



HAPPENINGS AND HIGHLIGHTS.

Social Breakfasts

- Thursday October 1 at Pure Casino 9:30 AM

Golf

- Weather permitting, Wednesdays at Countryside Golf Course. Contact Wayne Saunders

Walks

- October 21 weather permitting Contact Wayne Jackson.
case.exercise1@gmail.com

Education Evenings

- Monday October 19 Actively Aging Booster Juice Rec Centre Terwillegar 7:00pm.
- Monday November 9 Understanding AI and How to use it".

Essentrics for CASE

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

UPCOMING CASE EDUCATION EVENINGS

Monday Oct. 19 – “Actively Aging”

Join CASE member and senior fitness leader Bonnie Austen as she talks about “**Actively Aging**” at the Booster Juice Recreation. Centre at Terwillegar at 7:00 pm in Multi-Purpose Room B. . We all want to live a healthy and independent life. What steps can we take to reduce the risk of falls and stay confident in our daily activities? Make 2026 your best year yet! There will be a handout and the booklet is full of useful material.



The following talk will be on Mon. Nov. 9. Victor Fernandez will be presenting “**Understanding AI and How to use it**”. Victor is proposing to video tape the presentation to put it onto the CASE members webpage.

EXERCISE UPDATE

- The **Healthy at Heart Exercises** continue on Tuesdays and Thursdays at 11.30 at the Terwillegar Rec Centre.
- The **CASE Walk** season is wrapping up for the season with one more walk on October 21, weather permitting.
- **CASE Bowling** at Bonnie Doon Lanes will start up in November on every second or third Wednesday.
- Essentrics programs with Lynn Bohuch continue several mornings a week. For more information contact Lynn at essentricsworkoutswithlynn@gmail.com

For further information contact CASE Exercise Coordinator Wayne Jackson at case.exercise1@gmail.com or 780-432-7203

Cardiac Athletic Society Edmonton - Contacts

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CASE GOLF REPORT

The CASE summer golf program held its ***Annual CASE tournament*** on September 16th at Twin Willows Golf Course. The 16 participants enjoyed a great day of golf with trophies awarded in six categories. The trophies will be engraved with winner's names and presented to them at our wrap up dinner on September 29th.

Twin Willows Closing: The CASE golf program has said goodbye to Twin Willows due to their closing for business at month's end. The course has been home to our program for over 25 years. We fortunately have found a new home at "Countryside Golf Course" located near Sherwood Park. We will be finishing 2026 at Countryside starting September 23rd. Before leaving Twin Willows the tournament participants had a historic picture taken outside the Twin Willows clubhouse with course manager Rose Gourley who looked after our group all those years.

We will miss both her and golf course but look forward to beginning a new chapter of our program at Countryside Golf Course in 2027.

Wayne Saunders CASE golf coordinator



SCIENCE BASED HABITS FOR A HEALTHIER HEART

You can boost your lifespan and dramatically lower your odds of developing heart disease by following a simple formula. All you have to do is optimize eight health metrics and behaviours. Researchers have found that focusing on these behaviours and metrics will accomplish several things. It will help prevent you from having a heart attack or stroke. If you already have a heart condition, it will improve your odds of surviving. And lastly, it'll protect and strengthen your overall health, which can add years to your life.

"People who maintain all these things at optimal levels really win the game," said Donald Lloyd-Jones, a former president of the American Heart Association and a cardiologist at Boston University Chobanian & Avedisian School of Medicine. "When you look at the totality of the science, they don't get heart attacks and strokes – but they also don't get dementia, they don't get diabetes, they have less arthritis. They see so many health benefits."

Data from decades of research suggests that people who adopt these eight behaviours and metrics live longer, said Clyde Yancy, chief of cardiology at Northwestern University Feinberg School of Medicine and a former president of the American Heart Association.

“The benefit in longevity is not only due to freedom from cardiovascular events but also protection from a number of cancers and other health conditions.”

Here are the eight things you can do to safeguard your heart health and boost your odds of living a longer life.

Get 7 to 9 hours of sleep a night A good night of sleep protects your heart in many ways. It reduces inflammation, lowers your blood pressure and suppresses the release of cortisol and other stress hormones. Getting proper sleep is also associated with better cognitive health and a lower risk of depression, said Yancy.

Large observational studies have found that people who routinely sleep less than seven hours a night have a 48 percent higher risk of developing heart disease and dying of it compared with people who routinely sleep at least seven hours a night or more.

