



Windsor-Essex Cardiac Wellness Centre Newsletter

Inside this issue:

Psychosocial Update & Cardiac Coffee Talk	2
HOPE Drug Study- Why to Take Your Ramipril	2
Graduates are Re-united....	2
Leamington Update	3
Support Group for Cardiac Family Members	3
A Message From the Team ...	4
Shelley's Weight Loss Tips	4

Special points of interest:

- The Cardiac Wellness Centre opened its doors on July 9th, 2001.
- Class sizes have doubled from the original 6, to 12 participants per exercise session.
- Presently, the program can see 432 participants per year.
- There is a list of approx. 100 people waiting to start the program.
- There are currently 165 graduates of the program.
- Expanding to a larger facility is one of the goals for 2003.

3rd annual fundraiser a huge success!!

Thanks to all of your support, this year's fun walk/run was another success and helped to ensure payment of the equipment currently in the facility. With a combination of efforts, a grand total of \$23,500 was raised at the event held at Memorial Park on Sunday, April 28th. We even had some left over to set aside for the renovation and expansion fund!

Overall, 170 runners participated in the 5km competitive run in the morning, two of which were participants presently in the program. In the afternoon, over 100 people came for the fun walk despite the wind and the short bout of rain. Koolini's restaurant provided a light lunch, and the Scarecrows, a talented local band, added some fun and excitement with their catchy tunes. Unfortunately, it was too chilly for the dunk tank this year.

Special mention goes out to the five special participants in particular, who worked diligently to collect an outstanding amount of pledges. Ron



Our grand prize winner, Marcel Anstett and his son Nicholas on the left.... On the right, Jim Maclachlan, a graduate and avid supporter of the program, running the 5km race.

Gouin, Patrick Higgins and Gary Smith each raised over \$700.00. Lorenzo Ferrato raised \$1,196.65. Jim Maclachlan came in a close 2nd with \$2,175.00, winning a recumbent bike and polar heart rate monitor. And the grand prize, a brand new shiny treadmill, went to Marcel Anstett who brought in a

grand total of \$2,193.00!!! Congratulations Marcel, and thank-you to all.

We would also like to extend a warm-hearted thank-you to the 40 volunteers who donated their time and effort to make this day such a success. We most certainly could not have done it without you!



In memory of Chad Reed and in recognition of the generosity and thoughtfulness of his family, a memorial plaque has been established. Future memorial donations to the Cardiac Wellness Centre will be added to the plaque which will be displayed in the exercise facility at Windsor Regional Hospital.

Psychosocial Update....

Stress is an unavoidable part of our lives and as we all know, the sources are numerous. Stress can have a direct effect on various heart-related risk factors such as blood pressure and cholesterol levels. Since we can't eliminate stress we need to learn to manage it for our heart's sake.

Interestingly, the effectiveness of stress management has been demonstrated in numerous studies. One study, conducted by researchers at Duke University, found that people who participated in stress management courses and practiced the techniques were **74%** less likely to experience additional heart problems.



What does "HOPE" stand for? Other than to wish for something good to happen, it is the short form for a large world wide research study that was done on heart disease. It stands for "HEART OUTCOMES PREVENTION EVALUATION" study.

This study looked at the role of the medication RAMIPRIL (otherwise known as ALTACE) in people who are at high risk for cardiovascular events, but who did not have heart failure.

A total of 9,297 people who had diabetes or

Date for next Stress Management Course....

The next session of the Stress Management series taught by the team Psychologist will begin in August (check monthly calendar for exact date). The Stress Management course is a 6-week series offered to the participants currently in the program to help them understand what stress is, how it impacts on their health, and ways of coping with the various causes of stress. Topics covered include relaxation, dealing with thoughts, attitudes, and feelings, anger management, and time management. This time the course will be offered in the morning. **Contact Dr. Yawny or the Kinesiologists to sign up!**

Watch for *Cardiac Coffee Talk!!!*

In June, the Cardiac Wellness Centre started offering a new venue for participants to meet and talk.



