



## OCTOBER HAPPENINGS AND HIGHLIGHTS..

### Social Breakfast

- Thursday October 5  
Argyll Casino 9:30  
AM

### Education session

- **Women's Health**  
Monday October 16  
TFRC 7:00 PM

### Healthy at Heart

- Tuesdays and  
Thursdays at TFRC  
11:30 to 12:45

### Essentrics

- Mondays at 1:00PM  
and Wednesdays at  
10:45 AM online with  
Lynn

### Golf

- Weather dependent,  
Wednesdays at Twin  
Willows 11 AM Tee  
Off.

## WOMEN'S HEART HEALTH EDUCATIONAL EVENING

**Mon. October 16 – Her Health Matters: Let's Talk About Women's Health, focussing on heart health:** The speaker will be Dr. Colleen Norris, PhD (Epidemiology) MN, BScN, RN, FAHA FCAHS Professor, & Associate Dean of Research, Faculty of Nursing, UA She serves as the Cavarzan Chair in Mature Women's Health Research, WCHRI, Faculty of Medicine, UA and as Adjunct Professor Faculty of Medicine & Dentistry and School of Public Health, University of Alberta

Dr. Norris will present on differences in women's heart health, signs and symptoms of a heart event in women and important tips to remember when talking to your doctor about your heart health. The impact of heart disease on women has traditionally been underappreciated. Cardiovascular disease is the #1 killer of women worldwide accounting for 1 in 3 deaths. Heart disease is the leading cause of premature death for women in Canada (dying before reaching their expected lifespan). Every 20 minutes, a woman in Canada dies from heart disease.

Please let me know if you can come as I hope to get us moved to the larger Multi-Purpose Room if there are enough of us. Bring friends and tell other groups you are in about this talk but ask for an rsvp and let me know, please. Reply to [maehadley@telus.net](mailto:maehadley@telus.net).

Mae Hadley, Education Coordinator

## COMING UP NEXT

**Monday. Nov. 13 – Ageism:** The speaker on Ageism is from the *Age Friendly, Edmonton Seniors Coordinating Council*. The session starts at 7:00 pm at Terwillegar Recreation Centre, Multi-Purpose Room A.

## Cardiac Athletic Society Edmonton - Contacts

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## ***THE CASE GOLF REPORT FOR 2023***

The CASE golf program kicked off on April 26th this year, and will continue throughout the summer months until weather dictates an end to our weekly game. (In 2022 we were able to golf through to October 12th).

Highlights of the year are:

***The Ed Abel Classic:*** The 9th annual Ed Abel Classic was held on June 23rd with pleasant weather and great turnout. This is the first year that we also honored a past CASE member at the Classic event. This year's honoree was Richard Schoppf. Victor Fernandez helped put together a slide show with Burn Evans narrating. Richard's wife Yvonne and one of his daughters were on hand for the tribute. We will be honoring a past golfing member at all future Ed Abel Classics.

The Ed Abel event has turned into a major fundraiser for CASE and this year we collected a record amount. Our generous sponsor, Greg Abel, further supports us by matching all donations made from the day's event.

The winners this year were team #1 with Greg Abel, Don Lucky, Byron Dudley and Wendy Boyd. They tied with team 4 and won an exciting "putt-off" between Bob Zukerman of team 4 and Don Lucky of team 1.

***The CASE golf tournament:*** The annual CASE golf tournament was held on August 30th with a great turnout of 16 golfers on 4 teams. Trophies were awarded for several events and will be engraved and presented to the winners at the Golf Wind Up dinner in early October. This year's trophy winners were:

- Wendy Boyd - Ladies longest drive
- Gordon Hoffman - Men's longest drive
- Ron Nordhagen - Closest to the pin and longest putt
- Best Net score (against 2023 average) - Bob Zukerman
- Best gross score (overall lowest score) - John Sieffert
- Steve Pacholok won the door prize; a gift certificate for "Golf Town".

Engraved trophies will be awarded at the year end dinner in October. Congratulations to all!

