



# Heart Murmurs

December 2022

### **Cardiac Athletic Society Edmonton - Contacts**

**Gary Duguay, President** Phone: 780-433-8628,  
cell: 780-993-0281  
Email: [garywmduguay@gmail.com](mailto:garywmduguay@gmail.com)

**Burn Evans, Membership** Phone: 780-435-1285  
Email: [gbevans@telus.net](mailto:gbevans@telus.net)

*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) Back issues of the newsletter are posted on the CASE website at: <http://www.edmontoncase.ca>

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

### **Cardiac Athletic Society Edmonton Board**

<i>President -</i>	<i>Gary Duguay</i>
<i>Vice President</i>	<i>Wayne Jackson</i>
<i>Secretary -</i>	<i>Gary Duguay</i>
<i>Treasurer</i>	<i>John Sieffert</i>
<i>Past President -</i>	<i>Burn Evans</i>
<i>Membership</i>	<i>Burn Evans with Victor Fernandez</i>
<i>Exercise Coordinator</i>	<i>Wayne Jackson</i>
<i>Newsletter</i>	<i>Barry Clark</i>
<i>Communications</i>	<i>Stuart Embleton</i>
<i>Education and Special Events</i>	<i>Mae Hadley</i>
<i>Social Events-</i>	<i>Colleen Foster</i>
<i>Hearts and Flowers</i>	<i>Roberto and Tessie Cruz</i>
<i>Golf Program</i>	<i>Wayne Saunders</i>
<i>Marketing Coordinator</i>	<i>Cliff Werner</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.

### **READY FOR SANTA?**

No wonder he looks puzzled – it is hard to know what has been good not so good or bad this last year...

We hope your year ends wonderfully and look forward to 2023 and hopefully a more settled world for us all.



## ***ESSEINTRICS ONLINE WITH LYNN***

CASE is pleased to announce the continuation of **Essentrics with Lynn** for the 4-month January to April period.

- Classes will continue to take place on Mondays at 1pm and on Wednesdays at 11 am.
- Lynn will continue to provide a complimentary Friday session (10.15 am).
- Cost is \$45 per month.
- Please let Wayne know if you plan to take part or contact him if you have any questions ([waynejackson66@gmail.com](mailto:waynejackson66@gmail.com))
- Please send your payment to our CASE Treasurer by e transfer ([john@sieffert.com](mailto:john@sieffert.com))
- The new session will commence on Wednesday January 4, 2023.

Thank you for supporting CASE Exercise activities.

## ***LAST CALL – CASE CHRISTMAS DINNER***

The details for our Christmas Dinner have been finalized! It will be at the West End Seniors Activity Centre (WSAC) on December 9<sup>th</sup>. at a cost of \$30 per person.

The meal will be buffet style and we have room for up to sixty attendees. The evening will be as follows:

- 5:00 pm cocktails, and
- 6:00 pm dinner.

If you want to come, the deadline for signing up is immediate since the organizers must put in orders on December 2. Contact Gary Duguay at 780-433-8628 or cell: 780-993-0281 if you still have not registered for the event!

## ***A ZOOM CHAT FOR CHRISTMAS!***

Lynn Bohuch is inviting you to a CASE Christmas Coffee Chat on December 21 at 11:00 am. A chance to get together with CASE friends on Zoom! Log on to Zoom at

<https://us02web.zoom.us/j/89197002737?pwd=bFN4cWZqSn11V0h0L01oZzEreDZsQT09>

or

Meeting ID: 891 9700 2737

Passcode: 362944

## ***WELCOME BACK DINNER 2023***

Our annual new years event is planned for 6:00 PM Wednesday January 11, 2023, at Boston Pizza on Calgary Trail. Please come to meet your friends and socialize for an evening over dinner. Dinners will be billed individually, and the bill will include the tip.

## ***DO FITNESS TRACKERS WORK TO HELP PEOPLE MOVE MORE?***

These gadgets are popular with avid exercisers, but they may also encourage sedentary people to become more active. About one in five people has a smart watch or fitness tracker, according to a recent survey. These wrist-worn monitors are a handy way to track your daily steps, and they are probably more accurate than the tally from your smartphone, which you might not carry with you every waking moment. Most wearable gadgets also offer an array of other data, such as your heart rate, walking pace, and more.