Being offered for the second time **Friday July 12th at 9:00 am**, the **current** participants in the program are free to drop-in to the exercise facility to meet, mingle, share experiences and ask questions. So come out and meet those in other exercise classes, find exercise buddies, and talk to people who have experienced similar medical issues as yourself. Cardiac Coffee Talk will be offered the second Friday of every month. See you then!

Take your Ramipril! Results from HOPE Drug Study....

evidence of coronary artery disease, peripheral vascular or stroke, plus one other cardiovascular risk factor were enrolled in the trial. Cardiovascular risk factors were defined as people with high blood pressure, high total cholesterol, low HDL cholesterol, smokers or people with protein in their urine.

The people were randomly assigned to receive RAMIPRIL or a placebo (sugar pill) for five years. The main question that the researchers wanted to find out was if people taking RAMIPRIL would have fewer heart attacks, strokes or deaths from a cardiovascular cause.

What did they find?

Treatment with RAMIPRIL significantly decreases the death rate from cardiovascular cause, heart attack, stroke, or death from any cause. The RAMIPRIL group also underwent fewer revascularization procedures (such as by-pass, stent or angioplasty), had fewer cardiac arrests, and had less heart failure. It was also found that people in the RAMIPRIL group were less likely to develop diabetes and those people who were already diabetic were found to have fewer complications related to their diabetes.

The RAMIPRIL group were also less likely

to have reported that their angina was worse. Overall, taking RAMIPRIL will decrease chances of having a stroke by 32% and chance of cardiovascular death, heart attack or stroke, by 22%. **"If one-half of all patients (with vascular disease or diabetes) in the developed world were to be given RAMIPRIL 10mg daily, approximately 1 million to 1.5 million deaths, myocardial infarctions, strokes or revascularization procedures could be prevented annually across the globe"** (Peter Liu, Perspectives in Cardiology, April 2000). *Consult your Physician for further inquiries.*

Update from our friends in Leamington.....

Regional Co-ordinator Cathy Sceli, along with a team of one kinesiologist and a registered nurse have exceeded previous expectations and are presently running at full capacity with just over 50 participants. The exercise classes are held at the Leamington Kinsmen Recreation complex.

The program started in October 2001, and just recently had its first 15 graduates. Future plans include a maintenance site with a pool program, scheduled to be up and running for September of 2002. Congratulations team Leamington on your success!

Did You Know????

**Benefit after one year of Quitting Smoking,
"Excess risk of coronary heart disease
reduced by 50%"**

(U.S. Surgeon General's Report, 1990).

Support Group For Cardiac Family Members

Spouses are also going through the process of adjustment and recovery. For example, detachments, communication problems or mutual overprotection may occur. It is important for both the participant and the spouse to understand the similarities and differences in their

respective process of adjustment. Spouses and family members that are presently in the program are encouraged to attend weekly support sessions. The sessions are based on a video series and the group is encouraged to share feelings and thoughts. The sessions are run at the same time as

the Stress Management classes. For more information please contact social worker and facilitator Nina Exaltacion at 254-5577 ext. 52371.

**"This program has helped me to realize that I need to
take good care of myself in order to care for my spouse"**

-wife of participant

Graduates are reunited at Memorial Park

Attention all Graduates! Come on out and join us at Memorial Park the **second Friday** of every month at **9am** for a fun, casual get-together. The kinesiologists will be there and you may run into some familiar faces

of former graduates of the program. This is an excellent opportunity to keep in touch with us *and* the friends you met during the six months you spent in the program. So come on out, **everyone is welcome.....**

We will **not** be taking blood pressures or heart rates. Remember the ways of monitoring yourself! This is just an informal "fun walk"! So bring yourself, and a buddy if you'd like... The more the merrier! **Friday July 12th** will be the next meeting day.