Getting proper sleep often comes down to simple habits. Have a regular schedule, make a habit of going to sleep around the same time each night and don't spend too much time looking at screens before bed. Blue light from screens inhibits the release of melatonin, the sleep hormone. You should also limit your alcohol consumption before bed. “Having a nightcap will disrupt your sleep,” said Yancy.

Be physically active Exercising regularly can lead to remarkable health benefits. It builds and strengthens muscles, lowers your body fat and improves your blood sugar control, which can prevent Type 2 diabetes. It also boosts your vascular health by relaxing and widening blood vessels.

Studies have found an inverse correlation between physical activity and cardiovascular disease: The more you exercise, the lower your risk of experiencing a heart attack, stroke, heart failure, atrial fibrillation or peripheral artery disease.

Aim for 150 minutes of moderate aerobic activity each week, such as walking, gardening or light jogging or 75 minutes of vigorous exercise, like running, swimming, jumping rope or playing tennis. You could also do a combination of the two.

To increase the amount of exercise you're doing, try setting realistic goals. If you rarely exercise, start slowly and gradually work your way up to the recommended amounts. Focus on doing activities that you enjoy. Track your daily steps and exercise to monitor your progress. And consider incorporating two-minute exercise “snacks” into your day – like occasionally running up and down a set of stairs or getting up from your chair and doing a set of jumping jacks a few times a day. These quick bursts of activity can help you reap the benefits of exercise without going to the gym.

Eat a healthy diet The core of your diet should be fresh fruits, vegetables, whole grains, beans, nuts, lentils, seafood and lean meats. This approach to eating can do wonders for your heart. A large, randomized trial that included 7,447 people at high risk of cardiovascular disease found that those who were assigned to follow a Mediterranean diet with plenty of fruits and vegetables, plants, lean meats, seafood, nuts and olive oil had 30 percent fewer heart attacks and strokes than people assigned to follow a traditional low-fat diet.

Manage your blood sugar and cholesterol levels Do you know your numbers? If not, ask a health care provider to test your blood sugar and cholesterol levels. Have them check your non-HDL cholesterol, which for a healthy adult should be less than 130 milligrams per deciliter (mg/dL). They should also measure your hemoglobin A1C, or HbA1c, which tells you your average fasting blood sugar levels over the past two to three months. Your HbA1c should be less than 5.7 percent.

Studies have found that non-HDL cholesterol is a strong predictor of cardiovascular disease. An elevated A1C can indicate Type 2 diabetes, which sharply increases the risk of having a heart attack or stroke.

If your numbers are elevated, eating a healthy diet and exercising regularly can help bring them down. If that doesn't work, talk to your doctor or health care provider about starting medication.

Manage your blood pressure High blood pressure is a silent killer. Your blood pressure and heart disease risk are directly correlated. One study published in JAMA Cardiology followed 1,457 adults for more than 14 years. It found that cardiovascular risk rose in a stepwise fashion for every 10 mm Hg increase in systolic blood pressure (the top number in your reading).

An optimal blood pressure is below 120/80. If yours is consistently higher than this, there are multiple things you can do to lower it, like exercising regularly, eating less sodium, losing weight and managing your stress levels. You can also talk to your health care provider about whether it makes sense to use medication.

Maintain a healthy BMI The Body Mass Index is a rough estimate of your total body fat, which can indicate whether you're overweight, underweight or obese. BMI is a blunt tool that doesn't tell you everything about your health. It can't distinguish between muscle, fat and bone mass, for example, so it does have flaws. However, many studies have found that having a high BMI is associated with an increased likelihood of dying of heart disease. So, it's worth knowing yours and discussing it with your health care provider if it's high. Ideally, your BMI should be under 25.

Don't smoke People who smoke are two to four times more likely to develop heart disease compared with people who don't smoke. Vaping also increases your risk of having a heart attack. But quitting can lead to immediate benefits. "Once you stop smoking, the risk for all sorts of diseases drops quickly and dramatically,"

Sources: **Washington Post** Published Feb 20, 2026 Republished in Toronto Su

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'.

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.

CASE Events Calendar - October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Healthy at Heart 11:30 to 12:45 CASE Breakfast 9:30	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	9	10
11	12 Thanksgiving Day	13 Healthy at Heart BJRCT 11:30 to 12:45	14	15 Healthy at Heart BJRCT 11:30 to 12:45	16	17
18	19 CASE Education Actively Aging BJRCT 7:00PM	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	29 Healthy at Heart BJRCT 11:30 to 12:45	30	31

BJRCT = *Booster Juice Recreation Centre in Terwillegar.*