



The Bill Edwards Heart Beat

Newsletter of the North Vancouver Recreation Commission, North Shore Cardiac Rehab

Produced By North Shore Cardiac Rehab

Volume 9 Issue 3, March 2009

Editor: Jim Rolston

Lifelong Exercise

It's never too late to enjoy the benefits.

No matter what your age, you may wish that you were stronger, faster and more fit. And you may think it's inevitable that as time goes on you lose your edge.

In reality, many of the physical challenges that are blamed on aging are actually the result of inactivity and other lifestyle choices. It's possible not only to maintain the strength and flexibility that you had when you were young, but also with continued vigilance, to actually improve on it over time. If you're in good health and conscientiously striving to improve your fitness, you may be in better shape now than when you were 20. Perhaps the single most important thing you can do to maintain your ability to keep doing the activities you enjoy is to become and stay physically fit.

Regular exercise can not only help you get through the tasks of daily life better, but can also help you avoid illness and injury, two of the main reasons people enter nursing homes. It may also help you reduce or avoid medical expenses. And, you can improve your fitness at almost any age or physical condition -- it's never too late to start.

This special report will help you develop a well-rounded fitness program so that you can enjoy the benefits of better strength, stamina, flexibility and balance. Exercise does require some effort, but look at the benefits -- and the alternatives. Ultimately, the more fit you are, the more likely you are to enjoy independence, health and happiness as you age. These benefits are worth the effort. And, exercise itself can be fun if you

pick activities that you enjoy.

Use it or lose it

Regardless of how well you take care of yourself, Time takes a toll on your body. As you age, your muscles typically become weaker, your bones become more brittle and susceptible to fracture, and your tendons lose elasticity, making you less flexible. No doubt you've noticed that you simply can't do some other things you could when you were younger.

To counter these changes, a well-rounded fitness program incorporates five major components -- aerobic exercises, strength training, core flexibility, flexibility and balance. A program involving as little as 30-60 minutes of these activities can reap huge rewards.

Keep in mind the importance of both physical activity -- which is any movement you make that burns calories, such as gardening or walking your dog -- and exercise -- which is a planned, structured and repetitive form of physical activity such as swimming laps, taking brisk walks or weightlifting. Leading a physically active life is important for your health, but regular exercise brings even greater rewards.

Aerobic exercise

What -- Aerobic activity requires and utilizes oxygen. Regular aerobic exercise increases your aerobic capacity -- or how well your body uses oxygen. When your aerobic capacity is high, your heart, lungs and blood vessels efficiently transport and deliver large amounts of oxygen throughout your body.

Some examples of aerobic exercise include low-

to moderate-intensity walking, dancing, biking, hiking, running and swimming.

Why -- Aerobic exercise includes some of the most popular and accessible activities you can do. It's important to your cardiovascular health and can help you lose weight, lower your blood pressure, and decrease your risk of heart disease, stroke, diabetes and some cancers. The improved aerobic capacity and cardiovascular endurance can help you do chores or climb stairs without becoming short of breath, and you can enjoy your favorite activities longer before getting tired.

How -- many activities can be anaerobic exercise, depending on the intensity. You'll know you're working at the right intensity -- and in a good aerobic range -- when you're breaking a sweat and breathing faster, but are still able to exercise comfortably for 30-40 minutes. As a general rule, you should be able to say a brief sentence during aerobic exercise. A good beginning goal is to exercise aerobically for 30-60 minutes a day at least three days a week working up to at least five days a week. For a successful and sustained aerobic exercise program:

- Find activities that you enjoy and can do regularly. You can add variety and increase your motivation by trying different activities.
- Start slowly, then work up to a more intense pace as necessary. For many people, it's easier to stick to a routine that involves less intense aerobic exercise for a longer period. To avoid injury, consider increasing the time you exercise or its intensity by about 10% per week.

Strength training

What -- strength training involves the use of free weights, your own body weight, resistance bands or a weight (resistance) machine to increase muscle strength and endurance.

Why -- when it comes to overall fitness, strength training may be just as important as aerobic activities. It's one of the best ways to slow the decline in muscle mass that tends to occur with age.

By preserving and enhancing your lean muscle mass, you become stronger and decrease your risk of injury. Because strength training contributes to better balance, coordination and agility, it can help prevent falls in older adults. All this means that daily tasks such as doing housework, carrying groceries and mowing the lawn become easier.