But does using one affect how active people are? According to the largest study to date on the topic, the answer is yes (see the inset below: "[\*Fitness trackers and activity levels: What's the evidence?\*](#)").

Regular physical activity is vital for a healthy heart, and the improvements seen in this study could potentially make a difference, says Dr. Megan Wasfy, a cardiologist at the Cardiovascular Performance Laboratory at Harvard-affiliated Massachusetts General Hospital.

"The increase in moderate-to-vigorous physical activity was close to 50 extra minutes per week, which is one-third of the 150 minutes recommended by the federal activity guidelines."

The extra 1,200 daily steps taken when people were wearing trackers is about the same number that has been linked to a longer life in several studies. While 10,000 steps have long been touted as a daily goal, research suggests that 8,000 steps a day is nearly as effective longevity-wise, particularly in older populations.

**No long-term data yet:** The key, however, is to keep being physically active throughout your life, Dr. Wasfy says. Because many of the studies in the review lasted just a few months, it is impossible to know whether wearing a fitness tracker will

### **Fitness trackers and activity levels: What is the evidence?**

To see how feedback from wearable fitness trackers affects exercise and activity levels, a team of Danish researchers reviewed and analyzed the evidence to date.

They identified 121 separate studies involving a total of nearly 17,000 mostly healthy adults ages 18 to 65. The median age of the participants was forty-seven, and most were women. The median duration of the study intervention periods was 12 weeks.

Researchers found that on average, using physical activity monitors led people to take an extra 1,235 steps per day and do forty-nine additional minutes of moderate-to-vigorous physical activity per week. They also stood for an extra 10 minutes per day, although that amount was not significant.

The study was published Jan. 26, 2022, in *The BMJ*.

promote lasting change in a person's behavior. And using a fitness tracker to change behavior requires a few more steps than simply being active you also must remember to keep the tracker charged, wear it consistently, and check your data.

Many people who might be motivated to use these devices are already regular exercisers, Dr. Wasfy points out. Such people tend to use them to step up their program or train for a race, rather than to transition from being mostly sedentary to more active. But if you are in that latter camp, a fitness tracker can be a useful tool, says Dr. Wasfy. "For people who are motivated to start exercising more, sometimes the day-to-day feedback on their progress helps keep them engaged."

**Tracker info:** Activity monitors contain various sensors to track your movement and other health parameters. One basic feature is a sensor that shines a light through the skin to detect blood flow, revealing your heart rate. Another is the accelerometer, which tracks movement and velocity and enables the device to count steps. For people who want extra detail to help boost their performance, a global positioning satellite (GPS) sensor provides a more accurate assessment of your speed, distance, and pace during a walk, run, or ride.

For the average person, being able correlate how intensely you are exercising with your heart rate can be interesting, although it is certainly not mandatory. If you are not interested in using a fitness tracker, the old-school "talk test" is an easy way to gauge exercise intensity. During moderate-intensity exercise, you should still be able to speak in full sentences but unable to sing.

However, if you have recently recovered from a heart attack or heart surgery or if you have other heart issues, you may need to monitor your exercise intensity more closely, and the heart rate function on a fitness tracker offers an easy way to do that. "High-intensity exercise may come with some added risk, so ask your doctor about a heart rate goal that makes sense for you," she advises.

Source: [Julie Corliss](#), Executive Editor, [Harvard Heart Letter](#) Heart Health June 1, 2022

### ***LOW HEART RATE READING FROM A SMART WATCH***

**Q.** *Occasionally, my smart watch informs me that my heart rate has dropped below 40 beats per minute. Is this any cause for concern?*

**A.** The short answer is probably not, but there are a lot of caveats to consider. Are you experiencing any symptoms, such as feeling tired, dizzy, or weak, when these notifications appear? If the answer is no, that is reassuring. If yes, see a physician, as you might have a condition that warrants attention.

While you are awake, a normal resting heart rate is between 60 and 100 beats per minute (bpm), although it may drop well below 60 bpm when you are sleeping. Highly trained athletes and other people who exercise a great deal have very efficient hearts that beat more slowly when they are awake, sometimes even below 40 bpm.

