



Heart Murmurs

May 2023

Cardiac Athletic Society Edmonton - Contact Info

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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

If you wish to unsubscribe from this newsletter, please e-mail kbclark1@telus.net with a subject line "unsubscribe"

Cardiac Athletic Society Edmonton - Board

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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.

MEMBERSHIP

Stuart reminded the Board at our last meeting that he would like to turn membership over to someone else. He has performed this task for several years, but poor health makes it difficult for him to stay on top of things. If someone is interested and would like to assist CASE, please give Stuart a call to discuss what this job entails.

SOCIAL BREAKFAST

The next Social Breakfast is at the Pure Casino on Argyll Road on Thursday May 4th at 9:30 AM. This venue has proven to be very popular because it can easily accommodate our group and is a good value. Watch for a reminder email.

EDUCATIONAL EVENING

An Educational Session is scheduled for 7:00 PM, May 8, 2023, at the Terwillegar Community Recreational Centre. The Speaker will be Victor Fernandez. He will be speaking about protecting yourself from scammers. He will explain how scammers try to get you to give them your personal information and how you can protect yourself. He encourages you to bring your questions.

ANNUAL BARBEQUE

The Annual Barbeque is scheduled for Friday June 9 at SEESA. Cocktails at 5:00 PM and Dinner at 6:00 PM. Please note the prices have been reduced this year to \$10 per person for CASE members and \$20 per person for guests. If you wish to attend, please contact Gary Duguay at 780-993-0281 before June 4th to get on the list of attendees. This also allows us to ensure we have enough steaks to go around. You will be able to prepay your tickets, using an e-transfer to: **CASE.Deposits@gmail.com** or you can make alternate arrangements for payment when you speak with Gary.

ED ABEL GOLF CLASSIC

The Ed Abel Golf Classic is scheduled for Friday June 23rd. This golf tournament is a popular event with CASE members. Wayne Saunders our Golf Coordinator will be sending out an email with more details about the event in the near future.

ESSEINTRICS WITH LYNN

Lynn informs us that, in addition to the Monday and Wednesday Essentrics sessions, the Friday session will continue to be available to CASE members.

She also noted:

“Just remember Friday's class is a different link and the time is 9:30.” She adds “It's wonderful to see how many CASE members take advantage of Friday's classes. I often have more CASE members attending than my private group. So pleased that you see and feel the value of this amazing program!”

“In July and August I will be offering you another free class. It will be a 45 minute evening class that would be suitable for you all. It will either be on Mondays at 6 pm with Lindsay, or Tuesdays at 6:30 pm with me. More info to follow.”

For those of you who have not tried Essentrics and are not sure of its benefits Lynn has provided the following article.

Recharging the Brain with Essentrics!

Use it or lose it applies to the brain as well as our bodies! New studies are being published that prove our brain is equally capable of growing new cells and maintaining our cognitive health as we get older.

One positive side of aging today instead of 50 yrs ago is that our overall life expectancy has increased. With advances in medicine, we've experienced a decline in premature deaths. So we are living longer and that is certainly good news. On the negative side, deaths due to Alzheimer's disease have increased over the past decade by nearly 87%.

One of the most exciting scientific conclusions of recent years was the discovery that basic movement can help grow new brain cells-and that complex movement can increase the number of cells even more. Just as we can reverse atrophy in our muscles cells and improve our strength and flexibility, so too can we improve our cognitive functioning. They have now found conclusive evidence that neurons continue dividing and regenerating – a process called *neurogenesis well past our adolescence!*

How does this later-in-life neurogenesis work? The brain is made up of billions of neurons, with trillions of connections between these neurons. By increasing the number of certain proteins, known as *factors*, in the brain we can improve the rate at which these connections develop and grow and enhance the connections in our brain so that we think faster.

Brain derived neurotrophic factor (BDNF) also known as 'Miracle-Gro for the brain,' is one of the key proteins (or factors) involved in enhancing the function of neurons, increasing their growth, and improving their ability to make connections. Studies have shown that certain types of exercise increase BDNF in the brain. Armed with this discovery, experts set out to find what type of exercise would be best for the brain and help us optimize our cognitive functioning. A program that challenges our cardiovascular system and our brain, improving our balance, agility and coordination skills showed a 35% increase of BDNF in the cerebellum, compared to a program of just walking or jogging.