How -- Strength training just two or three times a week for 20-30 minutes is sufficient for most people and can result in significant, noticeable improvements in just a few weeks. With regular strength training, even a previously unfit person can increase his or her strength 50% or more in six months. Regardless of whether you use free weights, resistance machines or bands, or your own body weight, keep these tips in mind:

- Try to work all of your major muscle groups at least twice a week. Avoid exercising the same muscle two days in a row -- give each muscle group a full day to rest and recover from the workout.
- Start with the weight you can lift comfortably about 12 times, or repetitions. Repetitions refers to the number of times you lift the weight or push against the resistance, if you're using a machine. The weight you use should be heavy enough so that on the 12th repetition, you are just barely able to finish it with good form. One set of exercises for the major muscles in your upper and lower body can provide the same benefits for most people as a multiple-set training.

If you're a beginner, you may discover that you are only able to lift 1 or 2 pounds, or perhaps even less than that. That's OK. Once your muscles, tendons and ligaments grow accustomed to strengthening exercises, you'll be surprised at how you progress. Before trying any strength training exercise, it may be helpful to spend some time with a physical therapist or other exercise specialist who can help you design a resistance program and advise you on safety issues.

Core stability

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What -- core stability training is an important type of strength training. Your core -- the area around your trunk -- houses your center of gravity, supports your spine and stabilizes you.

Why -- developing a strong, solid core gives you increased balance, controlled movement and a stable center of gravity that helps improve your physical performance. It can also combat poor posture and low back pain. Since 60-80% of Americans will experience low back pain in their lives, this may be the most telling reason for many people to strengthen their core muscles.

How -- you can build core strength by performing exercises that use the trunk of your body without additional support -- for example, by balancing on one leg while keeping your back and pelvis stable. There are several ways to strengthen your core muscles:

- Floor exercises -- These strengthen key core muscles and require nothing but your body and the floor. They include some common exercises that you may already be doing.
- Pilates -- this is a low-impact fitness technique that stresses optimal posture, the muscle balance and stabilization and strengthening of your back and abdominal muscles. Classes are widely available at many community centers and gyms.
- Fitness balls -- these look like large, sturdy beach balls. Balancing on these balls requires you to use your core muscles for support. They can be an inexpensive, versatile addition to a home gym.

When building core stability, focus on quality, not quantity whichever core exercise you choose, aim to do them three times a week, or every other day. Because core exercises are very dependent on proper technique and using the right muscles, getting help from a trained professional is a good way to get started.

Flexibility

What -- your flexibility -- the ability to move your joints through their full range of motion -- diminishes with age. But it can be regained and

maintained by regular stretching.

Why -- among other benefits, increased flexibility can make daily tasks easier and less tiring. It also may help prevent overload injuries to tendons and muscles.

How - activities that lengthen your muscles -- such as stretching -- increase your flexibility. Although a regular stretching program is the most common way to increase your flexibility, activities such as swimming, yoga and tai chi also may help. When stretching:

Warm up your muscles first with a few minutes of walking or other low-intensity exercise. Stretching muscles when they're cold increases your risk of injury, including pulled muscles.

Try to spend 5-10 minutes stretching both before and after your workouts. If you only have time to stretch once do it after you exercise, when your muscles are warm and more flexible.

Hold stretches for at least 30 seconds Don't hold a painful stretch. You should feel tension in the muscle being stretched, but not pain.

As with strength training make sure to include stretches for all major muscle groups. Talk with your health care provider or physical therapist to determine appropriate stretches Especially if you have a strained muscle, arthritis, osteoporosis or have had a joint replacement.

Balance

What -- balances your ability to control your center of gravity over your base of support. Your balance is often taken for granted, but for many reasons, it can decline with age. This can have serious consequences -- poor balance is a major cause of falls, which can result in fractures and disability. Fortunately, you can improve your balance and stability with exercise.

Why -- improved balance can help you reduce falls, enhance your coordination, increase confidence in your stability and boost your feelings of security. People who do balance exercises have greater mobility as they age.

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How -- there are a variety of balance exercises to choose from. Almost any activity that keeps you on your feet and moving is helpful in maintaining good balance

Even a simple activity such as walking can help you improve your balance. Walking gives you aerobic exercise while strengthening your leg muscles and reinforcing your balance skills.

You can incorporate balance exercise with your strength training by adding variations such as standing on one leg or using a weight with only one hand.

When doing balance exercises, make sure something steady -- such as a kitchen countertop -- is nearby if you need to catch yourself. Having another person present may also increase security.

