



Heart Murmurs

February 2023

Cardiac Athletic Society Edmonton - Contacts

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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 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 gbevans02@gmail.com 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.

USEFUL INFORMATION ABOUT URGENT MEDICAL CARE

Wayne Jackson shared the following information with CASE members. It can be of great value if you have any urgent need for medical services.

He noted: “*Last August, as a follow-up to surgery, I needed medical attention.*”

- *A nurse in my Family Doctor’s clinic advised me to go to the East Edmonton Urgent Care Centre; what good advice that was.*
- *The facility is located on the north side of 112 Avenue at 79 Street, west of Borden Park. I had seen it being constructed but did not know what it was.*
- *I got there shortly after 5, was registered and triaged by 6, and seen by a nurse at 7 and a doctor by 8. The facility has x-ray and other testing capabilities.*

- *There were close to 60 patients the evening I was there. I left about 9:30; I was one of the last patients to depart. I was sent home with what I needed to take. I was so well treated.*
- *I recently took my daughter there for an injured foot and her needs were addressed in about 3 hours – she was sent home with a boot and crutches.*
- *Here is the website; note that hours change on weekends.”*

<https://www.albertahealthservices.ca/findhealth/facility.aspx?id=3834&open=servicesoffered>

Parking is free and plentiful. I hope that you do not need urgent care, but I thought that you should be aware just in case, especially with the current long waits at hospital emergency rooms.”

January 2023

ANNUAL DUES PAYABLE

CASE members should be aware that their 2022 membership ended on December 31. Membership fees for 2023 still are \$30.00.

You can pay via an e-transfer to (john@sieffert.com). Please note on the e-transfer the purpose of the payment (i.e., for CASE 2023 Membership). Alternatively, you can mail a cheque for the \$30 membership fee to Grace Werner at 4135 41 Ave. SW. Edmonton, AB T6X2T6. Stuart Embleton needs to know when you pay for membership to make your membership card as promptly as possible. If you notify him when you make your payment you can speed the process of getting your card. Contact him at Ph. 780-435-2602 or email

WARNINGS SIGNS OF EARLY HEART FAILURE

Recognizing and treating heart failure sooner rather than later may slow progression of this serious condition. If you start feeling a bit more tired or winded than normal, it’s easy to write it off to growing older or being out of shape or overweight. But if these symptoms persist, don’t ignore them especially if you also notice swelling in your ankles and difficulty breathing when you lie down.

These are all classic symptoms of early heart failure, which happens when the heart is not able to pump effectively enough to deliver blood throughout the body (*see "The FACES of heart failure" below*). Recent developments in both detection and treatment may help ease the burden of heart failure, which is a leading cause of hospitalization in people 65 and older.

In general, people aren’t aware that they may be vulnerable to developing heart failure, nor do they appreciate how dangerous it can be. "But we have tools to identify early heart failure in

people at the highest risk, such as those with type 2 diabetes," says cardiologist Dr. James Januzzi, professor of medicine at Harvard Medical School.

Blood biomarker testing Now, new guidelines from the American Diabetes Association recommend that people with type 2 diabetes receive yearly blood tests for brain natriuretic peptide (BNP) or N-terminal pro-brain natriuretic peptide (NT-proBNP). These biomarkers, which heart muscle cells release when under stress, have long been used to diagnose and monitor heart failure. Screening people who are especially vulnerable to heart failure may reveal the problem sooner. And a timely diagnosis means earlier access to the array of potentially helpful therapies, Dr. Januzzi says.

Earlier this year, the FDA approved the expanded use of empagliflozin (Jardiance) for treating people with the most common form of heart failure in older people, known as heart failure with preserved ejection fraction (HFpEF). Originally developed to treat type 2 diabetes, empagliflozin was later found to help keep people with heart failure (even those without diabetes) out of the hospital and alive longer. Another effective heart failure treatment is a combination of two blood pressure drugs (sacubitril and valsartan) called Entresto. Other older, generic drugs such as beta blockers and mineralocorticoid receptor antagonists are also very useful.

Coronary artery disease (a buildup of fatty plaque inside the arteries that supply the heart) is the No. 1 cause of heart failure in the United States. But a study in the March 2022 issue of the *Journal of the American College of Cardiology* found that only about a third of people who get a diagnosis of heart failure are tested for coronary artery disease within three months. This disappointing trend suggests that people with heart failure are often undertreated, says Dr. Januzzi, who co-authored an editorial accompanying the study.

Dr. Januzzi urges all his patients to follow the American Heart Association's heart-healthy habits to lower their risk of all types of cardiovascular disease. In addition, people with type 2 diabetes should ask about getting a yearly blood natriuretic peptide test to check for early heart failure. Anyone who notices possible heart failure symptoms should be evaluated by a physician. Those

The FACES of heart failure

To help both patients and doctors quickly spot possible heart failure symptoms, the Heart Failure Society of America came up with a simple acronym: FACES.

