



## SAVE THE DATE FOR A VITAL AGM IN MARCH

The Annual General Meeting of CASE is scheduled for Monday March 10 at the South-East Edmonton Seniors Association (SEESA) 9350 82 Street NW Edmonton, AB T6C 2X8 at 7:00PM. CASE needs to elect new board members and fill Executive positions.

### HAPPENINGS AND HIGHLIGHTS.

#### Social Breakfast

- Thursday February 6, 2025, at Pure Casino 9:30 AM

#### CASE Bowling

- To be announced in separate e-mails

#### Virtual Golf

- To be announced in separate e-mails

#### Education Evenings

- Monday February 10, April 14 and May 12 at Terwillegar.

#### Healthy at Heart

- Tuesdays and Thursdays at BJRCT 11:30 to 12:45

#### Essentrics for CASE

- Lynn Bohuch offers sessions mornings through the week. Contact [bohuch85@gmail.com](mailto:bohuch85@gmail.com)

At its November meeting the CASE Board formed a Nominating Committee, that is to report to the March Annual General Meeting, to search for candidates to work with the Board in 2025. Burn Evans, Mae Hadley and Wayne Jackson are seeking candidates for a variety of positions. Please contact any of them if you have any questions about the positions.

- Hadley, Mae [maehadley@telus.net](mailto:maehadley@telus.net)
- Burn Evans [gbevans02@gmail.com](mailto:gbevans02@gmail.com)
- Wayne Jackson [waynejackson66@gmail.com](mailto:waynejackson66@gmail.com)

It is important that members attend this meeting to participate in the elections and to advise the new council on any desired new directions for the future growth and development of CASE and its programs. Some points to ponder are:

- How can we encourage greater participation of the existing members in heart healthy exercise programs? The Exercise Incentive Program was designed to encourage all members of CASE to exercise by providing a refund of up to \$100, for paid attendance at an exercise program. The take up on the program has been lower than expected.
- How can we expand our membership among heart patients in the Edmonton Region? Can CASE attract new 'pre-retirement age' membership?

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### Cardiac Athletic Society Edmonton - Contacts

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CASE Payments [CASE.Deposits@gmail.com](mailto:CASE.Deposits@gmail.com)

## ***HAPPY NEW YEAR!***

Already we are a month into it. For any members from 2024 who have not yet sent in their \$30 annual membership dues, please do so as soon as possible! You may pay by e-transfer at [CASE.Deposits@gmail.com](mailto:CASE.Deposits@gmail.com) noting on the transfer that the payment is for your 2025 CASE Membership. Thanks!

Many thanks to all of you who have paid already.

## ***ALPHABET SOUP***

Apparently, the world changed again without me noticing... The ***Healthy at Heart*** exercise location, formerly the Terwillegar Community Recreation Centre (TCRC) is now called the ***Booster Juice Recreation Centre in Terwillegar***. I suppose the abbreviation is now “BJRCT”.

## ***EDUCATION AND SPECIAL EVENTS***

Our Education evenings in early 2025 are scheduled for Mondays; February 10, April 14 and May 12 at Terwillegar Multipurpose Room B.

For the February 10 speaker and topic please look for a separate e-mail.

Looking forward to our April 14 Meeting, the topic will be Walking with Poles and other Fitness Info - Get set for Spring!

Mae Hadley Education Coordinator.

## ***ANXIETY AND HEART PATIENTS***

What we know about anxiety and heart disease is merely “the tip of the iceberg,” scientists say. Anxiety is a prevalent issue among individuals with cardiovascular disease. As many as four in 10 patients with coronary artery disease report symptoms of anxiety during hospitalization or immediately post event.

In her laboratory at the University of Ottawa Heart Institute, Dr. Heather Tulloch explores the role of behavioural, cognitive, psychological and social mechanisms and interventions for patients with cardiovascular disease and their partners, with the goal of improving cardiovascular health, mental health, and quality of life outcomes.

She says to feel anxious following a cardiovascular disease diagnosis is perfectly normal. “I believe anxiety is a human response to what can be a scary event for many people, We are hardwired to keep ourselves safe, and a cardiovascular disease diagnosis brings about new things that make you think about your health.”

***Understanding anxiety*** Generally, anxiety is described as an emotion characterized by an unpleasant state of inner turmoil, centred around feelings of dread over anticipated events. Dr. Tulloch says the effects of anxiety can permeate into multiple facets of patients' lives. It may indicate a more serious problem if an individual experiences excessive worry that is difficult to control and a combination of at least three of the following symptoms:

- restlessness,
- fatigue,
- difficulty concentrating,
- irritability,
- muscle tension, and
- sleep disturbance.

“If you're experiencing any of those symptoms and you're having a difficult time functioning in your day-to-day, that's when it's more problematic,” she says.

***Anxiety and cardiovascular disease:*** There are behavioural and physical mechanisms of anxiety that psychologists believe may lead to a worsening of cardiovascular health. To explore this question further, Dr. Tulloch and her colleagues at the University of Ottawa Heart Institute completed a review of the available literature on the effects of anxiety on cardiovascular disease prognosis among women with a heart condition. Their related commentary is published in the *European Journal of Preventative Cardiology (EJPC)*.