Using complex movements and visualization like we do in Essentrics will efficiently keep your brain young and vibrant, not only preserving your brain's status quo but helping you become even smarter as you grow older. Here is how complex movement and visualization work:

INVOLVE COMPLEX MOVEMENTS

Complex exercises that involve twisting, bending, and reaching like Essentrics, Tai Chi and dancing, have been proven to be very powerful stimulants to growing new brain cells. When you ask your body to move in complex ways, your brain must figure out how to make all of the various body parts move simultaneously in these new patterns. Even the mere thought of moving our muscles stimulates activity in the brain.

The full body exercises in Essentrics pump blood through your entire body, creating new blood vessels that also help spawn neuron growth. Large complex full body movements challenge your brain to manage the distribution of the weight of all 650 muscles and 210 joints to prevent you from falling over as you move. Brain-stimulating workouts like these simultaneously grow new neurons while putting new neural pathways to work strengthening those connections. Don't worry if at first you feel confused by the workouts. Take comfort in knowing that this confusion is good for brain development! If the moves seem too complex, don't give up! You want to rejuvenate your brain, don't you? Your brain will find a way to obey your command. That investment of time is actively combating dementia.

THE NEURON BUILDING POWER OF VISUALIZATION

You can increase the benefit of Essentrics, for instance...by visualizing lifting a feather or pulling an elastic. Your brain has to adjust the tension in your movements to match the imagined weight. Visualization causes your brain to search out tens of thousands of sleeping motor neurons to figure out the difference in muscle tension required for each image. Muscles that just had been contracted are then relaxed, all because of the image in in your mind. Many people have trouble figuring out how to relax consciously, but your brain is the boss and will figure out a way to obey the new command. Essentrics visual cues are designed to rebuild brain cells and neurological pathways – and age your brain backward.

Condensed article taken from 'Fast Track to Aging Backwards' one of 3 books written by Miranda Esmonde-White – founder of Essentrics

Every month, Barry Clark spends a great deal of time finding insightful articles from reliable sources to keep CASE members abreast of developments in the heart health sector. He is away on a well-deserved vacation and allowed me (Gary) to edit this newsletter on his behalf. Unbeknownst to him it also allows me and the Board to thank him for years of dedicated service to CASE.

The following is an article Barry has taken from the Harvard Heart Letter.

TROUBLE FROM TINY VESSELS

Thanks to the growing use of specialized diagnostic tools, Coronary Microvascular Disease is becoming more widely recognized.

The squeezing chest discomfort known as angina happens when heart muscle cells do not get enough oxygen-rich blood. Much of the time, the underlying cause is a buildup of fatty plaque inside the heart's largest arteries that restricts normal blood flow. But sometimes, angina arises from problems in the network of tiny blood vessels in the heart. This condition is called coronary microvascular disease.

Doctors suspect microvascular disease in the case of people with angina who have no evidence of artery narrowing on coronary angiography. This test, which uses dye and x-rays, shows only the outline of the lumen, the inner channel of the arteries. Unfortunately, the resolution of this test is not high enough to visualize the smaller vessels, where most of the resistance to blood flow occurs. These tiny vessels, some no wider than a few human hairs, regulate blood flow to match the heart tissue's changing needs.

"We now recognize that up to 50% of people undergoing coronary angiography have no evidence of flow-limiting plaque in their arteries," says Dr. Taqueti of Harvard. Yet many still experience symptoms of angina, typically during exercise or mental stress. Back in the early 1970s, this puzzling phenomenon was dubbed "cardiac syndrome X" because doctors didn't understand the cause. Today, cardiologists refer to the condition as INOCA: ischemia (which refers to inadequate blood flow) with non-obstructive coronary arteries. For unknown reasons, INOCA is more common in women than men, although microvascular disease can affect both sexes.

Tiny vessel problems: INOCA comes in two main forms. In the most common, microvascular angina, the inner walls of smaller arteries may thicken and lose their ability to expand and contract in response to the demand for increased blood flow, such as during exercise. In addition, the sheer number and total volume of capillaries (the tiniest vessels) are lower in people with microvascular disease compared with people who don't have the disease.

The other, less common type is vasospastic angina. Muscles within the heart's arteries suddenly clamp down, causing a coronary spasm. These brief, temporary spasms block blood flow to heart muscle. Some people have both types together.

Although the affected arteries may be small, the symptoms can have a big impact on a person's quality of life. Like those caused by obstructive coronary artery disease, the symptoms can include shortness of breath or trouble exercising. INOCA can also increase a person's risk of hospitalization for a heart attack, heart failure, and death.

