



Heart Murmurs

September 2023

Cardiac Athletic Society Edmonton - Contacts

Gary Duguay, President Phone: 780-433-8628,
cell: 780-993-0281
Email: garywmduguay@gmail.com

Burn Evans, Membership Phone: 780-435-1285
Email: gbevans02@gmail.com

Cardiac Athletic Society of Edmonton Mail Address
PO Box 4516,
Edmonton, AB T6E 4T7
<https://edmontoncase.ca>
CASE.Deposits@gmail.com

CASE Website
CASE Payments

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".

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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.

EDUCATIONAL EVENING

Education Evenings – Hold These Dates and Plan to Attend! All sessions start at 7:00 pm at Terwillegar Recreation Centre, Multi-Purpose Room A

Mon. September 11 – Alzheimers Society

This session will provide helpful tips and techniques for supporting someone living with dementia. In this session you will:

- Learn the differences between Alzheimer's and Dementia
- Learn how dementia affects memory, communication and reasoning
- Learn tips and strategies that may be helpful in navigating these symptoms in people living with dementia
- Learn about additional programs and supports available to clients of the Alzheimer Society
- Have your questions answered

Mon. October 16 –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 Womens Health Research, WCHRI, Faculty of Medicine, UA and as Adjunct Professor Faculty of Medicine & Dentistry and School of Public Health, University of Alberta More details will follow later.

Mon. Nov. 13 – Ageism

The speaker on Ageism is from the *Age Friendly, Edmonton Seniors Coordinating Council*. More details will follow later.

ESSEINTRICS WITH LYNN

CASE is pleased to announce that the September to December Online sessions of Essentrics with Lynn has been scheduled:

- Classes are Mondays at 1 pm and Wednesdays at 11 am beginning Sept. 6 and wrapping up Dec. 20.
- Lynn will continue to provide a complimentary class on Fridays.

The link for Zoom will be provided prior to the first September class.

The CASE fee for this session is \$40 per month per household. A big thank you to Lynn and to CASE supporters.

Please let me know if you will be taking part and submit your payment to case.deposits@gmail.com noting that it is for Essentrics.

If anyone would like to participate but will have difficulty with the two session per week schedule, please let Wayne Jackson know. (waynejackson66@gmail.com)

GOLF – A GOOD WALK MADE BETTER?

If you walk the course, playing 18 holes of golf may benefit your heart even more than an hour of either brisk or Nordic walking. Golf has been famously described as "a good walk spoiled." But when it comes to cardiovascular health, this leisurely sport may have some advantages over other walking activities, new research suggests. Done in Finland, the study compared golf to brisk walking and Nordic walking. This study found that all three activities were beneficial, but the surprise was that golf came out on top," says Dr. David O. Williams, a cardiologist at Harvard who is also an avid golfer. The game's long duration likely contributed to the findings, he says. Although golf is a low- to moderate-intensity exercise, the game can last three to four hours, and players may walk up to six miles. Pulling or carrying a bag of golf clubs (which weigh around 15 to 20 pounds) adds to the calorie burn of golf.

More than just a game But golf has other attributes that make it a great way to stay fit, says Dr. Williams. "As a game, golf is a form of play, which is an extension of what we do naturally as children. Plus, you keep score, which adds a sense of competition," he says. Hanging out on the links also offers people a heart-healthy way to relax and socialize. That aspect may be especially valuable for men, who tend to have fewer structured social events and engagements compared with women. Another advantage of golf is that you can play well into older age. Even if you aren't physically able to walk the entire course, hitting the ball works your core and arm muscles. It also challenges your balance because as you swing, your trunk rotates and your weight shifts.

Getting into the swing Want to give golf a go? Try finding a friend who plays and can take you to a driving range or nine-hole course to

THE FINNISH STUDY SUMMARIZED

Game on: Golfing vs. walking

Brisk walking, Nordic walking (done with poles), and golf are all popular, safe, accessible forms of outdoor exercise well suited for older people. Finnish researchers compared the heart-related benefits of these activities in a randomized crossover study, published online Feb. 6, 2023, by *BMJ Open Sport & Exercise Medicine*. Here is a summary:

Who: 25 healthy, experienced golfers ages 65 and older (16 were men).

What: Each participant completed three types of exercise over a five-day period, doing the following activities on different days:

- one 18-hole round of golf on foot, using a pull-cart to transport their clubs
- one hour of brisk walking
- one hour of Nordic walking.

How: On exercise days, participants ate identical breakfasts and snacks; had their blood pressure, blood sugar, and cholesterol measured before and after exercise; and wore activity trackers.

Key findings: All three activities lowered blood pressure and levels of blood sugar and cholesterol. But golf seemed to have a slightly more beneficial effect on blood sugar and cholesterol, at least in the short term.

show you the ropes. Lessons can be helpful, since swinging a golf club isn't intuitive or natural, and you want to avoid developing bad habits. **(the CASE golfers group welcomes beginners!)**

Stay safe on the links "I've seen people pass out on golf courses, which is often caused by a combination of exertion and dehydration in hot weather," says Dr. Williams. Be sure to carry water at all times so you can stay hydrated, he advises. Wear weather-appropriate clothing and a sun hat, put on plenty of sunscreen, and take breaks if you feel tired. Stretching can help increase your flexibility, reduce pain, and might even improve your game.