Putting it all together: Your exercise program

It's good to adopt a physically active lifestyle, but a regular, scheduled exercise program is often essential to achieving and maintaining optimal fitness and health. Before you begin an exercise program, it's a good idea to schedule a physical exam with your doctor, who can check your weight, heart, lungs, vision and hearing. Your health care provider will also likely take an exercise history, and assess your current fitness, and make exercise recommendations based on your goals and fitness level. Take advantage of this opportunity to discuss any of your pains, limitations or other health concerns. Ask about specific types of activities you're interested in to see if you should take precautions. Once you receive your health care provider's okay and have assessed your fitness level, you're ready to create your exercise program. As outlined earlier, a good exercise program incorporates aerobic, strength training, core stability, flexibility and balance exercises. The specific exercises you choose and how often you do them will depend on your goals and resources.

You may be worried that you'll need to spend all your time exercising to fulfill the basic recommendations for each type of activity. However, you'll be surprised at how easy it can be to work exercise and physical activity into your day.

Making it happen: Strategies for success

When developing and implementing your exercise plan keep in mind these tips and guidelines:

- Set goals -- Outlining your goals and establishing exercise priorities will help you shape your program and increase your chance of success. Make sure to set specific goals that are realistic and can be clearly measured. For example, instead of simply aiming to improve your strength, decide to develop a safe strength training program and perform it 30 minutes three times a week for a month. Set both short and long term goals for your fitness program. Write your goals down.
- Establish your workout space -- You'll need to decide whether to join a fitness club or exercise at home. Working out at home can be convenient if you're short on time, don't live near a fitness center or can't afford the cost of a membership. Fitness facilities usually offer a greater variety of equipment than you would have at home, professionals to advise you and help you with your program, social interaction, and exercise classes. Decide what will work for you -- the best option is whatever will allow you to exercise regularly.
- Decide what equipment you need -- Most forms of exercise can be done without investing a lot of money in fancy gear. However, some equipment may make your workouts more effective and enjoyable. Comfortable, weather-appropriate clothing and good shoes are a must for nearly everyone. Beyond that, the equipment you choose will depend on your goals, budget, space, preferences and personality. Maybe a treadmill will help you keep up with your walking programs during the winter, or some upbeat music will make your workouts more fun. Exercise videos can provide instruction and motivation.

Inexpensive resistance bands and stability balls may also add interest to your routine.

- Track your progress -- It may help to keep an exercise diary. Record what you did during each exercise session, how long your exercise and how you felt afterward. Recording your efforts can help you work toward your goals -- and remind you that you're making progress.
- Enjoy yourself -- Try to make the most of activities that you take pleasure in and will be able to do regularly. You'll be more likely to reach your goals if you do activities that you enjoy. If you're not sure what you like, experiment with new activities until you find something you enjoy.
- Add variety-- For many people variety is the key to a successful program, so don't limit yourself to the same activities day after day. Variety can prevent boredom, as well as injuries that can be caused by using the same muscles and joints every day.
- Stay motivated and overcome barriers -- there are many obstacles that can derail you from your exercise program. One of the most important steps in maintaining your success is to anticipate these barriers and have a plan to overcome them.
- Reward yourself -- Work on developing an internal reward system that comes from feelings of accomplishment, self-esteem and control of your behavior. Savor the good feelings that exercise gives you and reflect on what you've accomplished. This type of internal reward can help you make a long-term commitment to regular exercise.

External rewards also can help keep you motivated. When you reach a goal, treat yourself with some new walking shoes or workout clothes, a massage, or a weekend getaway.

Exercising with a medical condition.

If you have a constant health condition, you may think that increasing your physical activity is the last thing you should do. You may be surprised to learn that physical activity can actually help you better manage the symptoms of many chronic conditions. The key is to develop an

appropriate, individualized exercise program that takes into account your condition and any drugs you may be taking. Consider the following tips and precautions for some common conditions:
Arthritis -- The pain and stiffness that accompany arthritis may make any physical activity seem unappealing. But an important way to keep your joints functioning their best is to move them and strengthen the muscles that support them. This can be accomplished through flexible exercises, strength training and aerobic activity. The main precaution is to protect your joints from further damage. Low impact activities such as cycling, swimming or using an elliptical machine place less stress on your joints than do activities like running or walking. Experts often recommend swimming, water walking and water aerobics for individuals with arthritis, especially arthritis in their weight-bearing joints.