Diagnosis challenges: Diagnosing coronary microvascular disease requires more specialized testing than what's typically done in people with suspected heart disease. A coronary flow reserve (CFR) test measures how well the heart's circulation can deliver blood under stress versus at rest. It can be done by placing a wire in the heart's main arteries and administering a drug that dilates blood vessels and mimics the effects of exercise.

But CFR can also be measured noninvasively with a nuclear stress test involving PET scans. PET scans rely on an injection of a radioactive tracer to quantify blood flow into the heart muscle, both at rest and following stress.

An accurate diagnosis can help doctors to better tailor treatment strategies. People with coronary microvascular angina may benefit from therapy that includes beta blockers, while those with vasospastic disease may benefit more from calcium-channel blockers. Clarifying the diagnosis is also important to better define the condition and develop novel, targeted therapies.

Additional advice: The same factors that contribute to blockages in larger arteries, such as high blood pressure, high cholesterol, and smoking, are also common in people with microvascular disease. As a result, many people with coronary microvascular disease also receive other common heart drugs, such as cholesterol-lowering statins. High blood sugar, the hallmark of diabetes, seems to be especially damaging to tiny vessels. Lifestyle and medication changes to improve heart disease risk factors may be beneficial. While there aren't any therapies yet that specifically target coronary microvascular dysfunction, it's a growing area of interest and research.

Source: [Julie Corliss](#), Executive Editor, [Harvard Heart Letter](#) February 1, 2023

CASE Events Calendar - May 2023

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

CASE Events Calendar - June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Healthy at Heart TFRC 11:30 to 12:45 CASE Breakfast	2	3
4	5 CASE Essentrics Online 1:00 PM	6 Healthy at Heart TFRC 11:30 to 12:45	7 CASE Essentrics 11 AM Golf Twin Willows 11 AM	8 Healthy at Heart TFRC 11:30 to 12:45	9 Essentrics 9:30 CASE Barbeque 6:00 PM SEESA	10
11 Father's Day	12 CASE Essentrics Online 1:00 PM	13 Healthy at Heart TFRC 11:30 to 12:45	14 CASE Essentrics 11 AM Golf Twin Willows 11 AM	15 Healthy at Heart TFRC 11:30 to 12:45	16 Essentrics with Lynn Online 9:30 AM	17
18	19 CASE Essentrics Online 1:00 PM	20 Healthy at Heart TFRC 11:30 to 12:45	21 CASE Essentrics 11 AM Golf Twin Willows 11 AM	22 Healthy at Heart TFRC 11:30 to 12:45	23 Essentrics 9:30 AM Ed Abel Memorial Golf Trnmnt 11	24
25	26 CASE Essentrics Online 1:00 PM	27 Healthy at Heart TFRC 11:30 to 12:45	28 CASE Essentrics 11 AM Golf Twin Willows 11 AM	29 Healthy at Heart TFRC 11:30 to 12:45	30 Essentrics with Lynn Online 9:30 AM	

CASE Events Calendar - July 2023

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

CASE Events Calendar - August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Healthy at Heart TFRC 11:30 to 12:45	2 CASE Essentrics 11 AM Golf Twin Willows 11 AM	3 Healthy at Heart TFRC 11:30 to 12:45	4 Essentrics with Lynn Online 9:30 AM	5
6	7 Civic Holiday	8 Healthy at Heart TFRC 11:30 to 12:45	9 CASE Essentrics 11 AM Golf Twin Willows 11 AM	10 Healthy at Heart TFRC 11:30 to 12:45	11 Essentrics with Lynn Online 9:30 AM	12
13	14	15 Healthy at Heart TFRC 11:30 to 12:45	16 CASE Essentrics 11 AM Golf Twin Willows 11 AM	17 Healthy at Heart TFRC 11:30 to 12:45	18 Essentrics with Lynn Online 9:30 AM	19
20	21	22 Healthy at Heart TFRC 11:30 to 12:45	23 CASE Essentrics 11 AM Golf Twin Willows 11 AM	24 Healthy at Heart TFRC 11:30 to 12:45	25 Essentrics with Lynn Online 9:30 AM	26
27	28	29 Healthy at Heart TFRC 11:30 to 12:45	30 CASE Essentrics 11 AM Golf Twin Willows 11 AM	31 Healthy at Heart TFRC 11:30 to 12:45		