



Heart Murmurs

February 2021

Cardiac Athletic Society Edmonton - Contacts

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

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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.

MESSAGE FROM THE PRESIDENT

2020 proved to be a very trying year for CASE. Despite the restrictions we endeavored to do as many activities as we could within the restrictions. We were able to carry on with exercise activities such as the recreational walks, golfing, and exercising through on-line Zoom Essentrics classes conducted by Lynn.

Unfortunately, our social and educational activities were completely curtailed. For many the social and educational activities are the primary reason some of our members belong to CASE. I suspect 2021 will continue to present CASE with challenges to getting together for exercise, social and educational events.

I am however optimistic that we will be able to get together later in 2021. I would like to encourage you to renew your membership to CASE so you can continue to get our newsletter and be kept abreast of what we are trying to do on your behalf.

Please mail your \$30 membership renewal cheques to CASE to:

Roberto Cruz
CASE Treasurer
201-1350 Windermere Way SW
Edmonton, AB
T6W 2J3

Thank you for your ongoing commitment to CASE.

Gary Duguay

President

ANNUAL GENERAL MEETING FOR 2021

At its last meeting, the Board considered what to do about conducting its Annual General Meeting which usually is held in March. The current lockdown would prohibit any meeting indoors and the spaces we would use are closed at this time by the order of Alberta Health. The Board is considering whether to postpone the Annual General meeting from its usual March date or to hold a ZOOM meeting in March or April as an AGM. Whichever option is selected, the Board will give the required notice of location, format and time for the meeting.

HIGHER PNEUMONIA RISK WITH UNFAVORABLE BLOOD LIPIDS?

People with low HDL (good) cholesterol and high triglycerides may be more likely to be hospitalized for pneumonia, according to a study in the Aug. 15, 2020, *American Journal of Medicine*.

The study included more than 13,000 people who were part of a long-term study designed to look at lipids and other factors linked to heart disease. Using hospital discharge records, researchers found that nearly 15% of the participants had been hospitalized with pneumonia during the follow-up, which lasted a median of 21 years.

People with low HDL levels (less than 38 milligrams per deciliter, or mg/dL) were more likely to be hospitalized with pneumonia than those with higher levels, and the odds of hospitalization dropped as HDL levels rose. Likewise, pneumonia hospitalizations were

most common among people with triglyceride values higher than 157 mg/dL; those with lower values were less likely to be hospitalized.

The findings support earlier research suggesting a link between the body's ability to fight infections and blood lipid levels, especially HDL. High HDL levels are associated with a lower risk of heart disease. But this molecule also might play an important role in a healthy immune response.

Source: [Harvard Heart Letter](#) Published: December, 2020

EARLY BIRD OR NIGHT OWL?

Being an early bird has long been associated with a go-getter attitude. Early birds, or those who tend to wake early and go to bed early, are people who naturally feel sleepy earlier in the evening and naturally wake early in the morning. For an early bird type, a 9 pm bedtime may be the norm, and rising at 5 am without an alarm clock feels relatively effortless.

Our internal clock controls more than sleep patterns: Being an early bird, or a night owl, is usually not something that is thought of as being highly under our control. Some people seem to be hardwired to sleep early, while others get a second wind and tend to sleep late. This internal clock is called our circadian rhythm, each person's unique internal timekeeper and the body's own master controller of many functions. Most obvious is our sleep patterns; however, our internal clock also plays a role in our hunger and eating patterns, hormone levels, and maybe even our mood.

Does being an early bird or night owl affect our health? A growing body of research shows that we may want to pay more attention to circadian rhythm, also called our chronotype. Identifying if we're more of an early bird or night owl may help predict our risk of potential health problems. A recent study from the *Scandinavian Journal of Medicine and Science in Sports* looked at whether the body clock is related to levels of physical activity. Using a wrist-based device that measures movement, over 5,000 participants' activity levels were collected for two weeks. Researchers also identified whether each person was more of an early bird or night owl, based on a well-studied questionnaire. After considering some factors that may explain differences, such as education or background health conditions, they found that being a night owl was linked to lower physical activity. Night owls, as compared to morning types, had up to 60 to 90 fewer minutes per day of activity.

Why might your body's clock and your activity level be linked? In short, more research in this area is needed to know for sure. Most studies on this topic look at patterns and there seem to be trends emerging that certain body clock patterns and health conditions run together. What we don't know, though, is whether being a night owl or

early bird is the cause. But when trying to understand why, there are a number of potential factors that come into play.

For those of more of a night owl type, it may be more of a challenge to incorporate activity into their day. For many night owls, jobs or other demands on time may mean that a morning alarm is sounding well before their natural wake time. As a result, a night owl type may be starting the day feeling out of sync with their body due to being awake when the body would prefer to be asleep. They also may be sleep deprived if they had to get up significantly earlier than desired. These may contribute to less activity on a regular basis. On days off, catching up on sleep may become a priority given too little sleep during the week. Sleep patterns, such as how much or when people are sleeping, are potentially the key here, but this information wasn't captured in this study. Other health conditions or behaviors that interfere with sleep, such as mood disorders, may be found more often among night owls.

If I'm a night owl, what can I do? We should emphasize that this study does not tell us that being a night owl is the cause for lower physical activity. (This is true for much research around our body clock, as previously mentioned.) It simply shows an association between being an early bird or night owl and certain conditions. In addition, the factors at play (sleep patterns and activity) are factors we have some control over. Though we may be hardwired to lean toward being a night owl or morning bird, most people fall somewhere in the middle. Sleep patterns and activity are modifiable, and even small changes can have a big impact over days, weeks, months, and years.

Reflecting on your sleep patterns is one way to take advantage of the best times of the day for more activity. Are you someone who feels ready and alert first thing in the morning? That may be the best time to get those steps in. More energy in the evening? Then scheduling that walk for after dinner may be best. Using your body clock to your advantage may help optimize the best time to be active.

Source: [Katherine Dudley, MD, MPH. https://www.health.harvard.edu/blog/early-birds-may-be-more-active-but-night-owls-can-catch-up-2020110621261?utm_source=delivra&utm_medium=email&utm_campaign=BF20201123-Sleep&utm_id=2608658&dlv-emuid=b6359caf-fa6e-416c-8a05-16dc00bf022a&dlv-mlid=2608658](https://www.health.harvard.edu/blog/early-birds-may-be-more-active-but-night-owls-can-catch-up-2020110621261?utm_source=delivra&utm_medium=email&utm_campaign=BF20201123-Sleep&utm_id=2608658&dlv-emuid=b6359caf-fa6e-416c-8a05-16dc00bf022a&dlv-mlid=2608658)

CASE Events Calendar - February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	3	4 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	5	6
7	8	9 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	10	11 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	12	13
14	15 Family Day	16 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	17	18 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	19	20
21	22 Board Meeting	23 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	24	25 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	26	27
28						

Note: Watch email for more detail on activities and events.