Cancer -- people who have cancer are often told to rest and limit activity. While it's true that it's best not to overdo it, too much inactivity can also be bad for you. Reduced physical activity can lead to an overall decline in physical function, which can worsen the side effects of cancer and make it harder to recover after treatment. Numerous studies show that regular physical activity and exercise can produce a variety of benefits for those with cancer, including better control of side effects, maintenance of muscle tone and stamina, reduce stress, improved health, and possibly even improves survival. If you're receiving treatment, the goal of exercise may be to preserve and perhaps improve function. If you're finished with treatment and are cancer-free, your goal may be to return to or initiate a healthy lifestyle. If you're dealing with recurrent or metastatic cancer, exercise can help you maintain mobility and independence and provide relief from stress and anxiety. Because cancer treatment often affects your whole body, activities that work your entire body, such as swimming or walking, are especially recommended. The precautions you will need to take depend on your specific condition
Cardiovascular disease -- regular exercise can help prevent a heart attack by reducing pressure on damaged arteries and reducing buildup

of plaque. Daily physical activity can reduce your low-density lipoprotein (LDL) cholesterol (the “bad” cholesterol) and increase your high-density lipoprotein (HDL) cholesterol (the “good” cholesterol). Physical activity also helps combat other risk factors for coronary artery disease, such as obesity and high blood pressure. Any aerobic activity is likely to be of benefit if you have a heart condition. Your goal is to maintain or gradually increase the strength and endurance of your heart and other muscles, reconditioning your circulatory system so that it will work more efficiently. To minimize your health risks, make sure to warm up before and cool down and stretch after your workouts. Keep the intensity at a light to moderate level, especially when first starting out.

Osteoporosis -- Osteoporosis weakens your bones, causing them to break easily. Hip fractures are often the result of falls in people with osteoporosis. Regular exercise can help maintain and potentially increase bone density, making bones stronger and less prone to fracture. Exercise also strengthens your muscles. Together, strong bones and muscles can improve your posture and balance and reduce your risk of falls. Strength training exercises -- especially those for the upper back -- as well as weight-bearing aerobic activities and flexibility exercises are often recommended for people with osteoporosis. Weight-bearing activities involve doing exercises on your feet, with your bones supporting your weight. This helps slow mineral loss in bones. Examples include walking, dancing, low-impact aerobics and gardening. Avoid high-impact exercises that involve jumping or running -- as well as any activities that involve bending and twisting forward at the waist.

Many other chronic health conditions also can be managed in part by healthy lifestyle choices such as regular exercise. Talk with your doctor about your specific concerns.

Benefits at any age.

There are many things in life that you can't control. But one thing you do have control over, and that plays a significant role in the quality and

length of life, is your fitness. It's never too late to start.

The key is to plan a program that's right for you, whether your goals are losing weight, improving your cardiovascular health, maintaining your independence or achieving general health and longevity benefits. With planning -- and perhaps the help of a physical therapist -- you can create a very, enjoyable and personalized fitness plan that will make exercise a regular part of your life. Supplement to Mayo Clinic Health Letter, February 2009

7 Sleep Myths

ORLANDO, Fla. (Ivanhoe Newswire) -- You spend one-third of your life sleeping. Not getting the right amount or the right quality of rest can wreak havoc on your health, but there are a lot of myths surrounding the crucial habit. Here are seven misconceptions about sleep that may surprise you.

It's the way we rest, relax and recharge our bodies. How much do you need? Myth number one -- more is always better.

“You'll find that they really need between seven and a half to eight and a half hours [of sleep],” Robert Thornton, M.D., sleep medicine specialist and co-medical director of the Florida Hospital Center for Sleep Disorders in Orlando, Fla., told Ivanhoe.

Too much sleep has been linked to diabetes and depression. Some studies have found people who sleep more than nine hours a night die younger -- but if you don't get enough, can you make up sleep? While sleeping in one morning may seem to help, it often makes it more difficult to fall asleep that night and each night after that.

“If you're doing it on a chronic basis, it's going to catch up with you,” Dr. Thornton said.

What about naps? It's a myth that naps are no good, but don't sleep longer than an hour, and don't nap after 3 p.m.

Myth number four -- snoring is normal. Chronic snoring can put you at risk for heart disease, sleep apnea, high blood pressure and diabetes. Another myth -- you need less sleep as you age.

"We need the same amount of sleep as we get older," Dr. Thornton said. "We don't typically get quite as much deep sleep."

Myth number six -- waking up during the night means you didn't sleep well.