We welcomed 2 new members to our golf group this year, Faye McConnell and Gordon Hoffman. Our core group has grown to 26. On average, 10 to 14 golfers turn up each Wednesday to play nine holes at Twin Willows Golf course.

Wayne Saunders  
CASE golf coordinator

## ***MARY FUNG GUIDES CHINESE GARDEN WALK FOR CASE***

On Friday September 15, Mary Fung introduced 15 CASE members to Edmonton's Chinese Gardens and a walk in the river valley below the Convention Centre. We had a wonderful day for it and enjoyed Mary's hospitality!



## ***LOW MUSCLE MASS CAN INCREASE COVID VULNERABILITY***

People with low levels of muscle mass, or high levels of fat around their abdominal organs may be more vulnerable to COVID-19 and may take longer to recover, according to a new research review. Levels of muscle mass and body fat play a pivotal role in COVID-19 prognosis and recovery, according to new University of Alberta research.

In a review of several studies, the researchers found that abnormalities in body composition were prevalent in patients hospitalized with COVID-19 and were often associated with more severe disease and poorer outcomes, including higher risk of death.

The findings, published in the American Journal of Clinical Nutrition, provide a “comprehensive understanding of how COVID-19 adversely affects people with different body composition,” says Montserrat Montes-Ibarra, one of the study’s lead authors and a PhD candidate in nutrition and metabolism in the Faculty of Agricultural, Life & Environmental Sciences.

“The amount of muscle and fat you have are key factors in determining how vulnerable you are to COVID-19 and how you will respond to it.”

***Low muscle, high fat pose risks*** The analysis of 62 large and small studies spanned 1.3 million people battling COVID-19 up to the fall of 2022. Overall, it showed that patients who had poor muscle health and high levels of visceral fat at the time of their COVID-19 diagnosis had a greater risk of developing complications while ill. In 44 per cent of the studies exploring low muscle mass, the condition was associated with death from COVID-19, along with the need for intensive care unit admission, mechanical ventilation and longer hospital stays, the review showed.

Overall results also showed that up to 90 per cent of COVID-19 patients in the studies had lower muscle mass than people with other diseases such as cancer, at 69 per cent. “That means COVID may have left many people with substantially lower amounts of muscle as they were battling the disease,” which is a difficult benefit to regain, notes Montes-Ibarra.

“Muscle loss is like a wildfire: it’s lost very quickly, but to recover it takes months and years. Those people who survive COVID may have much lower muscle than they had before. For someone now on a trajectory of normal aging or dealing with long COVID, that could impact their longevity.

High fat mass was also linked to mortality in 38 per cent of the studies exploring this measure. High levels of fat in the muscle led to high rates of mortality and intensive care admission, as well as longer hospitalization in more than 50 per cent of the studies examined. As well, high visceral fat, found around vital abdominal organs, was linked to intensive care admission in 85 per cent of the studies that considered this factor. In addition, mechanical ventilation was associated with high levels of fat in the muscle in nearly 47 per cent of studies looking at this measure.

***Muscle matters to health*** The findings all highlight how important muscle mass is to health, says professor Carla Prado, a nutrition expert in the Faculty of Agricultural, Life & Environmental Sciences and senior author on the review. Muscle function is vital for movement, balance and posture, and for metabolizing glucose and providing amino acids for the immune system. The more muscle you lose, the greater the consequences. Although it is most likely that patients had low muscle mass before they contracted COVID-19, the virus itself could have contributed to rapid muscle loss, Prado says.

Coupled with muscle loss related to hospitalization and immobility, this may lead to a pandemic of low muscle mass among these patients,” she adds.

***Body composition beats BMI for assessment*** Body composition could also be important in understanding and managing patients with long COVID, the researchers suggest. Lower muscle mass could lead to longer recovery time from illnesses including COVID-19, may be linked to the fatigue that people with long COVID experience and could also influence other factors such as immune function, Montes-Ibarra notes.