Source: Harvard Heart Health June 1, 2023, [Julie Corliss](#), Executive Editor, [Harvard Heart Letter](#) Reviewed by [Christopher P. Cannon, MD](#), Editor in Chief, [Harvard Heart Letter](#); Editorial Advisory Board Member, Harvard Health Publishing

WORKOUTS TO MAKE YOUR HEART STRONGER

It is important to remain active as you age because inactivity has been linked to a greater chance of developing heart disease and increases your chances of a major cardiovascular event. Studies have shown a decreased likelihood of heart attack and stroke by maintaining, or increasing, activity with age." Besides keeping your heart healthy exercise can also improve your cognition and memory as you age.

Any exercise that gets your heart rate up is beneficial for your heart health, said Dr. Suzanne Steinbaum, a preventative cardiologist, and a member of Peloton's Health & Wellness Advisory Council. Almost any form of regular exercise can provide tremendous cardiovascular benefits, be it traditional cardio such as walking, running, biking, swimming, interval training, resistance training or full-body workouts. Although all exercise provides heart health benefits, there are some workouts that stand out as ideal to keep your heart going strong. Here are five of the top exercises for heart health.

1. Interval training A good rule of thumb to follow with interval training is to keep the exercises short and relatively intense followed by a rest period of the same length or shorter in between. Studies even suggest that interval training workouts can improve both your lung and heart health, as well as your heart's response to exercise.

2. Weightlifting may be slower paced, but it is also a good way to get your heart rate up and improve your heart's strength. One study found that lifting weights can reduce your chances of having a stroke or heart attack by about 40% to 70%. Depending on your goals, it's helpful to connect with a personal trainer who can teach you proper techniques and set up a customized workout program for you.

3. Walking is easy to do anywhere, and you can gain even more benefits by picking up the pace. Walking is a low intensity workout that's proven to benefit your heart, especially when walking at a brisk pace and pumping your arms. Research suggests that brisk walking can further improve your cardiovascular health compared to walking slowly. Other ways to make your walks more challenging are by walking with some weights in hand.

4. Yoga is known to lower blood pressure, improve your flexibility and balance and help reduce any aches and pains. Yoga can be done in the comfort of your own home -- all you need is a yoga mat and a small space to move.

5. Swimming is a low-impact, full-body workout that is gentle on the joints, but still packs some cardio punch. Swimming keeps your lungs and heart strong and even helps lower your blood pressure. It's a great aerobic option if you're also recovering from an injury or if your body doesn't respond well to high-impact exercises.

Before you take on any new exercise program, it's important to discuss it with your doctor, especially if you have had any prior health issues, or if heart issues run in your family. However, if you're a generally healthy individual, use your best judgment when taking on a new workout and stay within your limits. It is important that you do not do too much too soon. A key is to start slowly to establish consistency and set reasonable goals. A good rule of thumb is to follow the recommendations of the American Heart Association.

Aim for 150 minutes of moderate-intensity aerobic activity per week. Along with this, you should include resistance training at least two days per week. Studies have shown that activities that get your heart rate into the moderate intensity heart rate zone is the best option for optimum cardiovascular benefit. The best way to do this is to explore and find an activity that you enjoy and know you'll be consistent with. Some people may find it helpful to have a workout buddy or a small group of friends who can hold them accountable. It is also important to be tuned in to body feedback to decrease injury and remember that hydration and rest days are important to minimize the risk of injury and fatigue.

Source: Giselle Castro-Sloboda, Dec. 17, 2022, <https://www.cnet.com/health/fitness/beyond-cardio-5-workouts-to-strengthen-your-heart-health/>

CASE Events Calendar - September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labour Day	5 Healthy at Heart TFRC 11:30 to 12:45	6 CASE Essentrics Online 11:00 <i>Golf</i> <i>Twin Willows Golf Club</i> <i>Noon Tee-Off</i>	7 Healthy at Heart 11:30 to 12:45 <i>CASE Breakfast</i> <i>Millwoods Golf</i> <i>Course 9:00</i>	8 Complimentary Online Essentrics with Lynn 9:30AM	9
10	11 CASE Essentrics Online 1:00 <i>CASE Education</i> <i>Speaker</i> <i>7:00 PM TFRC</i>	12 Healthy at Heart TFRC 11:30 to 12:45	13 CASE Essentrics Online 11:00 <i>Golf</i> <i>Twin Willows Golf Club</i> <i>Noon Tee-Off</i>	14 Healthy at Heart TFRC 11:30 to 12:45	15 Complimentary Online Essentrics with Lynn 9:30AM	16
17	18 CASE Essentrics Online 1:00	19 Healthy at Heart TFRC 11:30 to 12:45	20 CASE Essentrics Online 11:00 <i>Golf</i> <i>Twin Willows Golf Club</i> <i>Noon Tee-Off</i>	21 Healthy at Heart TFRC 11:30 to 12:45	22 Complimentary Online Essentrics with Lynn 9:30AM	23
24	25 CASE Essentrics Online 1:00 Board Meeting	26 Healthy at Heart TFRC 11:30 to 12:45	27 CASE Essentrics Online 11:00 <i>Golf</i> <i>Twin Willows Golf Club</i> <i>Noon Tee-Off</i>	28 Healthy at Heart TFRC 11:30 to 12:45	29 Complimentary Online Essentrics with Lynn 9:30AM	30