

The Wellness Beat

Windsor-Essex Cardiac Wellness Centre newsletter

SUMMER EDITION
JULY 2008

ISSUE 12



WINDSOR
REGIONAL
HOSPITAL
OUR CARE. YOUR WELLNESS.

LEAMINGTON
DISTRICT
MEMORIAL HOSPITAL

EXERCISING IN THE SUMMER HEAT: SAFE PRACTICE

With the warm weather now upon us, many individuals within the community have started to exercise outdoors, enjoying the change of pace and the beautiful local scenery. It is not uncommon to see runners and walkers of all ages taking advantage of Windsor's beautiful waterfront path.

Exercising outdoors definitely has its perks, but make sure you follow a few simple guidelines to ensure your exercise routine is a **safe** and enjoyable one!

KEEP COOL!

Keep your most strenuous activity for cooler parts of the day. The times between 10am to 2pm are generally the hottest, and exercising during this time should be avoided. Remember—heat causes **vasodilation**—the act in which blood vessels dilate (become wider), which in turn can cause an unsafe drop in blood pressure. **Hypotension**, or low blood pressure, can cause light-headedness, dizziness, and in some cases, passing out and falling.

Try to limit your exercise to early morning, or mid to late eve-

ning to avoid these possible complications. Exercise should be avoided any time the temperatures soar above 90°F (32°C), or the Humidex rating is anywhere above 75%.

BE SUN SAAVY!

An ounce of prevention is worth a pound of cure, and protecting yourself from the sun's harmful rays is no exception! Ensure that any exposed skin is protected with sunscreen (with an SPF rating of at least 15, or higher if you are fair-skinned). Eyes are also especially susceptible to damaging UV rays, so invest in a pair of sunglasses with UV protection. A wide-brimmed hat will also help keep harmful rays out.

STAY HYDRATED!

Drink early, and drink regularly during your exercise bout, especially in warmer temperatures. Smaller amounts of fluid at regular intervals (i.e. one mouthful every 10-15mins) is scientifically proven to be better at rehydrating the body than drinking a few large amounts (which only stimulates urine production!)

Sports drinks

should generally only be used if an individual is



participating in a moderate-to-high intensity activity lasting over an hour. If your exercise session is light-to-moderate in intensity and less than an hour, water is sufficient.

Caffeine should be avoided as it can cause more fluid loss.

The sensation of being **thirsty** is a poor indication of fluid intake. If you are thirsty, you are already dehydrated!

For individuals who have congestive heart failure, a physician should be consulted in regards to water intake!

DRESS APPROPRIATELY!

Strive to wear light-coloured clothing, as light colours help reflect light—dark colours absorb it, thereby causing an increase in tempera-

ture. Clothing made from sweat-wicking material will also prevent overheating. Avoid mesh tops, or sleeveless tops, as they can allow too much sunlight through, however if you must wear them, use an appropriate amount of sunblock.

Proper footwear should always be used. Invest in a good pair of walking shoes, ensuring they have a firm, supportive sole, breathable fabric and are enclosed the entire way through. Wear a proper-fitting, sweat-wicking sock to prevent blisters and irritation.

To prevent injury and falls, walking in flip-flops or sandals should be avoided.

If walking outdoors in the heat proves too strenuous, try mall-walking, or other indoor activities.

Whatever you choose to do, remember to do it safely and stay active! ♥

SUMMER 2008 EDITION INSIDE THIS ISSUE...

FUNDRAISING UPDATES.....	2
CHICKEN MANGO STIRFRY.....	2
PARTICIPANT PROFILE.....	3
GLORIANNA'S GOODBYE.....	3
STAFF UPDATES.....	4
GIVING BACK TO CWC.....	4

FUNDRAISING UPDATES: MAKING STRIDES

**February 8th, 2008:
"A Night of Evening and Enchantment"**

The Windsor-Essex Cardiac Wellness Centre has always had great success in its fundraising endeavors in the past, and 2008 has been no exception.



Posing for the paparazzi!

Our annual "Evening of Heart and Enchantment" was once again hosted at the beautiful **Ciocciaro Club of Windsor**. We experienced a lower-than-expected turnout, but despite it all approximately \$40,000 was raised for the program.

Once again, the Cardiac Wellness Centre would like to extend its sincerest thanks to **Chrysler** and its many corporate sponsors for making this year's event a great success. A special

thanks goes out to the many volunteers, models and support staff that helped ensure an excellent night was had by all!

Keep your calendars free, as our next show will be taking place **Friday, February 13th, 2009**.

**May 4th, 2008
"Path To a Better Heart"**



Runners, take your marks!

This year's 5Km run boasted the highest attendance rating since beginning this event. Over 500 runners and walkers of all ages participated and generated a revenue of over \$4,000!

A special congratulations goes to **Rob Tranter** for taking 1st place overall with a 5K time of 17mins, 27secs. Congratulations

also goes to **Blair Gervais** for



Emma Petro, making her way across the finish line

finishing first amongst the female runners, with a 5K time

of 20mins, 5secs.

Our next fundraising event, the "Walk of Life" will be taking place **Friday, September 5th, 2008** at the **Riverside Sportsmen Club**. Pledge sheets and more information are available at the Cardiac Wellness Centre. Take some time out and come participate in a great event! ♥

Pictures from these two events can be viewed online at:

<http://flickr.com/photos/cardiacwellness>

FACT: Heart disease is the leading cause of death in both women and men in Canada! Do you know your risk factors?