Cardiac Social Support Club

With the one year anniversary of the Cardiac Wellness Centre approaching in July, and just over 250 participants who will have graduated, it is a perfect time for the birth of the "Cardiac Social Support Club". This Club is completely run by former participants and is offered not only to current participants and graduates, but to ANYONE with cardiac issues. As this is a social support club, it will promote socializing through a variety of activities. As quoted by Anna, the

founder of the Cardiac Social Support Club, "Our opportunities are endless and limited only by our imagination."

Anna's goal is to meet, socialize and support those who have experienced Cardiac concerns. She would like to do this as an on going year-round event. Anna has handed out surveys to determine the amount of interest, and the details of the first meeting are yet to be determined. **For more information or to get involved, contact Anna at 944-0641.**



Form lasting friendships!

Windsor-Essex Cardiac Wellness Centre

Windsor Regional Hospital- Metropolitan Campus
1995 Lens Avenue
Windsor, On.
N8W 1L9

Phone: (519) 254-5577 ext. 52525
Fax: (519) 985-2636

This newsletter will be sent out to all of the graduates and participants presently in the program bi-annually unless otherwise indicated by the recipient.



The team at the Cardiac Wellness Centre would like to express a heart felt thank-you to all of those participants who at one point or another contributed to the success of the program by simply being involved. Without your participation and support, this program could not continue. The Cardiac Wellness Team would also like to wish the best of luck to those who have graduated. We hope that we have been able to give you the tools and knowledge necessary to continue to be actively involved in your well-being.

Nutrition Update— Shelley's Weight Loss Tips

Mounting evidence suggests that weight gain, particularly around the abdomen, relates to an increased risk of heart disease, diabetes, and high blood pressure. A recent study has shown that the incidence of diabetes can be cut by 58% with weight loss and exercise. Another report noted that trimming excess calories can reduce LDL cholesterol levels by 5% to 20%.

A 1-2 lb weight loss per week is generally recommended as safe and effective. Even a weight loss of 5% to 10% of initial body weight has dramatic effects on cholesterol levels, blood pressure and glucose tolerance. Yes, these statistics are nice to know, but what can we do about it? Here are a few tips that may help with your weight loss goals. Write down the ones you feel may work for you.

Weight loss is best achieved by a combination of increased physical activity and reduced calorie intake. Repeat this sentence!! The tips provided are all based on this concept.

- Eat at home more often or pack a lunch.
- Compare food labels to find out which products are lower in fat and calories. If a product says low-fat on the package, it has less than three grams of fat per serving.
- Bake, poach, broil, roast and barbecue food more often.
- Limit the fat you add to your food to 5-8 servings each day. This would include foods like margarine, oil, salad dressings and mayonnaise. A serving is a teaspoon (not a tablespoon).
- Try to eat 2-4 servings of fruit and 3-5 servings of vegetables each day based on Canada's food guide. Add vegetables, salad, or vegetable soup to meals or use them as snacks.
- Increase the amount of fiber in your diet by choosing whole grain breads, cereals and pasta more often.
- Stretch out the time it takes to eat your meals. Your brain takes about 20 minutes to get the message that you are full.
- Don't waste your calories on beverages. Choose water or low calorie drinks.
- Brush teeth/rinse with mouth wash after you are done eating. This may help prevent continual nibbling!
- Try not to eat before bed or snack at night when you really aren't hungry. Sip on herbal tea or have a light snack if you are famished.
- Do not keep junk food in the house!
- Replace high-calorie desserts with fresh or canned fruit or other low-fat desserts: yogurt instead of ice cream, low-fat puddings, sugar-free jell-o, low calorie hot chocolate, ect.
- Increase activity to 3-5 times/week. Gradually work up to 40-60 minutes.

Hopefully these tips have given you some ideas or even provided more motivation. If further weight loss is not possible, prevention of further weight gain should be attempted. If you need more support, contact your local dietitian (or myself). Wishing you healthy eating!

Shelley Baker, RD
Cardiac Wellness Centre
Registered Dietitian