



Heart Murmurs

May 2022

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 gbevans@telus.net with a subject line 'unsubscribe'.

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Social Events-	Colleen Foster
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Golf Program	Wayne Saunders
Marketing Coordinator	Cliff Werner

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.

RETURNING IN JUNE – TWO MAJOR C ASE EVENTS!

CASE Annual Barbeque FRIDAY JUNE 10



A seasonal highlight, the CASE annual Barbeque is returning after being shelved for two years by Covid! As is our tradition, it will be held Friday June 10 at SEESA. The cost is \$30 per person and will include dinner and 'refreshments'.

We are getting together at 5:00 PM and dinner will be served around 6:00 PM, weather willing and cooks able...

The organizers will be contacting some members asking for assistance in providing salads for the event and their costs will be repaid by the organizers.

We need to confirm reservations and payments to allow for the organizers to purchase meat and supplies. Please RSVP to Colleen by Tuesday, June 7th and let her know if steak or chicken is preferred.....email lcolleenfoster@gmail.com or call 780 4351842 and leave a message.

Tickets should be purchased from John Sieffert, CASE Treasurer, paid either by e-transfer to john@sieffert.com or alternatively by cheque to CASE noting payment for the Barbeque sent to CASE Treasurer John Sieffert 225 – 2903 Rabbit Hill Road, Edmonton, AB T6R3A3.

The 8th Annual Ed Abel Golf Classic WEDNESDAY JUNE 15



For the past two years the Cardiac Athletic Association of Edmonton (CASE) has had to cancel one of our favorite events, the Ed Abel Golf Classic. We are thrilled to be able to resume this annual event.

This event is a 9-hole, Texas scramble style golf tournament in memory of Ed Abel, a long time CASE member and avid golfer. The focus of the tournament is not so much on skill as it is on having

fun. That's the way Ed played the game, and that's the way we can honor his memory.

All green fees, carts and refreshments will be sponsored by Ed Abel's son, Greg. In return, a donation to CASE would be greatly appreciated upon your arrival at the clubhouse. All funds raised from this annual event, go towards the continuation of the CASE exercise and health education programs. A tax receipt for your donation is available upon request.

If you plan to attend and participate either as a golfer, or as a spectator, please RSVP to the email below by May 30th. We look forward to seeing you at the tournament.

Wayne Saunders (CASE - Golf Coordinator)
Email:
sharway@telusplanet.net
Phone: 780-886-1802

- **Date:** Wednesday, June 15th, 2022
- **Time:** 11:00 am tee-off
- **Location:** Twin Willows Golf Course 14110 156 Street, Edmonton, AB

NEARLY FULL SPEED FOR CASE

The last two years have seen a number of changes to CASE and its delivery of programs for members who have an ongoing interest in heart health and the benefits of exercise and social programs. The isolation of the last two years has not been good for our physical health or our need for social interactions. CASE's programs again address both these vital needs! That said, we still are dealing with a degree of uncertainty.

Times and locations for some of our activities may change over the summer. As things are finalized, we will let you know by e-mails.

PHYSICAL ACTIVITIES

Terwillegar Healthy at Heart: Our foundation exercise program held at Terwillegar was discontinued due to the pandemic but now has been resumed successfully. Our exercise coordinator, Wayne Jackson reports that our Tuesday/Thursday Healthy at Heart program at Terwillegar has increased and the program will continue in May. Exercise runs from 11.30 to about 12.20 followed by our effort at practicing pickleball basics until 12.45. This sure gets the heart rate up! Continued increased attendance will keep this program going.

CASE Online Essentrics with Lynn: The Monday/Wednesday program is continuing for May, and June. New participants are welcome to join at any time; cost is \$40 per month. We will be working with Lynn and CASE members to consider how this program may be continued. Thanks to Lynn for continuing to fit CASE programming into her schedule.

CASE Walks: Wayne has pencilled-in Friday May 6, for the first walk of the season. Future walks will be scheduled over the summer and members will be notified in advance as to location and times by e-mail messages closer to the dates of the walks.

