

## NEWS UPDATE

# Cardiac Rehabilitation and Maintenance Programs C.O.A.C.H. and K.C.E.S.

April 2020

### Central Okanagan Association for Cardiac Health

#204-2622 Pandosy St.  
Kelowna, BC V1Y 1V6  
250-763-3433

<http://www.coachkelowna.com>

### Kelowna Cardiac Exercise Society

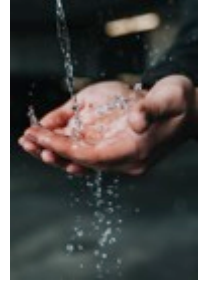
[www.kelownacardiexercise.ca](http://www.kelownacardiexercise.ca)



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### **COVID UPDATE:**

The COVID-19 pandemic is upon us and we hope that you are all staying health and safe during this trying time!



At C.O.A.C.H., we have been working hard behind the scenes to continue to deliver cardiac rehabilitation in a way that serves our clients safely. We are happy to announce that our **Cardiac Education Program** (Anatomy & Procedures, Risk Factors & Exercise, Medications, Eat Smart, Stress) is now available online via webinar format. Participants can link to live presentations with a computer, tablet, smartphone, or telephone every Monday morning at 10 AM. Instructions to link up are available on the C.O.A.C.H. website. ([www.coachkelowna.ca](http://www.coachkelowna.ca)).

As well, staff are in the office responding to phone and email during this time and they are working on offering as much support and programming by telephone, telehealth connections.

We encourage you all to remain as active as possible, remain at a safe distance from others, eat well and hope that you have access to fresh fruit and vegetables throughout this time. There is a new program that may help. The **BC 211 - New Safe Seniors, Strong Communities Program** matches seniors who need support with non-medical essentials to volunteers in their community who are willing to help. You simply call 211 on the phone to link up with this community resource.

**ALSO**, consider joining Shawna for **KCES strength class** from your home via Zoom link on computer, tablet or smartphone on MWF at 8:30 AM. Send an email to [kces.fit@gmail.com](mailto:kces.fit@gmail.com) asking for links to class and you will receive Zoom class link day before class.

*“Do your little bit of good where you are: it’s those little bits of good put together that overwhelm the world.”*

*~Desmond Tutu*

## ***The New Kid on the Block: Advanced Heart Rhythm Services***

Electrophysiology (EP) is the latest addition to complement the K.G.H. cardiology service. **Dr. Chris Lane & Dr. Walid Barake**, cardiology subspecialists in electrophysiology will be joining the existing Kelowna Cardiology group to establish the new **Advanced Heart Rhythm Services**.



### ***History of KGH Cardiac Services***

K.C.E.S. (1973)

K.C.E.S. Inc.(1982)

Angiogram Lab(1984)

TransEsophageal Echo (1995)

C.O.A.C.H. (1999)

Heart Function Clinic (2005)

Angioplasty, Stenting (2009)

Open Heart Surgery (2012)

TAVI (2019)

**HEART RHYTHM (2020)**

### **What is Electrophysiology (EP)?**

This is a specialized branch of cardiology that addresses the electrical problems of the heart. These cardiac specialists are involved in implanting advanced pacemakers including CRT resynchronization pacemakers and Implantable Cardiac Defibrillators (ICDs). Further, they use catheters to get inside the heart to map short circuits (diagnostic EP study). In some cases they will proceed via catheters to eliminate or “ablate” these abnormal electrical pathways that are causing heart rhythm disturbances using cautery/heat or freeze/cryo. Common conditions that are treated this way are atrial fibrillation, atrial flutter, supraventricular tachycardia (SVT), Wolff Parkinson White syndrome (WPW) and Ventricular Tachycardia (VT). The addition of this program at Kelowna General Hospital enhances the excellent cardiac services that have been developed over many years to improve access to healthcare for Interior of BC residents.

