or “left side” dysfunction, in which the heart does not relax properly between pumps. Symptoms include fatigue and shortness of breath.

The problem, says Ussher, is that patients who are newly diagnosed with Type 2 diabetes do not often have their heart function tested because the focus of treatment is on blood sugar control through diet, weight loss and medication. This means patients with diabetes may live with diastolic dysfunction for many years without direct treatment. Later in life it can show up as an often-fatal condition known as heart failure with preserved ejection fraction.

Ussher is devoting his research career to finding treatments for this hidden disease. He says the next step for his research will be to investigate the mechanism behind how GDF15 reduces inflammation in the heart.

The Ussher lab recently published another paper looking at an Ozempic-like drug called Liraglutide, also known as Victoza, which they found also promotes weight loss and improves the heart’s ability to relax. Ussher notes that the weight loss impact of glucagon-like peptide-1 based drugs like Ozempic or Victoza is better than with GDF15, and studies suggest that the two drugs have synergistic actions and could be used together as complementary treatments.

Source: University of Alberta Folio Gillian Rutherford, October 21, 2024 [New anti-obesity drug shows promise in preventing heart failure related to Type 2 diabetes | Folio](#)

Cardiac Athletic Society Edmonton Board

| | | | |
|-------------------------------------|-----------------------|----------------------------------------|-------------------------|
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Support for CASE

As a recognized charitable institution, CASE makes a significant difference to people interested in maintaining their heart health. If you make a financial gift, either as a direct contribution, or in the memory of a member who has passed, we will issue a tax receipt.

Heart Murmurs is the newsletter of CASE published each year in February, March, April, May, September, October, November, and December. Suggested articles can be submitted to Barry Clark at kbclark1@telus.net

If you wish to unsubscribe from this newsletter, please e-mail kbclark1@telus.net with a subject line 'unsubscribe'.

CASE Events Calendar - December 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------------------------------------------------|---------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|----------|
| | 1 | 2 Healthy at Heart BJRCT 11:30 to 12:45 | 3 | 4 Healthy at Heart BJRCT 11:30 to 12:45 | 5 CASE Christmas Party Westend Seniors Activity Center 5:00PM | 6 |
| 7 | 8 | 9 Healthy at Heart BJRCT 11:30 to 12:45 | 10 | 11 Healthy at Heart BJRCT 11:30 to 12:45 CASE Breakfast 9:30 AM Pure Casino | 12 | 13 |
| 14 | 15 | 16 Healthy at Heart BJRCT 11:30 to 12:45 | 17 | 18 Healthy at Heart BJRCT 11:30 to 12:45 | 19 | 20 |
| 21 | 22 | 23 Healthy at Heart BJRCT 11:30 to 12:45 | 24 | 25 Christmas Day | 26 | 27 |
| 28 | 29 | 30 Healthy at Heart BJRCT 11:30 to 12:45 | 31 New Years Eve | | | |

BJRCT = *Booster Juice Recreation Centre in Terwillegar.*

CASE Events Calendar - January 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------------------------|-------------------------------------------------------------------------------|--------------------|----------------------------------------------------------------------|--------|----------|
| | | | | 1 New Years Day | 2 | 3 |
| 4 | 5 | 6 Healthy at Heart BJRCT 11:30 to 12:45 | 7 | 8 Healthy at Heart BJRCT 11:30 to 12:45 Social breakfast | 9 | 10 |
| 11 | 12 | 13 Healthy at Heart BJRCT Welcome Back Dinner 6PM Boston Pizza | 14 Virtual Golf | 15 Healthy at Heart BJRCT 11:30 to 12:45 | 16 | 17 |
| 18 | 19 Board Meeting 10AM | 20 Healthy at Heart BJRCT 11:30 to 12:45 | 21 | 22 Healthy at Heart BJRCT 11:30 to 12:45 | 23 | 24 |
| 25 | 26 | 27 Healthy at Heart BJRCT 11:30 to 12:45 | 28 Virtual Golf | 29 Healthy at Heart BJRCT 11:30 to 12:45 | 30 | 31 |