If you need further information on these programs, please let Wayne know at:

Wayne Jackson
CASE Exercise Coordinator
waynejackson66@gmail.com

Weekly Golfing: Weather permitting, golf is held weekly every Wednesday over the months of May to October at 11:00 at the Twin Willows Golf Course. Contact Wayne Saunders (sharway@telusplanet.net) for more information or if you would like to come out some week(s).

RESTARTING OUR SOCIAL PROGRAMS

A big part of CASE has always been the opportunity to get together with other members socially. It is these relationships that build an ongoing commitment to work together building a heart healthy lifestyle.

This summer we will be providing several activities that will reinforce our contacts with each other. Along with reinstating our annual events: the Barbeque and the Ed Abel Memorial Golf Tournament, we will be restarting a monthly get together for Breakfast and are looking at a Picnic to be held during the summer.

In the fall and we are planning to restart our regular Education evenings in September. In addition to the following information, look for e-mails on these events closer to their dates!

Monthly breakfasts: Pre-pandemic a monthly activity that was popular with members was a Breakfast get together that was held at SEESA. With the changes we all have experienced over the last couple of years we needed to make some changes to the monthly breakfast format

We are restarting this activity and it will be held the first Thursday of each month at the Woodvale Restaurant in the Millwoods Golf Course, 4540 50 street Our first breakfast will be held Thursday, May 5th about 9 AM.

Attendees will order from the regular menu and will be billed individually with separate cheques. Margaret Tokarey, the manager, said that it would be helpful if we let her know the day before approximately how many to expect to attend. Please call Colleen Foster by Tuesday evening prior to the breakfast at 780 435 1842 and leave a message if you plan to attend and she will call the golf club to let them know.

Heart Health Education Programs: Our Education coordinator Mae Hadley is working towards restarting these monthly sessions this fall. If you would be interested in coming to sessions and/or have ideas as to useful topics or speakers, please contact Mae Hadley at maehadley@telus.net.

HOW PHYSICAL ACTIVITY KEEPS YOUR HEART IN GOOD SHAPE

New findings from the famed ***Framingham Heart Study*** address how much exercise you need to stay fit and how that helps your heart. The evidence that physical activity staves off heart disease dates back many decades. In fact, that observation was among initial findings published in the late 1960s from the landmark Framingham Heart Study, which began in 1948 and is still going strong. Now, two recent studies involving the descendants of the original Framingham volunteers offer insights about how different types of activity affect your fitness and your heart.

"Exercising more and sitting less helps you live a healthier and longer life," says Dr. Hicham Skali, a cardiologist at Harvard-affiliated Brigham and Women's Hospital. These new findings provide further detail about why (and how much) exercise is vital for cardiovascular health, he adds.

The fastest route to fitness: Both studies explored the importance of **cardiorespiratory fitness (CRF)**, which quantifies how well your heart and lungs supply oxygen to your muscles during physical activity.

The first study published Nov. 21, 2021, in the European Heart Journal, included 2,070 people from the Third-Generation cohort, many of whom are the grandchildren of the original Framingham participants. All underwent exercise tests on stationary bicycles to measure their CRF; they also wore fitness trackers for one week to measure their activity levels. Researchers then compared the participants' current values to measurements taken eight years earlier.

Not surprisingly, people who did more moderate-to-vigorous exercise, took more steps, and were less sedentary between the two exam periods showed clear improvements in their CRF. This was largely true regardless of a person's age, sex, weight, risk of heart disease, and how active they were at the earlier assessment.

Moderate-to-vigorous exercise (such as brisk walking, jogging, and cycling) was the most efficient way to boost fitness. To reap the same change in fitness level from just one minute of moderate-to-vigorous exercise, a person would have to walk for three minutes or spend about 15 fewer minutes being sedentary.

Walk, jog, run: How fast? The CDC defines moderate intensity walking as a rate of 2.5 to 4 mph. Where you fall within that range depends on your fitness level. If you exercise regularly and are in good shape, moderate intensity might mean 4 mph, or a 15-minute mile. If you're less fit, moderate intensity is closer to the lower end of the range

People whose exercise levels or daily step counts were above the norm had higher-than-average CRF regardless of how much time they were sedentary.

This suggests that being more active may partly offset the negative effects of sitting too much. But it's still a good idea to avoid being sedentary for long stretches of time, says Dr. Skali.