“By assessing body composition, it’s possible for health-care providers to better tailor management strategies and interventions for long COVID patients, which may improve their outcomes and quality of life, reduce the risk of health complications and lead to more personalized, effective treatment, like nutritional support and physical rehabilitation.” Body fat and muscle mass assessment should be further explored as a potential prognostic tool for COVID-19 for all patients, the researchers recommend in their review. Those factors aren’t always considered during hospital admission, if the patient appears to have normal or even high body mass index, says Camila Orsso, one of the review’s lead authors and a PhD student in nutrition and metabolism.

“Because people with obesity bear their own body weight, they are frequently assumed to not be at risk for low muscle mass, and that they have the ‘reserves’ to fight COVID, when they may not.” “Taking body composition into account as part of overall care can help identify people at higher risk for developing more severe complications or poorer outcomes,” Orsso notes. “That can help health-care professionals minimize the impact of COVID-19 and improve patient outcomes in the future.”

The research was funded by the Campus Alberta Innovation Program and the National Council of Science and Technology of Mexico. Prado is a member of the University of Alberta Cardiovascular Research Institute, the Women and Children’s Health Research Institute, the Cancer Research Institute of Northern Alberta, the Alberta Diabetes Institute and the Alberta Transplant Institute.

Source: Bev Betkowski University of Alberta Folio July 21, 2023  
<https://www.ualberta.ca/folio/2023/07/low-muscle-mass-could-make-people-more-vulnerable-to-covid.html>

## ***SIX BEST EXERCISE TO STRENGTHEN YOUR HEART***

Strengthening your heart is one of the best things you can do for your health. And as you know, the best way to strengthen your heart is to exercise. In fact, if you don’t exercise you’re more than twice as likely to get heart disease as someone who does. If you have a history of heart disease, or just worry about your heart health, you need to develop a regular exercise routine. Experts recommend you spend at least 150 minutes doing moderate exercise per week. But is all exercise created equal? Here are the best exercises to strengthen your heart.

***Walking:*** Walking, especially speed walking, is a great way to strengthen your heart. Walking fast will get your heart rate up and is easier on your joints than other types of exercise. You can walk anywhere at any time. All you need is a pair of supportive shoes.

Do a short walk during your lunch break or a longer walk on the weekend. The flexibility of walking makes it easy for anyone to do and to keep doing it.

**Weight training** Building the other muscles in your body will help your heart. Weight training will help you build muscle mass and burn fat. Although you can hit the gym to train with weights, some of the most effective weight training happens when you use your own body weight.

**Swimming** Taking a water aerobics class or swimming laps can be a full-body workout that will strengthen not only your body, but your heart. Unlike other types of exercise, swimming is easy on your joints and allows you to move your body without a lot of pain.

**Yoga** Yoga is great for heart health. Doing yoga will help you strengthen and tone your muscles. Certain types of yoga can really get your heart rate up, while still providing the calm that will lower your blood pressure.

**Interval training** Interval training which alternates between short bursts of high-intensity exercise with longer periods of active recovery is a great way to get a full-sized workout in a short amount of time. For example, you can do it by running for one minute and walking for three minutes, then repeating the cycle. Raising and lowering of your heart rate helps to burn calories and improves the function of your blood vessels.

**Cycling** Cycling has been shown to help reduce the risk of heart disease. It uses your large muscles in your legs, which helps to elevate your heart rate.

Whether you choose to hit a yoga class three times a week, go walking with a friend, or swim every morning, regular exercise is essential to taking care of your heart. Always talk to your doctor before you begin an exercise routine.

Source: Intermountain Healthcare Feb 19, 2019 Last Updated: 3/2/2021  
<https://intermountainhealthcare.org/blogs/topics/heart/2019/02/6-best-exercises-to-strengthen-your-heart>

***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.

***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)

If you wish to unsubscribe from this newsletter, please e-mail [kbclark1@telus.net](mailto:kbclark1@telus.net) with a subject line 'unsubscribe'.

# CASE Events Calendar - October 2023

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