

# Windsor-Essex Cardiac Wellness Centre Newsletter



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## QUICK FACTS

♥ Since first opening its doors in July, 2001 the Cardiac Wellness Centre has graduated over 1500 participants.

♥ On average, participants increase their exercise tolerance by 1.6 METS over the 6-month program. Every one MET improvement has been associated with a 12% increase in survival.

♥ The average age of our participants is 63.5.

♥ Demographically, 72% of our participants are male and 28% are female.

## New Study Shows Amount of Exercise at Least as Important as Intensity

A recent study suggests that the amount of exercise is at least as important as exercise intensity, although increased intensity likely results in incremental benefits<sup>1</sup>. This information helps clarify the value of moderate exercise in improving fitness and reducing the risk of developing cardiovascular disease.

This study which appeared in the October 2005

issue of *Chest* studied men and women at risk for cardiovascular disease. The participants were overweight or mildly obese with mild to moderate dyslipidemia (high cholesterol), aged 40

to 65 years. Study participants were divided into four groups. Group #1 exercised at a low amount moderate intensity (LAMI) consisting of walking 19 km per week at moderate intensity (40-55% of maximum intensity). Group #2 exercised a low amount at a high intensity, the equivalent of jogging 19 km/week at 65-80% of maximum intensity. Group #3 exercised a high amount at high intensity (HAHI), the equivalent of jogging 32 km/week at 65-80% of peak heart rate. Group #4 did not-exercise at all, and served as the control group.

So which group improved their cardiovascular endurance the most? After a period of 7 to 9 months of training, all groups significantly improved their cardiovascular

endurance (except for the group that did not exercise at all, of course).

What's the take-home message? Quite simply, the study found that exercising at a level of 19 km/week at 40-55% of peak intensity (group #1's exercise regime) is sufficient to increase cardiovascular fitness levels, and increasing either exercise intensity or the amount beyond these



parameters will result in additional separate and combined effects on cardiovascular fitness. Therefore, it is appropriate to recommend mild exercise to improve fitness and reduce cardiovascular risk yet encourage higher intensities and amounts for additional benefit. Duration, in this case, is just as important as intensity in increasing cardiovascular endurance, and subsequently decreasing the risk of heart disease.

It was interesting to note from this study that these participants did not lose any weight with all of that exercise. If you're wondering why, (and perhaps you can relate) researchers say that study participants likely worked up more of an appetite while exercising and may actually put

on weight in the form of muscle. In the long-run, this transition of fat to muscle can contribute to an increased metabolic rate—so you're burning more calories at rest and during exercise.

The reality is that people who do not lose weight tend to get discouraged because they think, "exercise must not be working". So they stop, without realizing they are getting benefits in terms of reduction in cardiovascular risk, even in the absence of weight loss. According to the author of the article, "most people gain 3 to 5 pounds per year, and if you exercise, you maintain your weight, so in five years, you might be preventing 15 pounds of weight gain."

Another research study showed that the best way to get people off the couch and moving is to have their physicians prescribe exercise in the way they would prescribe a drug<sup>2</sup>. Patients were more likely to commit to the recommendations provided by the doctor—a prescription for "**EXERCISE, 3-5 times per week for 30 minutes**". Not a bad idea, and in some cases, the benefits of exercise could even make more of an impact than medication alone on some of the modifiable risk factors for heart disease ♥

Sources: 1: Duscha, B.D. et al. (2005). Effects of exercise training amount and intensity on peak oxygen consumption in middle-age men and women at risk for cardiovascular disease. *Chest*, 128: 2788-2793. 2: Swinburn, B.A. et al. (1998). The green prescription study: a randomized control trial of written exercise advice provided by general practitioners. *American Journal of Public Health*, 88(2): 288-291.

## FUNDRAISING UPDATE

### YOUR HELP IS NEEDED!

**When:**

Friday February 10th  
2006

**Event:**

An Evening of Heart  
and Enchantment

Fashion show, Dinner,  
Silent Auction

♥ Volunteer your time the evening of the event. We will need greeters at the

door, silent auction attendant, and cashiers.

♥ Purchase a ticket for the event or get all of your friends together to fill a table.

♥ Help to collect silent auction items and/or door prizes.

♥ Do you know of any companies that would be interested in corporate sponsorship of this, or other events?



2005 was a good year for fundraising. We hosted our 3rd annual "Evening of Heart and Enchantment" in February, and had a record-breaking 800 guests in attendance. Proceeds from ticket sales, silent auction, and corporate sponsors totaled \$30,000.

In the spring time we held our 5th annual "Walk of Life", 5 km competitive run and fun walk at Malden park. It was the perfect day, and we raised \$20,000 in pledges and donations from over 500 participants. Special thanks to Koolini's and Spagos for providing the wonderful food for all of the hungry walkers and runners after the event.

Once we started our fundraising efforts, we couldn't stop! In June came our second annual Golf Tournament at Fox Glenn Golf Club. It was a beautifully sunny day, and

Sasha and Val managed to learn how to drive a golf cart while getting in trouble be the marshal only once! We had 20 foursomes come out to play a round, and generated just over \$4000.



