



HAPPENINGS AND HIGHLIGHTS.

Social Breakfasts

- Thursday September 3, at Pure Casino 9:30 AM

Golf

- Wednesdays at 11 AM
Twin Willows Golf Course

Walks

- Tentatively scheduled for September 11 and 25, and October 16. Contact Wayne Jackson.

Education Evenings

- Monday September 11.
Bucket List Travel
Terwillegar 7:00 pm.
- Monday October 19
Actively Aging
Terwillegar 7:00pm.

Essentrics for CASE

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

CASE WALK UPDATE

Eight Friday morning walks have taken place so far this spring and summer, starting with one in the newly reopened Hawrelak Park. Rain and mosquitoes have not been kind to our scheduling this year. Further, the Mill Creek Trail, one of our favourites, has been closed due to construction on 76 Ave.

Usually about 10-12 members attend; CASE would certainly welcome more participants. Let Wayne Jackson (case.exercise1@gmail.com) know if you would like to be added to the CASE Walks email list.

Upcoming walks are tentatively planned for Sept. 11, Sept. 25, and Oct. 16. Locations have yet to be determined.



On August 14 the walk started at Terwillegar Park
Photo: Group taking a break at the turn around point (Fort Edmonton Footbridge) of the 90-minute walk.

Cardiac Athletic Society Edmonton - Contacts

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UPCOMING CASE EDUCATION EVENINGS

Monday Sept. 14 - “Bucket List Travel is Not a Guilt Trip”

By Alison Phillips from Travels with Alison

At Booster Juice Recreation Centre at Terwillegar, Multi-Purpose Room B from 7:00 pm to 9:00 pm

The Talk Covers the idea of preparing yourself and your loved ones for going on that trip you’ve always dreamed about. Alison will discuss why it’s important, how to choose a trip that suits you, if you go solo or with friends, what to consider, etc.

Monday Oct. 19 – “Actively Aging”

Join CASE member and senior fitness leader Bonnie Austen as she talks about Actively Aging. 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.

Where: Booster Juice Rec. Centre at Terwillegar at 7:00 pm in Multi-Purpose Room B



CASE GOLF REPORT SUMMER 2026

The summer golf season is quickly coming to an end, and the CASE golf program is already looking forward to 2027. Overall, we have enjoyed a very good season of golf although we did experience a few missed weekly dates due to the heavy rainfall in July and August.

Ed Abel Classic Golf Tournament: The annual Ed Abel Tournament took place at Twin Willows golf course on Thursday June 4th. The annual fund raiser was a huge success with perfect weather. We had over 50 golfers and set a new record for donations to CASE. Thanks everyone who attended and gave so generously. We also want to thank our sponsor, Greg Abel for his continued generous support to the event.

Looking Ahead to 2027: As many of you may know, **Twin Willows Golf Course has announced that 2026 will be its final year of operation.** The property has been sold to developers, who plan to replace the golf course with business condominiums beginning in 2027. We are pleased to report that we have found a new venue for the CASE golf program for next season. **Countryside Golf Course**, located close to Sherwood Park, has agreed to accommodate our group in 2027. A group of CASE golfers had the opportunity to play the course on August 26th, and the feedback from those who attended

was very positive. We are confident that Countryside will be a good fit for our group and look forward to starting our 2027 season there.

CASE Golf Tournament: Our annual CASE Golf Tournament will be held on **Wednesday, September 23rd**. We look forward to a great day of golf and fellowship with our members. Regular CASE golf will continue through the end of the season at **Twin Willows** until late September or early October depending on weather.

Thank you to everyone who has participated in the CASE golf program this summer. We appreciate your enthusiasm and continued support, and we look forward to seeing everyone on the course for the remainder of the season.

Wayne Saunders CASE golf coordinator

A BREAKTHROUGH ON STROKE TREATMENTS

In 2012, three Calgary researchers, Drs. Michael Hill, Andrew Demchuk and Mayank Goyal, launched a study that would revolutionize how surgeons around the world treat major strokes.