BJRCT = *Booster Juice Recreation Centre in Terwillegar.*

| 2026 | BUSINESS | | EXERCISE PROGRAMS | | | | SOCIAL PROGRAMS | | | EDUCATION AND SPECIAL EVENTS | | HEART MURMURS |
|-----------|---------------|----------------|----------------------------|-------------------------------------|---------------------------------------|-----------------------------------|-----------------|-----------------|------------------|------------------------------|--------------------------|------------------------|
| Event | Board Meeting | Annual Meeting | Healthy at Heart exercise | Walking | Bowling | Golf | Barbecue | Christmas Party | Social Breakfast | Education | Special Event | Submit by 7 days prior |
| Location | Cloverdale CL | SEESA | BJRCT | TBA | Bonnie Doon Lanes | Twin Willows | SEESA | WSAC | Pure Casino | BJRCT | | |
| January | Jan-19 | | Tues/Thursdays 11:30-12:45 | | Second or Third Wednesday with notice | Virtual Golf Evolution Jan 14, 28 | | | Jan-08 | | Welcome dinner Jan 15 | |
| February | Feb-23 | | Tues/Thursdays 11:30-12:45 | | Second or Third Wednesday with notice | Virtual Golf Evolution Feb 11, 25 | | | Feb-05 | Feb-09 | | Feb-01 |
| March | Mar-23 | Mar-09 | Tues/Thursdays 11:30-12:45 | | Second or Third Wednesday with notice | Virtual Golf Evolution Mar 11, 25 | | | Mar-05 | | | Mar-01 |
| April | Apr-27 | | Tues/Thursdays 11:30-12:45 | Second or third Fridays with notice | | TBA | | | Apr-02 | Apr-13 | | Apr-01 |
| May | May-25 | | Tues/Thursdays 11:30-12:45 | Second or third Fridays with notice | | May 6, 13, 20, 27 | | | May-07 | May-11 | | May-01 |
| June | | | Tues/Thursdays 11:30-12:45 | Second or third Fridays with notice | | Jun 3, 10, 17, 24 | TBA | | Jun-04 | | Ed Abel Tourney June TBA | |
| July | | | Tues/Thursdays 11:30-12:45 | Second or third Fridays with notice | | Jul 1, 8, 15, 22, 29 | | | Jul-02 | | | |
| August | | | Tues/Thursdays 11:30-12:45 | Second or third Fridays with notice | | Aug 5, 12, 19, 26, | | | Aug-06 | | | |
| September | Sep-28 | | Tues/Thursdays 11:30-12:45 | Second or third Fridays with notice | | Sep 2, 9, 16, 23 | | | Sep-03 | Sep-14 | | Sep-01 |
| October | Oct-26 | | Tues/Thursdays 11:30-12:45 | Second or third Fridays with notice | | TBA | | | Oct-01 | Oct-19 | | Oct-01 |
| November | Nov-23 | | Tues/Thursdays 11:30-12:45 | | Second or Third Wednesday with notice | | | | Nov-05 | Nov-09 | | Nov-01 |
| December | | | Tues/Thursdays 11:30-12:45 | | Second or Third Wednesday with notice | | | TBA | Dec-03 | | | Dec-01 |

| | | |
|-------------------|-------------------------------------|--------------------------------------------------------|
| board meetings | 4th Monday of month | Cloverdale Community League |
| annual meeting | 2nd Monday of March | South East Edmonton Seniors Association (SEESA) |
| golf | Wednesdays May to September | Twin Willows Golf Course |
| Walks, Bowling | location and schedule by organizers | waynejackson66@gmail.com |
| Essentrics | 6 days a week | Lynn Bohuch at essentricsworkoutswithlynn@gmail.com |
| BBQ | Date TBA | South East Edmonton Seniors Association (SEESA) |
| Xmas Party | Date TBA | Westend Seniors Activity Centre |
| Social breakfasts | 1st Thursday of each month | Pure Casino |
| education | 2nd Mondays of months scheduled | Booster Juice Recreation Centre in Terwillegar (BJRCT) |