



# Heart Murmurs

October 2022

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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](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**

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Golf Program	Wayne Saunders
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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.

## ***SPECIAL FREEBIE FOR CASE MEMBERS!***

At our September Education Evening, Michael Shields from Accent Hearing gave a very interesting and informative talk about hearing and answered many questions from the participants. He has very generously offered a **FREE hearing test FOR ALL CASE MEMBERS**. He advises that it is important to have a baseline for your hearing so one should get a hearing test while your hearing is still good! So, do take advantage of this offer!

Contact Michael at:

Accent Hearing  
8708-155 St. (Meadowlark Place Professional Centre)  
780-484-0681 e-mail [accent.mes@shaw.ca](mailto:accent.mes@shaw.ca)

## UPCOMING EDUCATION EVENINGS

Our October and November evenings will be held on the topic of **The Art of Downsizing**, a two-part session. The speaker is Jody Lambertus from Century Masters 21 Realty. There will be the opportunity to receive the information and a workbook via email. Having attended her session, I know these are valuable. Jody sent this description of her sessions:

**1. *The art of downsizing:*** Thinking of downsizing? Not sure where to start? Downsizing can be an overwhelming process that can take longer than expected at every turn. Want help? Here is the number one trick to downsizing successfully: start before you think you need to and develop a plan. Clarity yields action and action means more space, freedom, money and most of all more peace of mind! In Session 1, we'll cover the financial, emotional, and health-proven benefits of downsizing, as well as the concerns to address BEFORE you decide to downsize. We will also discuss: - the necessary, but often difficult conversations to have with loved ones, and - what questions to ask when hiring an advisor, realtor, lawyer, and mortgage expert.

**2. *The act of downsizing:*** We summarize part 1 of the downsizing presentation: - how to start before you think you need to move and develop a plan - the financial, emotional, and health-proven benefits of downsizing, as well as the concerns to address BEFORE you decide to downsize. The 2nd session informs you what to do next, after you've decided to downsize; how to get your home ready for sale, how to find your next home and who should be involved. Enjoy this interactive learning experience through worksheets, and checklists and navigate your decision to downsize with more confidence and clarity!

Education and Real Estate are my passion! Whether it's helping downsizers or first-time buyers and investors with the home purchasing process, I truly enjoy teaching and helping people through real estate. Thank you. Jody Lambertus.

These Education evenings are **at Terwillegar Recreation Centre in Multi-Purpose Room A**, second floor over the arenas, **on Mon. Oct. 24** (date changing from Oct. 17 to suit Jody, if Terwillegar agrees) and **Mon. Nov. 14 at 7:00 pm**. Please **watch for emails confirming the October date**.

We hope to see many of you there for these worthwhile presentations! Coffee and cookies served with time to socialize!

Mae Hadley  
Education Coordinator

## ***CASE GOLF REPORT SEPTEMBER 2022***

The CASE Golf program got off to a late start in 2022 due to a late spring. Our first official day of golf was on Wednesday May 4th with 13 participants.

Each week had good attendance with an average of 12 golfers and as high as 17.

On Jun 15th we held our 9th annual Ed Abel Golf Classic and fund raiser. There were 48 golfers and 21 spectators present. Unfortunately, the weather forced us off the course and we held a putting tournament instead. The fund raiser did very well with donations and Greg Abel, our sponsor, once again matched the donations.

The CASE tournament was held August 17th, with 16 players taking part. A great time was had by all, and trophies were awarded for various events. A Golfer's wind-up dinner is being planned later in October at Boston Pizza and the exact date will be announced soon. The engraved trophies will be presented to the tournament event winners at this time.

We will continue our regular Wednesday golfing if weather permits.

Wayne Saunders

CASE Golf Coordinator

## ***CASE EXERCISE PROGRAMS***

Exercise, CASE's focus for heart health, is fully back post pandemic! The Tuesday Thursday ***Healthy at Heart program*** continues with about 6 CASE members participating on a regular basis as well as a number of drop-ins at each class. There has been a change of instructors. There are now 4 leaders on a two-week rotation. Lynn Bohuch is back once every two weeks. The exercise session is followed by basic pickleball.

***Online Essentrics*** with Lynn Bohuch is continuing until the end of the year. This program runs Mondays and Wednesdays; Lynn continues to offer Fridays to the participants. Fifteen CASE members have signed up for these sessions.

***Case Walks*** Two walks were held in July and two more in September. This seasonal activity likely will be over until spring.