The ESCAPE¹ trial delivered the biggest advance in stroke care since clot-busting drugs, showing that endovascular thrombectomy (EVT) could halve deaths from the most severe strokes, caused by large clots blocking major brain arteries, while dramatically reducing disability.

ESCAPE studied 316 patients to test whether faster, more targeted clot removal could save lives and limit disability. Using advanced imaging and specialized tools, doctors guided a thin catheter through an artery in the groin to the brain, where a retrievable device called a *stentriever* removed the clot and restored blood flow.

Even before ESCAPE began, Dr. Goyal had started using newer clot-removal devices off label and was seeing promising results. All three researchers were also involved in IMS3, an earlier trial that was unsuccessful but instructive. “I immediately saw the problems and the solutions for us to move forward,” says Dr. Goyal. Those insights shaped ESCAPE’s design, testing EVT within a model of care that combined three critical elements:

- rapid imaging to identify eligible patients
- x-ray guidance to navigate the stentriever to the blockage
- faster treatment through coordinated workflows and specialized surgeon training

ESCAPE was conducted at 22 sites across Canada, the United States, Ireland and South Korea. Nearly a third of patients were enrolled in Calgary and Edmonton. “It was a real Alberta story,” says Dr. Demchuk.

¹ Jargon alert: ESCAPE is short for Endovascular treatment for Small Core and Anterior circulation Proximal occlusion with Emphasis on minimizing CT to recanalization times.

In the fall of 2014, an independent Data Safety Monitoring Committee reviewed interim results. Death rates dropped 50% among patients receiving EVT. Positive outcomes in areas including mobility, speech and cognition rose to 55%, from 30%. On the strength of that evidence, the committee recommended stopping the trial and fast-tracking EVT into frontline stroke care.

After the ESCAPE results were published, Heart & Stroke incorporated EVT into the Canadian Stroke Best Practice Guidelines, making Canada one of the first countries to adopt the treatment system-wide. Today, EVT is performed at 27 specially equipped hospitals across Canada and in about 100 countries, with an estimated 400,000 procedures done each year.

One of ESCAPE's most profound impacts has been how stroke is diagnosed. "Because we have this thrombectomy treatment now, it's really forced the field to look at the pipes," Dr. Demchuk says. Proving the need to identify large clots led to widespread adoption of CT angiography. The team's work continues in urgent areas. "Bleeding strokes desperately need treatment," says Dr. Demchuk, pointing to international collaborations that have already produced "very intriguing data."

Despite this progress, system gaps remain. "One of the challenges in Canada is what I call door-in, door-out times," says Dr. Demchuk — delays at hospitals that cannot offer thrombectomy before patients reach specialized centres."

Accelerating transfer times is a priority. ESCAPE's legacy is still unfolding — not only in research, but in how stroke care is delivered, so that more people can benefit from the transformative treatment it pioneered.

Source: Extracted from Heart and Stroke Foundation July 27, 2026. [A Canadian breakthrough that cut stroke deaths by 50% worldwide | Heart and Stroke Foundation](#)

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 - September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Healthy at Heart BJRCT 11:30 to 12:45	2 Golf Twin Willows 11 AM	3 Healthy at Heart BJRCT 11:30 to 12:45 CASE Breakfast	4	5
6	7 Labour Day	8 Healthy at Heart BJRCT 11:30 to 12:45	9 Golf Twin Willows 11 AM	10 Healthy at Heart BJRCT 11:30 to 12:45	11	12
13	14 CASE Education Bucket List Travel BJRCT 7:00PM	15 Healthy at Heart BJRCT 11:30 to 12:45	16 Golf Twin Willows 11 AM	17 Healthy at Heart BJRCT 11:30 to 12:45	18	19
20	21 CASE Board Meeting	22 Healthy at Heart BJRCT 11:30 to 12:45	23 Golf Twin Willows 11 AM	24 Healthy at Heart BJRCT 11:30 to 12:45	25	26
27	28	29 Healthy at Heart BJRCT 11:30 to 12:45	30 Reconciliation Day Golf Twin Willows 11 AM			

BJRCT = *Booster Juice Recreation Centre in Terwillegar.*