## **National Walk of Life UPDATE:**



**CARDIAC HEALTH**  
FOUNDATION OF CANADA

Following the advice of our provincial health officer regarding gathering in large groups, we have decided to postpone our **Walk of Life on June 6<sup>th</sup> 2020**. We look forward to meeting as a group again when it is advisable, and are hopeful to set a date for September 2020.

Please check the COACH website regularly for updates, as well as ways you can start fundraising virtually as we wait for clearance to host our event for 2020!

Our National Walk of Life is an important event for raising needed funds for the COACH program, as well as giving COACH alumni and staff and opportunity to connect each year! Stay healthy, and we will communicate our new date for the Walk of Life as soon as we can!

## Quit and Stay Healthy! Tobacco is Wacko!



Worldwide tobacco use is the leading cause of premature and preventable death. One billion tobacco users will die within the 21<sup>st</sup> century. That equates to ten million global deaths per year. Tobacco use according to the World Health Organization includes two forms; combustible and non-combustible. Types of *combustible* products are blunts, cigars, cigarillos, hookah, pipes and cannabis. *Non-combustible* products are e-cigarettes, chew, snuff, snus and dissolvable tobacco. Non-combustible e-cigarette literature suggests they are less harmful than using tobacco cigarettes. This also includes snus a Swedish form of snuff with fewer carcinogens (cancer causing agent) due to a sterilization process.

The financial impact to the health care system in Canada each year is 5.9 billion dollars. We understand the impacts of first and second hand smoke. Now, latent smoke, known as third hand smoke, is described as a residual smoke that sits on surfaces. I learned of this first hand when my cousin told her Dad (tobacco user) he could not hold his grandson. This was due to third hand smoke exposure on his clothing. I had never heard of this before. To be honest it surprised me! However, after reading further in the Tobacco Use Disorder manual it explained why? This latent smoke can cause skin cell damage and exaggerate asthma symptoms. It's seems like quitting may be in my uncle's thoughts. Although, I know he doesn't mind tickling his grandson from a distance.

The strategies around supporting a tobacco user to quit are many. However, there is a 67% success rate in quitting when combining counseling and harm reduction products such as provided by [www.Quitnow.ca](http://www.Quitnow.ca). Motivation to quit can have both external (policies, costs, taxation) and internal factors (health, self-image, financial). We have all witnessed a person experience a recent change in health which quickly prompts a tobacco user to move from "thinking of quitting" to "quitting". Especially, when it comes to a recent heart attack. Tobacco users have increased cardiac risk factors such as increased triglycerides (type of fat), decreased HDL (good cholesterol) and sticky platelets (blood) that contribute to heart disease. Also, the prevalence of Type II diabetes is 35% higher in tobacco users This is impart due to the effects of smoking increasing insulin resistance (an inability to remove sugar from the muscle) and central fat accumulation (heavy mid-line). If you are thinking of quitting, set a quit date. Connect with family and friends and let them know of your plans to quit. Contact [www.Quitnow.ca](http://www.Quitnow.ca) for support and harm reduction products. Within 24 hours your risk of a heart attack is decreased and within days breathing improves. If there was ever a time to keep your lungs healthy and strong, it's now!!

Written by Jacqueline Gabelhouse, MSc. (Health Promotion)

### Reference;

Fahim, M., Barker, M., Duench, S., Dragonetti, R. & Selby, P. (2020). An Interprofessional Comprehensive Course on Treating Tobacco Use Disorder. Toronto, ON: Center for Addiction and Mental Health.