"That depends on how long it takes you to get back to sleep," Dr. Thornton said.

You're OK if you fall back asleep within a few minutes. The final myth -- insomnia is always caused by worry. While that's true for some, persistent insomnia is often caused by depression, asthma, arthritis or other medical conditions.

Reported January 13, 2009

HYPERLINK "http://www.johnshopkinshealthalerts.com/alerts/" <http://www.johnshopkinshealthalerts.com/alerts/>

Reported January 13, 2009

7 Sleep Myths -- Research Summary

BACKGROUND: Americans spend about one-third of their lives snoozing, but According to the National Sleep Foundation, there are many common myths about sleep. Some common misconceptions include:

Myth: Snoring is normal and isn't harmful.

Reality: Although snoring may be harmless for many people, it can be a symptom of a life-threatening sleep disorder called sleep apnea, especially if it is accompanied by severe daytime sleepiness. Sleep apnea can increase the risk of cardiovascular disease, weight gain, headaches and impotence. Snoring on a regular basis has also been directly linked to hypertension.

Myth: Extra sleep can prevent daytime fatigue.

Reality: It's not just how much you sleep but how well. Some people sleep eight or nine hours a night but don't feel well-rested because of poor-quality sleep. Also, some studies have linked too much sleep to problems like diabetes, depression and even a shorter lifespan. Experts say most adults need between seven and nine hours of sleep.

Myth: Teens who fall asleep are lazy.

Reality: According to sleep experts, teens need at least 8.5 to 9.25 hours of sleep each night, compared to an average of seven to nine hours a night for most adults. Also, a teen's biological clock can keep him awake later in the evening. However, many schools begin classes early in the morning when a teenager's body wants to sleep.

Myth: You need less sleep as you age.

Reality: Older people need just as much sleep as other adults, but they often get less or find it less refreshing because they spend less time in deep sleep. They may also be more likely to suffer from aches, pains and medical problems that can disrupt sleep.

Myth: Turning up the radio and opening the window are effective ways to stay awake while driving.

Reality: Experts say these are not good ways to stay awake and can be dangerous. If you're feeling tired while driving, the best thing to do is pull off the road in a safe rest area and take a brief nap. Caffeinated drinks may also help. However, it takes about 30 minutes before you'll feel the effects.

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Myth: Children who don't get enough sleep just act tired.

Reality: Unlike adults, children who are sleep-deprived typically become more active during the day. They may also have trouble paying attention in school.

Myth: Your body quickly adjusts to different sleep schedules.

Reality: Most people can reset their internal clock by one or two hours a day, but it can take a week or longer to adjust to dramatically different sleep cycles.

FOR MORE INFORMATION, PLEASE CONTACT:

Jennifer Hall
Lead Operations Supervisor
Florida Hospital Center for Sleep Disorders
Orlando, FL

(407) 303-1558

HYPERLINK "<http://www.floridahospital.com/sleep>"

HYPERLINK "<http://www.sleepfoundation.org>"

Did You Really Need that Angioplasty?

(Ivanhoe Newswire) -- Angioplasty and stenting -- known collectively as percutaneous coronary intervention, or PCI -- are common procedures in heart patients. But are they always necessary? Researchers from the University of California, San Francisco thought the answer might be no in many cases. They set out to prove the point in a study aimed at seeing how often doctors order their coronary artery disease (CAD) patients to undergo stress testing prior to the procedure. The guidelines clearly state patients who make it through the test without signs of ischemia -- inadequate blood supply to the heart -- can be managed just as well with drug treatment alone. "Guidelines for PCI call for documenting ischemia prior to PCI in the vast majority of patients with stable CAD; however, our data suggest that this is not being done consistently," write the authors.

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Their review of nearly 24,000 patients age 65 and older who had a PCI in 2004 found only about 44 percent underwent stress testing in the 90 days before having the procedure.

The rate of testing also varied considerably according to region of the country, from a high of about 70 percent to a low of about 22 percent. People with a previous cardiac catheterization were less likely to receive stress testing, as were women, those age 85 and older, and those with other medical conditions. Patients were more likely to receive stress testing if they were black or had a history of chest pain.

Since PCIs cost the Medicare program between \$10,000 and \$15,000 each, the researchers believe more should be done to encourage doctors and hospitals to stick to the guidelines when considering these treatments for their heart disease patients.

SOURCE: Journal of the American Medical Association, published online October 14, 2008

Can eating dark chocolate help lower your blood pressure? Studies reported in the *Archives of Internal Medicine* and *Journal of the American Medical Association* suggest the answer is "yes!"