It is good to be back to 'normal' after the pandemic! However, it is of some concern that only about 1/3 of our membership are involved in our exercise activities which are central to our groups focus on heart health!

This raises the question of what can CASE be doing better to get you involved in our exercise programs? What would you like to see to better meet your needs? For the existing programs is there an issue with time location or the nature of the program? For the next few months changes probably are not possible. If members are looking for future changes, we need to know what people are looking for.

Are there other exercise activities we should think about, especially in the 'winter city' context? Skating, snowshoeing, mall walking, weight training or ???

CASE has changed over the last few years. We really do need to learn what we can do better to meet our need for heart health. If you have thoughts on these issues, please contact:

*Wayne Jackson*  
*CASE Exercise Coordinator*  
[waynejackson66@gmail.com](mailto:waynejackson66@gmail.com)

## ***SOCIAL PROGRAMS***

***Monthly breakfasts:*** We have restarted this activity on the first Thursday of each month at the Woodvale Restaurant in the Millwoods Golf Course, 4540 50 street. You can order from the regular menu and be billed individually with separate cheques.

***Christmas Party:*** Planning for the Christmas Party is underway. We have learned that holding it in our usual venue at SEESA may not be possible this year, so the Committee is examining optional locations. Look for more news on this event in late October or early November.

## ***HEART PROTECTION JUST SHOTS AWAY!***

With all the attention on COVID-19 vaccines over the past two years, you may have neglected to receive other routine vaccines recommended for older adults that protect against influenza, pneumonia, and shingles. If you have heart disease or are at risk for it, these shots are important, and early fall is the time to get back on schedule!

Earlier this year, a large study confirmed that flu vaccines may help lower the risk of serious cardiovascular complications. Also, it is noted that the risk of heart attack and stroke rises in the year following a bout of either pneumonia (a serious lung infection caused by bacteria, viruses, or fungi) or shingles (a reawakening of the chickenpox virus that emerges through the nerves and causes a painful rash). Vaccines can help lower these risks as well.

COVID puts an important and renewed focus on the link between infections and cardiovascular disease. Even a mild COVID-19 infection can raise a person's risk of heart problems. However, physicians have long known that serious infections, especially the flu, can leave people more vulnerable to a heart attack, heart failure, and dying from heart disease.

***Infection dangers:*** When you have any type of infection, your body releases molecules called cytokines, which stimulate your immune system to combat the offending pathogen. This response can affect the cardiovascular system via two different pathways. Cytokines can depress the heart's ability to pump normally. The resulting immune response also seems to be involved in accelerating the buildup of plaque inside the arteries, known as atherosclerosis.

**Influenza:** A yearly flu shot may lower your risk of catching the disease by half.

The 2022 - 2023 AHS Influenza Immunization Program will begin for all Albertans six months of age and older mid October 2022. AHS is focusing immunization efforts on those at greatest risk of influenza who are unable to access influenza vaccine through pharmacists, physicians or other community providers. Individuals five years of age and older are encouraged to get immunized at their local pharmacy or physician's office.

**Pneumonia:** Alberta makes pneumonia shots routinely available to individuals older than 65 and people medically at risk from conditions including Chronic cardiac disease; Congestive heart failure, myocardial infarction and individuals taking heart medications or being followed by a cardiac specialist

**Shingles:** It is recommended that everyone 50 and older should get two doses of the shingles vaccine (Shingrix), given two to six months apart. In Alberta, these shots are not provided under government programs at this time.

Source: [Julie Corliss](#), Executive Editor, [Harvard Heart Letter](#) October 1, 2022 amended to reflect Alberta Health Programs

#### **Does the Flu shot lower heart-related risks**

Can getting a flu vaccine help lower the risk of heart-related problems? A study in the April 1, 2022, issue of *JAMA Network Open* explored this question.

**What:** Data pooled from six separate studies done between 2000 and 2021.

**Who:** 9,001 people in total, with an average age of 66. Just over half had heart disease, and about 43% were women.

**How:** Researchers compared the rates of heart-related problems (including heart attack, stroke, heart failure, and death from heart disease) between people who received a flu vaccine and people who received a placebo or no vaccine. They followed participants for an average of nine months.

**Key findings:** People who received a flu vaccine had a 34% lower risk of serious heart problems compared with those who didn't get the vaccine. Among those who'd had a heart attack in the year before they got vaccinated, the risk was 45% lower.

# CASE Events Calendar - October 2022

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