

NEWS UPDATE

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

July 2021

Central Okanagan Association for Cardiac
Health

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<http://www.coachkelowna.com>

Kelowna Cardiac
Exercise Society

www.kelownacardiexercisec.ca



COVID UPDATE..... p.1

INTERNET DIETARY ADVICE.... p. 2

HEART FAILURE & DR. KHOSLA...p.3

USING A FOAM ROLLER...p. 4

RECIPE/KCES UPDATE.....p. 5

Zoom Exercise Classes

M W F @ 8:45-9:15 am



Join the zoom class online for stretch & strength exercises class led by C.O.A.C.H. kinesiologists. This class uses exercise bands or free weights in a series of exercises to help improve and maintain your strength and muscle mass. Call 250-763-3433 to join!



COVID Update: What's going on at C.O.A.C.H.?

Our doors remain open for participants for both in person and virtual sessions taking all necessary COVID -19 precautions. Our base program includes an in-house assessment, followed by 6-once a week exercise sessions at clinic, and completed by a final assessment. For those that live outside of our Central Okanagan or opt for virtual experience, we offer a virtual home CR program that follows individuals for 8 weeks using phone, zoom to provide coaching and guiding exercise and healthy heart lifestyle.

Free for all is our Heart Education Classes available online weekly Monday 10-11:30am! Link is on our website. For K.C.E.S. update please see page 5.

SAVE THE DATE: Upcoming C.O.A.C.H. Walk of Life on **Sunday, Sept. 26th, 2021@ 1pm.** You can participate in person for 1-5km walk, meeting at the C.O.A.C.H. office or support our fund-raising campaign by donating online. More details available soon!

Finding Reliable Healthy Eating Information on the Internet

From: <https://www.healthlinkbc.ca/healthy-eating/reliable-information>

Do you look for food and nutrition information on the internet? With an endless amount of nutrition advice and conflicting messages available, finding good quality information that you can trust is often a challenge. While some food and nutrition recommendations are based on strong scientific research, many are not. Some advice can be incorrect, misleading, and may even be dangerous to your health. Look for ‘red flags’ to help you decide what is true and what is not.

Ask yourself:

1. Is there a promise of a quick fix like fast weight loss or a miracle cure? Is there a sensational headline for the next big thing? If a diet or product sounds too good to be true, then it likely is. Making changes in your habits means a long-term commitment to healthy eating and physical activity.
2. Is information based on personal stories or testimonials? It may be nice to hear a success story from a celebrity or friend, but it's not proof that something works or is true. Nutrition advice should be based on the best available research.
3. Is the advice based on a single study? The best answers to food and nutrition questions are found by combining the results of many studies. The more research that shows the same results the more trustworthy the advice is. Also, the more people in the study and the longer its duration, the stronger the results will be.
4. What are the writers' qualifications? You wouldn't ask a celebrity how to design a bridge, you'd ask an engineer. The same thinking should apply to nutrition advice. Check the website section "about us" to find out more about the people or company responsible for the website.
5. Does the advice include buying special products or replacing foods with supplements? Food is the best source of nutrients. Special products and supplements are usually not needed to improve your health.
6. Does the advice emphasize a single food or nutrient? Current food and nutrition evidence shows greater health benefits from eating a variety of nutritious whole foods rather than focusing on single foods or nutrients.
7. Is the information on the website current? Reliable websites will include the date of when a webpage was written and be regularly updated to reflect the most current nutrition information and advice available.



Look for websites from trusted sources such as educational institutions, government agencies and professional organizations. These websites will often end in .edu, .gov, or .org. Websites ending in .com mean that they are commercial sites and may contain either accurate or inaccurate information. Look closely and assess for red flags to make sure that the information is not biased. Don't rely only on the information you find on the internet when making a decision about your diet or health. Share the information you've found with your dietitian or health care provider. Talk about the changes you'd like to make and together you can come up with a plan that is best for you.

Dietitian Services at HealthLinkBC (formerly Dial-A-Dietitian), providing free nutrition information and resources for BC residents and health professionals. Go to www.healthlinkbc.ca/healthy-eating or call 8-1-1 (anywhere in BC). Interpreters are available in over 130 languages.



Welcome Dr. Khosla!

We are fortunate to have Dr. Amit Khosla join the Kelowna Cardiac Services team. He received his MD from the University of British Columbia and did his residency training in Internal Medicine at the University of Calgary before returning to BC for his General Cardiology Fellowship. He completed a further subspecialty fellowship in Advanced Heart Failure and Heart Transplantation at Stanford University. After initially practicing at Surrey Memorial Hospital, he joined the Kelowna Cardiology group in January 2020. He is now the Director of Heart Failure services for Interior Health and serves as the regional representative for the Provincial Heart Failure steering committee. Amit is involved in the design and delivery of the heart failure curriculum for the Undergraduate MD program at UBC and is a Clinical Assistant Professor with UBC.