Cocoa-rich dark chocolate may be as good at lowering blood pressure as some medications, according to two studies. But tea -- green or black -- doesn't seem to have any significant effect.

A meta-analysis looked at 10 trials that studied the effects of polyphenol-rich tea and cocoa on blood pressure levels. The tea studies revealed no significant effect on blood pressure. But the cocoa studies found that people who ate 50-100 g of dark chocolate a day for two weeks had an average blood pressure decrease of 5/3 mm Hg.

In the second study, cocoa lowered blood pressure in 44 adults with untreated pre-hypertension or mild hypertension who received 6 g a day of dark chocolate or a matching amount of polyphenol-free white chocolate for 18 weeks.

Those eating dark chocolate had an average drop in blood pressure of 3/2 mm Hg, without any change in

weight or cholesterol levels. This is one dietary change most people won't have trouble making.

But beware: Chocolate is high in calories and eating too much can cause weight gain, which could undo cocoa's blood pressure-lowering effect. So stick with the 6-g dose (0.25 oz) used in the second study; it was nearly as effective and contains only 30 calories.

Slim Chance Awards Issued

Francis M Berg, MS, who operates the Healthy Weight Network <http://www.healthyweightnetwork.com/> has issued the 20th annual set of "Slim Chance Awards" to weight loss scheme promoters. Her 2008 picks are:

Most outrageous claim: Kevin Trudeau infomercials. Trudeau told listeners they could easily follow the diet protocol at home, even though his book calls for human growth hormone injections that must be provided by a licensed practitioner. FTC action resulted in a court order for a \$5+ million assessment and a three-year ban from doing infomercials.

Worst gimmick: Skineez jeans (\$139). The jeans were said to be impregnated with retinol and chitosan that would be released by friction and absorbed into the body to fight "cellulite".

Worst claim: ABGONE. throughout 2008 full-page ads touted at Von has "proven to promote pot-belly loss," increased fat metabolism" and calorie burn, promote appetite suppression, and inhibit future abdominal fat deposits. The ads featured before-and-after shots of models, cut-away sketches of the ad with them on with and without belly fat, and a quite-coated researcher with a chart purportedly confirming success of five times reduction in fat mass, four times slower BMI, and four times greater weight loss than placebo. The ad stated that no added diet and exercise were needed, but a fine-print disclaimers said "diet and exercise are essential."

Worst product: Kimkin's diet. Heidi "Kimmer" Diaz promised the loss of up to 5% of body weight in 10 days. She also claimed to have lost 198 pounds in 11 months and showed before and after pictures that turned out to be fakes. Many

users developed chest pains, hair loss, heart palpitations, irritability, and menstrual irregularities caused by the near-starvation (500 calories per day) diet.

The 20 year archive of Slim Chance Awards is available at:
<http://www.dietscam.org/>

What time of day should blood pressure be measured?

If you have your own blood pressure cuff, most doctors recommend using it in the evening, just before you go to sleep. More than 91 percent of Americans can expect to develop high blood pressure which markedly increases risk for heart attacks, strokes, and kidney damage. However, not all people with hypertension suffer premature death from these diseases. Those whose blood pressure does not drop in the early evening and rises too high in the early morning are the ones most likely to suffer premature death.

Blood pressure usually decreases during sleep and rises on awakening. It can also spike with increased activity, exercise, and external stimuli such as taking in caffeine or salty foods. Therefore, it drops to its lowest levels in the early evening just before you go to bed and surges in the early morning. Those who take mid-day siestas also benefit from a mid-day drop in high blood pressure. The early-morning surge in blood pressure increases a susceptible person's chances of getting a heart attack or stroke at that time.

You are at high risk for heart attacks, strokes and complications of diabetes if your systolic (heart contraction) blood pressure does not drop below 120 just before you go to bed. (It often drops below 100 in normal people).

www.drmirkin.com

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COMING EVENTS

LIONS GATE HOSPITAL CARDIAC REHAB – CARDIO METABOLIC PROGRAM

EDUCATION SCHEDULE - 2009

Monday March 2
Cardiac Rehab Champions
Guest Speakers

Classes Held in the Lions Gate Hospital Auditorium
(ground Floor) at 7:00 PM

PLEASE NOTE: Nutrition education and counseling is available through Lions Gate Hospital. Please let us know if you would like to be directly referred to this program.