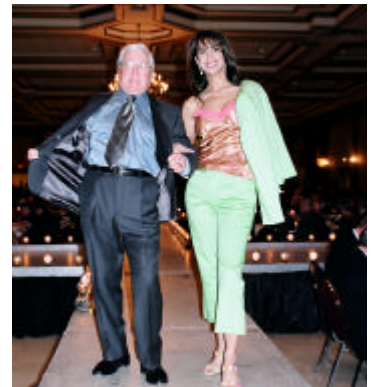
Tony Piccinato, Don Janisse and Rob Campana getting ready to go up on stage. All former participants of the program, they collectively sold over 200 tickets!

With part of the fundraising dollars generated through these events, we have been able to purchase two more N U S T E P S (reclining stair climber) to accommodate a greater number of participants, and

hopefully further reduce the wait time to get into the program. We are now up to a total capacity of 19 participants per exercise session, and hold 9 exercise sessions per day. The wait time has been reduced down to 4-6 weeks after receipt of a physician referral, which is usually the recommended recovery time after a cardiac event. The remainder of funds generated have gone in a fundraising bank, which is ac-

### WHAT'S UP & COMING?

If you missed it last year, DON'T miss it this year! And if you came last year, you know how much fun it was, so buy your tickets early to reserve your spot. Our fourth annual "Evening of Heart and Enchantment" will be Friday February 10th, 2006, at the Ciociaro Club. Doors will open at 6:00pm for cocktails, and silent auction viewing and bidding. A formal "heart healthy" dinner will start at 7:00pm, and fashion show will start at 8:00 pm. The doctors, staff and participants of the Cardiac Wellness Centre and some celebrities from the community will be up on stage modeling the clothing from local boutiques. Come on out and support the program!



John Fry, participant, strutting down the runway with Houida Kassem, reporter for the NEW WL.

## ♥ THE LUMLEY AWARD ♥

For those who put their "hearts" into volunteering

The Cardiac Wellness Centre appreciates volunteer involvement in fundraising efforts. To us, this is truly a way in which you can give back to the program, by putting your heart into helping a worthy cause.

In order to recognize extraordinary volunteer efforts, we have started the "Lumley Award" for volunteering excellence. This award is named after Tim Lumley, a former participant of the program

who has been instrumental in the implementation of our well-known annual "Evening of Heart and Enchantment" fashion show and silent auction. Tim is also a regular supporter of our annual Fun run/walk, and two years ago, he won a treadmill for raising over \$2000 in pledges. Against our will, he then decided to sell raffle tickets for the treadmill to the participants of the program. This raffle alone raised an additional \$1000 for the program!

Tim's creative, spontaneous personality, dedication of time to the program and outstanding effort has truly been appreciated.

♥ How do you qualify as a recipient of the Lumley Award?

- 2 years involvement in a volunteer capacity.
- Those who put their heart and time into helping to raise money for a cause that they truly believe in.

## STAFF NEWS... What (and who) is New?

Congratulations is in order for **Jason** and **Heidi** with the arrival of their second baby, Chet Michael Henry Petro on Sunday May 1st, 2005. Chet definitely has his mother's good looks, but long arms and legs just like his dad—he's slated to be a distance runner!

Since we're on the topic of new babies, in the last newsletter, **Shelley** was just married, and now, she's a new mommy to a 7 lb 15 ounce baby boy Ethan John Amato!

Little Ethan was born on Sunday October 23rd just a little late after the slated due date. In the last few weeks



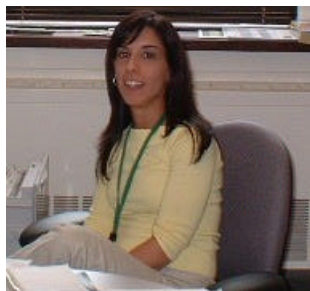
Shelley's new baby, Ethan John Amato.

at the Cardiac Wellness Centre Shelley had a "who's got the bigger belly" contest with a few of the participants. Shelley won, by a long shot! She will be taking a one year maternity leave to enjoy her new little boy.

In the meantime, all of the dietary needs will be met by **Anna Prestia**, the newest addition to the Cardiac Wellness Team.

Anna is a Windsor native who completed her Nutrition degree

at Wayne State University in Detroit. We're happy to have



Anna Prestia, our new Dietitian getting used to her office.

you as part of the team Anna! It's back to school for **Sasha** and **Valentina**. Sasha is pursuing her psychology degree, and also plans on

learning Italian and French on the way. Val is back to school for her Masters in Business Administration, slated to graduate in June 2007 ♥

### DID YOU KNOW?

The Windsor-Essex Cardiac Wellness Centre uses educational materials from the Heart and Stroke Foundation, but does not receive any portion of its fundraising dollars.

## Are we connected to the Heart and Stroke Foundation?

**True or False:** If you donate to the Heart and Stroke Foundation, some of your donation comes back directly to the Cardiac Wellness Centre.