- **F. Fatigue.** A weakened heart can't deliver enough oxygen-rich blood to meet the body's needs, causing a general sense of feeling tired or fatigued.
- **A. Activity limitation.** Because people with heart failure tire easily, they often struggle to do everyday activities such as preparing a meal or taking a short walk.
- **C. Congestion.** The heart's poor pumping ability causes blood to back up and fluid to leak into the lungs. The resulting lung congestion can trigger coughing and wheezing.
- **E. Edema or ankle swelling.** Excess fluid can also collect in the ankles, legs, thighs, and abdomen. All the extra fluid can also cause rapid weight gain.
- **F. Shortness of breath.** Congestion makes it harder for the lungs to remove carbon dioxide and replenish the blood with fresh oxygen, which makes breathing difficult. Shortness of breath is often worse when people lie down because excess fluid from the lower body moves up toward the lungs.

found to have heart failure should make sure they're assessed for coronary artery disease, as the findings will affect the treatment they receive.

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

NUTS: ALL THEY ARE CRACKED UP TO BE! (Sorry about the pun...)

Almonds, walnuts, pecans, and other nuts are full of nutrients that are good for your heart. People who regularly eat nuts are less likely to have heart attacks or die from heart disease than those who seldom eat nuts, according to observational studies dating back to the early 1990s. Several of the largest studies (including two from Harvard, the Nurses' Health Study and Physicians' Health Study) have shown a 30% to 50% lower risk of heart attack, sudden cardiac death, or cardiovascular disease linked with eating nuts several times a week.



While frequent nut eaters may have other healthy habits that help explain this improvement, the association makes sense. "Nuts contain three main components that promote heart health," says dietitian Kate Mitchell, who counsels patients at the Lipid and Cardiovascular Disease Prevention Clinic at Harvard-affiliated Beth Israel Deaconess Medical Center. They are rich in unsaturated fats, which helps lower harmful LDL cholesterol and inflammation: two key culprits in cardiovascular disease. Nuts are also a decent source of protein, which helps you feel full and may prevent overeating, she notes. And they contain fiber, which may also reduce cholesterol and increase satiety. In addition, nuts have several vitamins, minerals, and plant compounds (phytochemicals) that help counteract inflammation and oxidation, another artery-damaging process implicated in heart disease.

In fact, the FDA allows a qualified health claim on some nuts. Foods made with them are permitted to include the following statement: "Eating a diet that includes one ounce of nuts daily can reduce your risk of heart disease."

Adding nuts to your meals: Even just a few servings of nuts a week may have health benefits. But there's no downside to eating a serving a day, provided you are not allergic, and you adjust your calorie intake accordingly. A one-ounce serving of nuts (about a quarter-cup) provides about 160 to 200 calories.

A handful of unsalted mixed nuts is a great substitute for snacks made from refined carbohydrates such as chips or pretzels, which are scarce in healthful nutrients. But you can also add nuts to different dishes to take advantage of the flavor and nutrient boost

nuts provide. Nuts are very versatile and can be used in both savory and sweet dishes. A favorite tip is to add toasted nuts to vegetables, which has the added advantage of making veggies (which are woefully underrepresented in the average diet) more appetizing. For example:

- Top sautéed green beans with sliced almonds.
- Scatter chopped walnuts on roasted carrots, broccoli, or cauliflower.
- Toss crushed pecans with chunks of baked winter squash or sweet potatoes.

You can also top vegetables with nut-based sauces.

Peanut perks: Technically, peanuts are not nuts but legumes — edible seeds that grow in pods like soybeans and lentils. But nutritionally speaking, peanuts are similar to tree nuts and appear to provide similar heart-protecting properties. Peanuts have the bonus of being less expensive than tree nuts. If you like peanut butter, choose a brand with no added sugar or salt, and spread it on whole-grain crackers, sliced apples, or celery sticks.

Walnut benefits: Walnuts also stand apart from other nuts because they're especially rich in the fatty acid alpha-linolenic acid (ALA). Dietary sources of ALA, which the body converts to healthy omega-3 fatty acids, may lower the risk of heart attack and stroke. Try adding chopped walnuts on oatmeal or other hot or cold cereals, or stir them into pancakes, muffins, or other quick breads.

Here are a few more ideas for adding nuts to your daily fare:

- Top a bowl of yogurt and fruit with chopped pistachios.
- Toss your favorite nuts into a green salad or grain-based salad.
- Try nut-coated fish, such as pecan crusted trout or cod.

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

CASE Events Calendar - February 2023

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