SUMMER RECIPE: **Mango Chicken Stirfry**

Ingredients: Chicken & Marinade

- 3/4lb (375g) boneless, skinless chicken breast—sliced
- 1 1/2 tsp (7mL) soy sauce
- 1/4 tsp (1mL) salt (optional)
- Pinch of white pepper
- 1 tsp (5mL) cornstarch
-

Ingredients: Sauce

- 2 tsp (10mL) cider vinegar
- 1 1/2 tsp (7mL) ketchup
- 1 1/2 tsp (7mL) sugar
- 2 tbsp (25mL) water

- 1 star anise
- 1 tbsp (15mL) canola oil
- 1/2 med green bell pepper, sliced
- 1/2 med red bell pepper, sliced
- 1 tbsp (15mL) grated ginger
- 1 large shallot, chopped
- 2 large mangoes, peeled, pitted, thinly sliced
- 16 toasted pecan halves or candied pecans with sesame seeds
- 2 sprigs cilantro

Directions:

1. Combine chicken and marinade ingredients. Marinate for 30 minutes.
2. Combine sauce ingredients

and set aside.

3. Break off radial pieces of star anise and discard woody centre. Gently press with knife to crack lightly.

4. In non-stick skillet or wok, heat oil and star anise over high heat. Add chicken and stir-fry for 3 minutes or until chicken just turns opaque. Add peppers, ginger, garlic and shallots and stir-fry for 1 minute.

5. Add sauce ingredients and stir to mix until sauce is slightly thickened, about 1 minute. Add mangoes and mix gently for 1 minute until heated through.

6. Garnish with cilantro and pecans and serve. ♥

PARTICIPANT PROFILE: BILL PATCHELL by Stephanie Driedger



It was in April of 2003 when the CWC staff was first introduced to Bill, owner of the local Pat & Hank's Fish and Chips. Bill suffered a heart attack in February 2003 and was rushed to London Health Sciences Centre for angioplasty. He was then enrolled in CWC and throughout the program he strived to create a healthier lifestyle through diet and exercise. Within 6 months and with the help of the CWC staff, Bill was able to lose 10lbs. Bill had the right idea; he wanted to be healthier! Unfortunately, while enrolled in the program, Bill went through some drastic, stressful changes when he and his wife divorced in September 2003. Between July of 2003 and January 2008, Bill put on

45lbs, and with the increase in stress and weight came the inevitable...Bill was transported back to London for a single coronary artery bypass graft. Bill was re-enrolled in CWC in January 2008 and was once again forced to re-evaluate and modify his risk factors for heart disease.

Risk Factor 1: Sedentary Lifestyle...Bill initially maintained a regular exercise routine after his first graduation from CWC, but soon became sedentary. He began to feel very overwhelmed with stress and lost his ambition to exercise. It was not until winter of 2007 when Bill realized that he needed to be active again, but by then it was too late. After his surgery, Bill joined a local gym with his 18-year-old daughter, Dawn. Bill states, "If I don't feel like going to the gym, she just ends

up dragging me there!" He admits that having an exercise partner would have helped him stay committed after his first event, so now Bill and Dawn make it a point to exercise together six days a week.

Risk Factor 2: STRESS!...Bill finds that maintaining a regular exercise regimen helps reduce his stress levels. Bill states that he has an easier time controlling his risk factors by maintaining both a positive outlook on life and high self-esteem. Having his daughter for support and realizing his accomplishments also keeps him encouraged.

Risk Factor 3: Healthy Eating Habits...By working with CWC's dietitian, Shelley Amato, Bill has been able to adopt healthier eating habits. He understands the importance of a healthy diet and is even looking out for his Pat & Hank's customers by (continued on page 4)

FACT: Exercise alone can cut your chances of having a cardiac event by 25%! Exercise 4-7x/week for at least 30 minutes!

Farewell!

Gloriana Jeun

As you may have read in the last newsletter, I took a



leave of absence from the CWC in September 2007 to move to Yellowknife, NWT with my partner, Paul. That's right, the Great White North! No, I haven't gone crazy; I was just up for a little bit of adventure. I haven't regretted one minute of it and now have many memorable experiences as a result.

A few things I can tell you about Yellowknife are:

1. Apparently, this past winter was the coldest in years. The coldest temperature was minus 45 degrees Celsius, with a wind chill of minus 57 degrees Celsius! I'm lucky cold weather doesn't scare

me away and thankfully, it's not cold all year long here.

2. As for the 24-hours of darkness; that never really happens here in Yellowknife. The shortest span of sunlight is about 4 hours.

3. Even though Yellowknife seems like it's in the middle of nowhere, it has enough amenities (i.e. Tim Hortons, Canadian Tire, etc) to serve its population of 20,000 people. The only problem is that there's not really anywhere to splurge on shopping for clothes. No worries, I consider this lack of a resource a money-saving opportunity!

4. It's been a rainy start to the summer, but when the days are sunny, it's absolutely gorgeous outside: 23 degrees Celsius and no humidity! However, the mosquitoes come out in the

evening. Thank goodness for bug spray with DEET!

With all of that and much more to experience in Yellowknife, why not stay? It's absolutely beautiful here and it is definitely, as one friend said, "Canada's best kept secret."

So I am grateful to the CWC for allowing me this opportunity to say goodbye to those of you I've had the honor to participate in your "path to a better heart." Please accept my very sincere thanks for sharing your stories, making me laugh, and for allowing me to be a part of your recovery for the past six years. The experience and lessons learned will be unforgettable.

I hope you're all well and in good health!

Gloriana Jeun