Nutrition Week At Lions Gate Hospital

“STAY ACTIVE – EAT LIKE A CHAMPION”
Celebrating the week of March 2-5 with a lobby display, manned by Registered Dietitians over the lunch period.

The target audience is adults who exercise and want to learn about how to eat healthy for an active type of lifestyle.

Week of March 2 to 5 at LGH

North Shore Cardiac Rehab Notice of Annual Meeting

This meeting will:

Review past years activities and elect member representatives to the Board of the North Shore Cardiac Rehab.

The meeting will be held in the Lions Gate Hospital Auditorium immediately after the Medications and Heart Disease presentation. Please ensure that you attend.

March 23 rd. 10:30 AM

Vancouver Coastal Health Diabetes Drop-In Information Series

Topic	Time
Diabetes and Natural Medicine	Tuesday, February 17th, 1:30 PM
Why Can't I Control My Eating? An exploration of compulsions, comfort food and diabetes.	Tuesday March 10th 7:00 PM
Diabetes: Getting Back on Track	Tuesday, April 21 1:30 PM
Is an Insulin Pump for You?	Thursday May 21 7:00 PM

All sessions will be held in the Diabetes Education Center, Classroom 2, Lions Gate Hospital. For more information please call: 604-984-5752

North Shore Cardiac Rehab Lecture Series

MONDAY, MARCH 23, 2009, HOSPITAL
AUDITORIUM
9:30 A.M. - 10:30 A.M.

MEDICATIONS & HEART DISEASE

MOST COMMON CARDIOVASCULAR MEDICATIONS INCLUDING:

- BETABLOCKERS, ACE INHIBITORS, ANGIOTENSIN BLOCKERS
- STATINS, CALCIUM CHANNEL BLOCKERS, DIURETICS
- ANTI-PLATELETS, ANTI-COAGULANTS

DISCUSSION ON:

HOW THEY WORK, WHY YOU ARE TAKING THEM AND POSSIBLE INTERACTIONS

PRESENTED BY: FOUR SECOND YEAR UBC PHARMACY STUDENTS

NOTE:

THOSE ATTENDING BRING LIST OF YOUR MEDS

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Recipes

Chicken & Spiced Apples

The buttery apples suit these chicken breasts, which are pounded thin so they cook evenly and quickly. You could also serve this compote with any roasted meat or vegetable.

Makes 6 servings

2 apples, preferably Braeburn, peeled and thinly sliced
1 tablespoon lemon juice
1/4 teaspoon ground cinnamon
3 teaspoons extra-virgin olive oil, divided
3 teaspoons unsalted butter, divided
1 1/8 teaspoons herbes de Provence (see Note), divided
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
1 1/2 pounds boneless, skinless chicken breasts, trimmed
1 cup reduced-sodium chicken broth
1 teaspoon freshly grated lemon zest

1. Toss apple slices with lemon juice and cinnamon in a small bowl. Heat 1 teaspoon oil and 1 teaspoon butter in a medium nonstick skillet over medium-high heat. Add the apples and cook, stirring occasionally, until tender, about 5 minutes. Keep warm.
2. Mix 1 teaspoon herbes de Provence, salt and pepper. Place chicken between sheets of plastic wrap and pound with a meat mallet or the bottom of a small saucepan to a 1/2-inch thickness. Sprinkle the chicken on both sides with the seasoning mixture.
3. Heat 1 teaspoon oil and 1 teaspoon butter in a large skillet over high heat. Add half the chicken and cook until no longer pink in the center, 2 to 3 minutes per side. Remove to a platter and keep warm. Add the remaining 1 teaspoon oil and 1 teaspoon butter to the pan; heat over high heat. Cook the remaining chicken in the same manner.
4. Add broth, lemon zest, the remaining 1/8 teaspoon herbes and any accumulated juices

from the chicken to the pan. Cook, stirring to scrape up any browned bits, until slightly reduced, about 3 minutes. Spoon the sauce over the chicken and serve with the sautéed apples.

NUTRITION INFORMATION: Per serving: 191 calories; 6 g fat (2 g sat, 2 g mono); 72 mg cholesterol; 6 g carbohydrate; 27 g protein; 1 g fiber; 351 mg sodium; 342 mg potassium.

Nutrition bonus: Niacin (65% daily value), Selenium (29% dv).