## ***Cardiac Education Program Mondays 10:00-11:30 AM***

Instructions to link to session on [www.coachkelowna.com](http://www.coachkelowna.com)

<b><i>Date: Mondays</i></b>	<b><i>Education Series</i></b>	<b><i>Topics</i></b>	<b><i>Presented by:</i></b>
<b>March 30</b>	Exercise Guidelines & Risk Factors	Learn how to establish safe, regular exercise program & reduce cardiovascular risk factors	Exercise Physiologist
<b>April 6</b>	Heart Anatomy & Procedures	Learn about how the heart works, heart diseases, tests & procedures	Physio-Therapist/ Registered Nurse
<b>April 13</b>	EASTER WEEK		
<b>April 20</b>	Stress & Relaxation	Learn to recognize & find ways to deal with stress in your life including relaxation techniques	Social Worker
<b>April 27</b>	Medications and Your Heart	Learn more about the medicines you take, side effects, & how to take them effectively	Pharmacist
<b>May 4</b>	Eat Smart	Learn how healthy dietary choices can improve and reduce heart disease	Reg. Dietitian



### **KCES members! ZOOM Exercise Classes**

**K.C.E.S.**

For those KCES members that would like to participate in our KCES Zoom Exercise Classes, they simply need to send an email to [kces.fit@gmail.com](mailto:kces.fit@gmail.com) saying they would like to receive the links for the class. The classes run Mon/Wed/Fri at 8:30am. The evening prior to the class, they will receive an email with the Zoom Class link and instructions to join for them to follow in the morning. At this point we are alternating each class session between a standing class one day, and a seated class the next. Any questions they can send an email to that same address.

*“Be kind, for everyone you meet is fighting a harder battle.”*

*~Plato*

## **Dealing with Anxiety and COVID-19**

These are unprecedented times, and so it's no wonder our anxiety levels are heightened. As we know the stress this anxiety causes is not good for us, or our hearts. Stress is a risk factor for cardiovascular disease, so to protect our heart, we need to do what we can to reduce our anxiety surrounding COVID-19 and the changes it has made to our daily lives. So what do we do?

- 1) **Limit your media time.** YES.. of course part of this anxiety is because of our feeling of uncertainty, or lack of control. So we spend a great deal of time trying to gather as much information as we can to perhaps make us feel like we know what's happening, and what to expect. This helps only to a degree. Consuming yourself with story after story can make you feel overwhelmed, and add to the uncertainty. So take a quick look, set a timer if you need, read only the update and move on with your day.
- 2) **Change your perspective** – We are tasked with physically distancing ourselves from others in order to slow the spread of this virus. The word isolation itself sounds negative. But if we change the word to something more positive like “me time”, or “family time”, or even “forced rest” or “solitude”, our mind can shift to something more positive. Perhaps use this time to read, meditate, get creative and paint, or write, or learn something new. Many online platforms are offering learning resources for free during this time. Take advantage!
- 3) **Lift your environment** – Due to the fact that we are spending more time indoors, within our home. Spend a little time setting up your space to feel more positive! Think of your senses.. sight, sound, and smell... and add an uplifting note to each. For example, place a painting, or picture that make you feel joy in a space you spend most of your time. Take the time to play some uplifting, or calming music in your space, and try lighting a scented candle, or use that diffuser that has been sitting idle to fill your space with a wonderful smell. All these little tricks take very little effort but can make a huge impact on how you feel.
- 4) **Search for the positive** – As much as the media is focused on the coronavirus itself, there is also a ton of coverage on the positive things that are happening in our community. Look for the positive stories and get involved! There are birthday parades where people are coming together in their vehicles to drive by a child's house on their birthday, putting hearts in windows for kids to find, getting outside and making noise in support of essential care workers, and making chalk drawings on driveways. By thinking about a positive thing you can do to show your support not only makes you feel good, it gives you a purpose and a feeling of helpfulness.
- 5) **Get up and move** – Our body is meant to move, and this movement is especially important during this time. It not only helps to keep our immune system functioning well, but it helps to release anxiety. It is ok for you to go outside, just be mindful of keeping your distance from others. Take a walk in the forest, or even around your block. If you can't get out to walk, look to exercise indoors! You can follow online exercise classes, march on the spot, or do laps in your hallway, or better yet DANCE!! Even simply move your arms in circles while sitting would be great. Look to move however you can.

Yes, these are unprecedented times, but you are not alone. So look for ways you can help settle your mind, and ease the anxiety during this time. We will get through this... together!

~By Shawna Cook