But if you are not an elite athlete, there is another benign reason for an abnormally low heart rate reading. Remember that a smart watch is not a medical device, and the heart rate readings are not 100% dependable. Smart watches rely on optical sensors that detect light bouncing back from blood flow beneath the skin to measure your pulse. If the sensors are not in close contact with your skin, the reading might be off. Of note: skin color does not appear to affect the accuracy of these measurements, according to one study.

Most smart watches include features that allow you to receive alerts when your heart rate dips below a certain level. For the Apple Watch, the default minimum heart rate setting is 40 bpm. However, doctors consider a slow heart rate to be less than 60 bpm when you are awake and active. Known as bradycardia, this condition usually results from a problem in the heart's natural pacemaker, the sinus node. The condition is fairly common in adults ages seventy and older and results from the normal wear and tear of aging. Other parts of the heart's electrical conduction system can also falter, causing a slow heart rate.

Heart valve infections, a history of heart surgery, and certain blood pressure drugs may cause bradycardia. Other possible causes include obstructive sleep apnea and low thyroid function (hypothyroidism).

Episodes of bradycardia may come and go, so they are difficult to detect on an in-office electrocardiogram (ECG), a brief recording of the heart's electrical activity. People usually need to wear a portable heart monitor that records an ECG for 24 to 72 hours. Borderline or occasional bradycardia may not need to be treated. Other cases may resolve with medication adjustments. But severe or long-lasting cases, especially if the heart rate falls to fifty or less and causes symptoms or fails to increase with physical activity, often require an implanted pacemaker to regulate the heart's rhythm.

Source Deepak L. Bhatt, M.D., M.P.H. Editor in Chief, *Harvard Heart Letter* Heart Health, February 1, 2022, <https://www.health.harvard.edu/heart-health/low-heart-rate-warnings-via-smart-watch>.

# CASE Events Calendar - December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Healthy at Heart TCRC 11:30 to 12:45	2	3
4	5 CASE Essentrics Online 1:00 PM	6 Healthy at Heart TCRC 11:30 to 12:45	7 CASE Essentrics Online 11:00	8 Healthy at Heart TCRC 11:30 to 12:45	9 CASE Christmas Party West End Seniors Cent. 5:00PM	10
11	12 CASE Essentrics Online 1:00 PM	13 Healthy at Heart TCRC 11:30 to 12:45	14 CASE Essentrics Online 11:00	15 Healthy at Heart TCRC 11:30 to 12:45	16	17
18	19 CASE Essentrics Online 1:00 PM	20 Healthy at Heart TCRC 11:30 to 12:45	21 CASE Essentrics Christmas Zoom Online 11:00	22 Healthy at Heart TCRC 11:30 to 12:45	23	24
25 Christmas Day	26 Boxing Day CASE Essentrics Online 1:00 PM	27 Healthy at Heart TCRC 11:30 to 12:45	28 CASE Essentrics Online 11:00	29 Healthy at Heart TCRC 11:30 to 12:45	30	31 New Years Eve

# CASE Events Calendar - January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>New Years Day</b>	2 CASE Essentrics Online 1:00 PM	3 Healthy at Heart TCRC 11:30 to 12:45	4 CASE Essentrics Online 11:00	5 Healthy at Heart TCRC 11:30 to 12:45	6	7
8	9 CASE Essentrics Online 1:00 PM	10 Healthy at Heart TCRC 11:30 to 12:45	11 CASE Essentrics Online 11:00 Welcome Back Dinner 6PM Boston Pizza	12 Healthy at Heart TCRC 11:30 to 12:45	13	14
15	16 CASE Essentrics Online 1:00 PM	17 Healthy at Heart TCRC 11:30 to 12:45	18 CASE Essentrics Online 11:00	19 Healthy at Heart TCRC 11:30 to 12:45	20	21
22	23 CASE Essentrics Online 1:00 PM	24 Healthy at Heart TCRC 11:30 to 12:45	25 CASE Essentrics Online 11:00	26 Healthy at Heart TCRC 11:30 to 12:45	27	28
29	30 CASE Essentrics Online 1:00 PM	31 Healthy at Heart TCRC 11:30 to 12:45				