1/2 Carbohydrate Serving

TIP: Ingredient note:

Herbes de Provence is a mixture of dried herbs commonly used in the south of France. You can find commercial mixtures in specialty stores, but it is easy to make your own. Mix 1 tablespoon each (or equal proportions) dried thyme, rosemary, oregano, marjoram and savory in a small jar. If desired, add a pinch of dried lavender and crushed aniseed.

From EatingWell Magazine Winter 2003

Mixed Greens & Oranges with Balsamic Vinaigrette

Orange zest and juice are whisked with balsamic vinegar to dress this salad of arugula, oranges, romaine and red onion.

Makes 8 servings

2 teaspoons freshly grated orange zest
1/4 cup orange juice
2 tablespoons balsamic vinegar
1 tablespoon minced shallot
1 teaspoon Dijon mustard
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1 1/2 tablespoons extra-virgin olive oil
3 small navel oranges
2 bunches arugula or watercress, stemmed, washed and dried (about 4 cups)
1 small head romaine lettuce, washed, dried and torn (about 4 cups)
1 small red onion, thinly sliced

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1. Whisk together orange zest and juice, balsamic vinegar, shallot, mustard, salt and pepper in a small bowl. Whisk in the oil until well blended.

2. Remove the rind and white pith from the oranges with a very sharp knife and discard. Slice oranges thinly, or remove the individual segments by slicing between the membranes. Halve the orange slices if they are large. Toss the arugula and romaine together in a shallow salad bowl. Separate the onion slices into rings. Scatter the onions and oranges over the greens. Drizzle the vinaigrette over the salad and toss.

NUTRITION INFORMATION: Per serving:
68 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 10 g carbohydrate; 1 g protein; 2 g fiber; 161 mg sodium; 230 mg potassium.
Nutrition bonus: Vitamin A (41% daily value), Vitamin C (74% dv), Folate (18% dv).
1/2 Carbohydrate Serving
Exchanges: 1/2 fruit, 1/2 vegetable, 1/2 fat

From EatingWell Magazine November/December 1993

Potato & Sweet Potato Torte

Layers of potatoes and sweet potatoes meld into an impressive vegetable “cake” that forms a golden crust during baking. Serve as a vegetarian centerpiece or with roast poultry or pork.

Makes 6 servings

1 tablespoon extra-virgin olive oil
2 large leeks, trimmed, washed (see Tip) and thinly sliced
1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme leaves
1/2 teaspoon salt, or to taste
Freshly ground pepper to taste
1 pound sweet potatoes (about 2 small), peeled and cut into 1/8-inch-thick slices
1 pound all-purpose potatoes, preferably Yukon Gold (2-4 medium), peeled and cut into 1/8-inch-thick slices

1. Position oven rack at the lowest level; preheat to 450°F. Coat a 9 1/2-inch, deep-dish pie

pan with cooking spray. Line the bottom with parchment paper or foil and lightly coat with cooking spray.

2. Heat oil in a large nonstick skillet over medium-high heat. Add leeks and thyme; cook, stirring often, until tender, about 5 minutes. (If necessary, add 1 to 2 tablespoons water to prevent scorching.) Season with 1/8 teaspoon salt and pepper.

3. Arrange half the sweet potato slices, slightly overlapping, in the prepared pie pan and season with a little of the remaining salt and pepper. Spread one-third of the leeks over the top. Arrange half the potato slices over the leeks and season with salt and pepper. Top with another third of the leeks. Layer the remaining sweet potatoes, leeks and potatoes in the same manner. Cover the pan tightly with foil.

4. Bake the torte until the vegetables are tender, about 45 minutes. Run a knife around the edge of the torte to loosen it. Invert onto a serving plate. Remove paper or foil and serve.

NUTRITION INFORMATION: Per serving:
144 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 30 g carbohydrate; 4 g protein; 4 g fiber; 221 mg sodium.

Nutrition bonus: Vitamin A (240% daily value), Vitamin C (50% dv), Potassium (35% dv), Fiber (16% dv).

TIP: Tip: To clean leeks: Trim and discard coarse green tops. Split leeks lengthwise with a sharp knife, beginning about 1 inch from the root end and cutting toward the green end. Leave root end attached. Swish leeks repeatedly in a basin of cold water to remove grit. Alternatively, trim roots and ragged tops. Slice leeks and place in plenty of water, then drain. Repeat a few times. The slices do not absorb water or lose flavor and the process is faster.

MAKE AHEAD TIP: The torte will keep, covered, in the refrigerator for up to 2 days. Reheat, covered, in a 350°f oven.

From EatingWell Magazine November/December 1995

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