Studies of individuals who have experienced a heart attack have found that post-event anxiety was associated with a 71% increased risk of a recurrent heart attack and a 23% increased risk of cardiac mortality.

***More research, especially in women, is necessary:*** “Our review highlights the need to better understand the links between anxiety and cardiovascular disease, especially among women,” says Dr. Karen Bouchard, an associate scientist and director of the Cardiovascular Health Promotion, Education, and Social Determinants Laboratory at the University of Ottawa Heart Institute, and an author of the paper published in the EJPC.

“The prevalence of anxiety in women is about two to three times higher than in men,” she said. “But we've only started scratching the surface on understanding the effects of this anxiety. The sample sizes are too small and disproportionate to discern how anxiety affects women versus men.” More research, Dr. Bouchard says, is clearly needed. “What we know about the connections between mental health and cardiovascular disease risk are predominantly informed by studies that have been performed on men,” she said. “I believe what we currently understand about anxiety in women is just the tip of the iceberg. There is a lot more we can learn if we leverage data that includes larger female samples.”

Drs. Tulloch and Bouchard are among a team recently funded by the Canadian Institutes for Health Research to investigate the impact of anxiety on cardiovascular outcomes in women with cardiovascular disease. Dr. Bouchard says a sex-specific analysis of data from the Canadian Longitudinal Study of Aging will help researchers identify how anxiety affects women specifically.

In another project, funded by Heart & Stroke, Dr. Tulloch will investigate the relationship between psychological distress and major adverse cardiovascular events in patients with spontaneous coronary artery dissection to better understand the impact of mental health on cardiovascular outcomes in these patients.

***Mental health matters:*** “What’s clear is that we need to focus more on mental health as a critical factor that can impact patients for better or for worse,” said Dr. Bouchard. “Research will yield important insights that inspire innovative programming and new approaches to bolster these facets of people’s lives and improve health outcomes.”

At the Heart Institute, every cardiac rehabilitation patient is screened for depression and anxiety. Those with elevated scores are referred to a clinical psychologist for assessment to determine whether they may benefit from one or more resources available. For example, there’s an online workshop in which participants log in to learn about the signs and symptoms of stress and how to set practical strategies for managing it effectively. There’s a stress management class and managing emotions program designed to help patients cope with anxiety related to their heart health and other difficult emotions. There’s also a list of top tips to improve emotional health, which includes advice for sleeping well and exercising safely.

Dr. Tulloch says the little things go a long way. “There are things people can do to reduce stress and anxiety in their daily lives so when stressors do come or new stressors arise, you feel like you can handle it,” she said. Breathing and mindfulness exercises and positive self-talk, she says, can help. “We’re all at different stages in our life, and whether we meet the diagnostic criteria for an anxiety disorder or not, we’re all going to experience stress and anxiety at times, and that’s okay,” said Dr. Tulloch. “There’s support for those who need it.”

Source: November 27, 2024, University of Ottawa Heart Institute  
<https://www.ottawaheart.ca/the-beat/news/research-needed-better-understand-how-anxiety-affects-heart-patients>

**Cardiac Athletic Society Edmonton Board**

<i>President -</i>	<i>to be announced</i>	<i>Vice President</i>	<i>Wayne Jackson</i>
<i>Secretary -</i>	<i>to be announced</i>	<i>Past President -</i>	<i>Burn Evans</i>
<i>Treasurer</i>	<i>Grace Werner</i>	<i>Membership</i>	<i>Wendy Boyd</i>
<i>Exercise Coordinator</i>	<i>Wayne Jackson</i>	<i>Newsletter &amp; Communications</i>	<i>Barry Clark</i>
<i>Education and Special Events</i>	<i>Mae Hadley</i>	<i>Social Events-</i>	<i>Colleen Foster</i>
<i>Golf Program</i>	<i>Wayne Saunders</i>	<i>Marketing Coordinator</i>	<i>Wayne Saunders</i>
<i>Hearts and Flowers</i>	<i>Colleen Foster</i>	<i>Web-page</i>	<i>Victor Fernandez</i>
<i>Members at Large</i>	<i>Mervin Luczak, John Sieffert and Bob Zukerman.</i>		

**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](mailto:kbclark1@telus.net)

If you wish to unsubscribe from this newsletter, please e-mail [kbclark1@telus.net](mailto:kbclark1@telus.net) with a subject line 'unsubscribe'.

# CASE Events Calendar - February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Healthy at Heart BJRCT 11:30 to 12:45	5	6 Healthy at Heart BJRCT 11:30 to 12:45 Social breakfast 9:30 AM	7	8
9	10 CASE Education Evening 7:00PM BJRCT	11 Healthy at Heart BJRCT 11:30 to 12:45	12	13 Healthy at Heart BJRCT 11:30 to 12:45	14	15
16	17 Family Day	18 Healthy at Heart BJRCT 11:30 to 12:45	19	20 Healthy at Heart BJRCT 11:30 to 12:45	21	22
23	24 CASE Board Meeting	25 Healthy at Heart BJRCT 11:30 to 12:45	26	27 Healthy at Heart BJRCT 11:30 to 12:45	28	

BJRCT = *Booster Juice Recreation Centre in Terwillegar.*