**ANSWER: False.** A popular misconception in Windsor and Essex County is that when funds are donated to the Heart and Stroke Foundation, the Cardiac Wellness Centre ends up receiving a portion of that donation. We found this out by asking this question to participants currently enrolled in the Cardiac Wellness Program. The majority responded "true" to the above statement. Funds raised for Heart and Stroke go towards educational materials, health promotion programs and research grants that will ultimately be used across Canada. When you donate to the Cardiac Wellness Centre directly, funds stay local and contribute to expanding the services provided for heart patients in Windsor and Essex County. Remember, both are excellent causes, however each benefit slightly different areas ♥

## HOLIDAY JINGLE TIME

Christmas is coming **ALREADY**, you ask????? **Yes!** And only one month away! it's time to start marking some special dates on your calendar. One of particular importance is

**Friday, December 16th, 2005**

for our "Holiday Jingle"

**You're invited!**



Bring a little something to eat, heart healthy or not— it's a potluck-style Christmas party, and a chance to catch up with old exercise classmates and the Cardiac Wellness Centre staff. We will be there to celebrate the holiday season with bells on!

**Where?** The Cardiac Wellness Centre exercise facility

**What time?** Show up any time after 1:00pm, party goes till 3:00pm

## The Road to Recovery... Participant Profile and Success Story

**Do you have a success story that you'd like to share? If you do, we would love to hear it!**

**Write it down, send it to us and it could be published in the next newsletter. Remember, your story could inspire others that are going through some of the same things that you went through- and really make a difference!**



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**Newsletter written by:**  
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Don Mcininch could barely make it to the end of the block before the pain from claudication in his legs stopped him. Not only did he suffer from chronic bronchitis, he also had every known cardiac risk factor in the book—a smoker for 45 years, overweight, high cholesterol, high blood pressure, borderline diabetic and no motivation to exercise.

On September 15, 2004 Don went to Hamilton for a funeral. That morning, he started perspiring, suddenly felt terrible pain in his left shoulder and heaviness in his chest. He was rushed to the emergency room where doctors told him he had had a heart attack. An angiogram showed 100% blockage in his right coronary artery, and an 80% blockage in another coronary branch. Within two hours of his heart attack, he underwent angioplasty, with two stents placed in his occluded arteries.

Don said he felt great after the procedure, and was sent home on the road to recovery—easier said than done. Just one week later, Don was back in the hospital for 10 days with pneumonia! As he explained, *“two months before getting into the Cardiac Wellness program, I was down and depressed—no one told me what I should be doing. The doctors were very vague, and I thought my recovery time would be must faster.”* When Don finally came in for his first day of exercise on January 25th, 2005 he struggled to finish 15 minutes on the treadmill

at a turtle's pace of 1.5 mph. Slowly, he started walking at home on his own a few days a week, trying to build up his endurance and get back on his feet. Initially, he



Don Mcininch, treadmill walking with ease.

walked 1 km on the Chrysler Greenway Trail, at a slow pace. *“I had to take frequent breaks due to the pain in both of my legs. At first, I had to stop every 200 feet.”* Not only did Don want to increase his exercise tolerance, he also wanted to lose weight, quit smoking, increase his upper body strength and energy, and learn how to better handle stress.

### So how did Don do?

Over a six-month period, Don successfully reached every one of his goals. First, after 45 years, he was able to quit smoking with a little help from Sandra Renaud, our smoking cessation consultant. With some help from the Kinesiologists, and a strong will, Don substantially increased his exercise tolerance and was gradually able to walk without pain in his legs for over 30 minutes at 3.5 mph. Part of the key to his success was continuing his home exercise regime regularly and diligently, working his endurance up to 4 km, with no breaks at the Chrysler Trail.

Don was finally stable and strong enough to take a one-month absence from the Cardiac Wellness Centre to travel back to his cottage in St. Andrew's, New Brunswick. He

continued his exercise and started feeling better than ever and steadily lost more and more weight. *“I would go out for 10 km bike rides every day through the hilly terrain*

*of New Brunswick, and went back to my hobby of trout fishing, which required 2 km of walking through the woods”* Don says. When Don returned from out East, he reached his 3-month mark in the cardiac rehab program.

By May 1st, 2005 Don had already lost 17 lbs, simply through increased exercise and modifying his eating habits. *“I met with Shelley (the dietitian) three times, and I never had to go on a diet— I only had to learn how to eat healthy.”* Don cut out butter, decreased salt intake, started paying attention to labels on foods at the grocery store, and watched his calories. He substituted salmon or white fish for steak, and made sure to eat a big salad at least once a day. He started eating 3 meals a day, rather than just two and paid careful attention to portion sizes— all recommendations from Shelley.

By the end of July, 2005, **Don had lost over 34 lbs!!** He is now back in New Brunswick, still exercising daily and maintaining his

healthy habits. His legs no longer ache when he walks, his breathing has improved, and his heart is healthy.

When asked what his advice would be for other heart patients Don answered with a smile on his face, *“Listen to everyone here (at the Cardiac Wellness Centre) and exercise 5-6 times per week. Just keep trying, and don't get discouraged.”* ♥

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