Beyond blood vessel benefits: According to one study, a walking pace of about 100 steps per minute (which translates to 2.7 mph) qualifies as brisk walking for most adults. To reach vigorous-intensity activity, you need to take at least 130 steps per minute (which, at just over 4 mph, qualifies as jogging). Running is often defined as 6 mph or faster

The second study published Oct. 29, 2021, in JAMA Network Open, included 2,962 people in the Framingham Offspring Study. Begun in 1971, this cohort includes a sample of the sons and daughters of the original cohort and their spouses.

Instead of measuring CRF directly, which is costly and requires special equipment, researchers estimated CRF using information such as a person's age, sex, waist circumference, resting heart rate, and physical activity, starting when the participants were middle-aged. But unlike the other study, this one also included relevant measures of the participants' cardiovascular health, notes Dr. Skali. For example, it included tests to check the stiffness of their arteries and to look for early signs of plaque buildup inside the arteries.

Over an average follow-up period of 15 years, people with higher CRF at midlife were more likely to have healthier blood vessels that were more flexible with less plaque buildup, compared

with people with lower CRF. People who were more fit were also less likely to develop high blood pressure, diabetes, chronic kidney disease, and cardiovascular disease, and were also less likely to die during the follow-up period.

While these findings highlight the value of higher fitness levels in midlife, it's never too late to start exercising, says Dr. Skali. "No matter what age you start exercising, you can improve your cardiovascular health," he says.

Source: Heart Health February 1, 2022 Julie Corliss, Executive Editor, Harvard Heart Letter https://www.health.harvard.edu/heart-health/how-physical-activity-keeps-your-heart-in-good-shape?utm_source=delivra&utm_medium=email&utm_campaign=WR20220211-Exercise&utm_id=3462680&dlv-emuid=b6359caf-fa6e-416c-8a05-16dc00bf022a&dlv-mlid=3462680

CASE Events Calendar - May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CASE Essentrics Online 11:00	3 Healthy at Heart TFRC 11:30 to 12:45	4 CASE Essentrics 11 AM Golf Twin Willows 11 AM	5 CASE Breakfast Millwoods Golf 9:00 Healthy at Heart TFRC 11:30 to 12:45	6	7
8 Mother's Day	9 CASE Essentrics Online 11:00	10 Healthy at Heart TFRC 11:30 to 12:45	11 CASE Essentrics 11 AM Golf Twin Willows 11 AM	12 Healthy at Heart TFRC 11:30 to 12:45	13	14
15 Board Meeting	16 CASE Essentrics Online 11:00	17 Healthy at Heart TFRC 11:30 to 12:45	18 CASE Essentrics 11 AM Golf Twin Willows 11 AM	19 Healthy at Heart TFRC 11:30 to 12:45	20	21
22	23 Victoria Day CASE Essentrics 11:00	24 Healthy at Heart TFRC 11:30 to 12:45	25 CASE Essentrics 11 AM Golf Twin Willows 11 AM	26 Healthy at Heart TFRC 11:30 to 12:45	27	28
29	30 CASE Essentrics Online 11:00	31 Healthy at Heart TFRC 11:30 to 12:45				

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

CASE Events Calendar - June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CASE Essentrics 11 AM Golf Twin Willows 11 AM	2 CASE Breakfast Millwoods Golf 9:00 Healthy at Heart TFRC 11:30 to 12:45	3	4
5	6 CASE Essentrics Online 11:00	7 Healthy at Heart TFRC 11:30 to 12:45	8 CASE Essentrics 11 AM Golf Twin Willows 11 AM	9 Healthy at Heart TFRC 11:30 to 12:45	10 CASE Annual Barbeque SEESA 5:00PM	11
12 Father's Day	13 CASE Essentrics Online 11:00	14 Healthy at Heart TFRC 11:30 to 12:45	15 ED ABEL MEMORIAL GOLF TOURNEY Twin Willows 11 AM	16 Healthy at Heart TFRC 11:30 to 12:45	17	18
19	20 CASE Essentrics Online 11:00	21 Healthy at Heart TFRC 11:30 to 12:45	22 CASE Essentrics 11 AM Golf Twin Willows 11 AM	23 Healthy at Heart TFRC 11:30 to 12:45	24	25
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