Amit is passionate about improving heart failure care and patient outcomes locally and throughout the Interior. He initiated and currently leads the regional IH Heart Failure Advisory Committee which works with heart function clinics across IH to standardize and support HF care. He is also looking to bring more specialized HF care to IH with the development of a Cardiac Amyloidosis Clinic and further development and centralization of post heart transplant care for IH patients.

Outside of Cardiology, Amit enjoys spending time with his young family including his two and half year-old daughter and 2-week-old son. He is looking forward to raising his children in the Okanagan and enjoying the outdoors.

What is Heart Failure?

Heart Failure (HF) is a chronic cardiac condition that develops after the heart becomes damaged. HF can occur when the pumping action of the heart is reduced or when the heart muscle cannot relax between heart beats. HF can be caused by many different underlying cardiac conditions or risk factors. Some examples include heart attack, high blood pressure, diabetes, viral infections affecting the heart muscle, and alcohol. HF can lead to other heart problems such as electrical problems with the heart rhythm requiring specialized medications or implantable devices (pacemakers or defibrillators). It is estimated that over 600,000 Canadians have HF. HF is the leading cause of unexpected hospitalizations and premature death. Luckily over the past decade increased attention and research HF has led to newer medications and treatments to help patients with HF. Kelowna is excited to expand on the advanced HF services offered to residents of Interior Health.

~Dr. Amit Khosla

Massage your muscles: How to use a foam roller



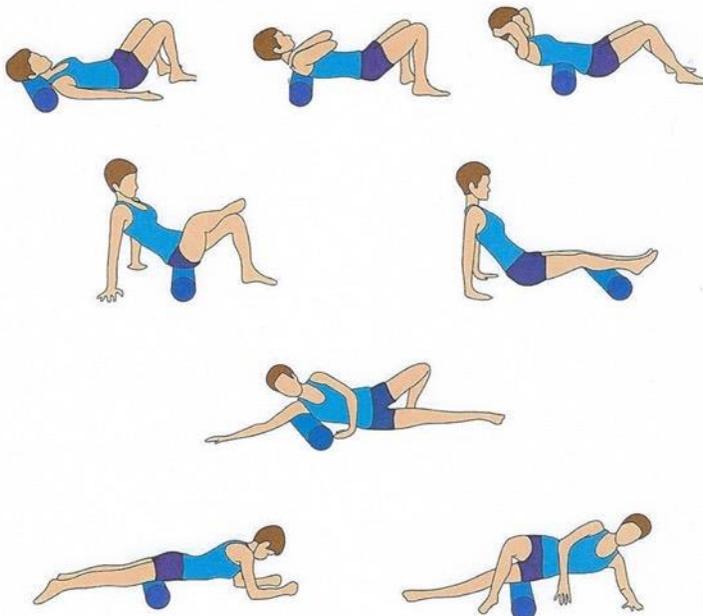
The foam roller is ideal for stretching out and massaging any tight, sore spot. Long or short, fat or thin, gridded or smooth, the choices are endless. Personal preference rules here so try a couple out before choosing and see what feels best.

This self-massage technique can create just the right amount of pressure to help release the **myofascial tissue**. This is the strong, thin fibrous connective tissue that extends throughout the body. It is made of elastin and collagen suspended in fluid providing a strong yet flexible web like covering to support and protect muscle and bones. These tissues get tight with trauma, inflammation or inactivity and result in adhesions or knots that create tightness. Releasing the myofascial tissue using sustained pressure from a roller can loosen and lengthen constricted fascia tissue. With constant, slow and even pressure using a roller, the fascia and muscle-tendon have a chance to relax and lengthen.



Here's how it works:

- Place roller on floor
- Position your body so that the muscle group is in contact with the roller and you can sink into the roller with just the right amount of pressure without too much discomfort
- Slowly, roll your body over the tight area allowing the fascia to lengthen and release
- **Note:** Rolling can be painful at first so go gently and don't place full weight on roller.



Commonly, areas that respond well to this therapy are hamstrings (back of leg) and quadriceps (front of leg), tensor fascia latae (side of leg), buttocks, upper back, and shoulders.

"Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending in the wind."

~Bruce Lee

Kevin's Favourite Grilled Corn Salad

(*adapted from Bobby Flay's Corn & Scallion Salad with Cilantro- Mint Dressing)

- 6 large cobs fresh corn
- 2 cups mixed baby greens (arugula is great)
- 6 green onions, sliced
- ½ cup crumbled feta cheese

Dressing:

- ½ cup fresh mint leaves, chopped
- ¼ cup cilantro or parsley leaves
- ¼ cup white wine vinegar
- Juice of 1 lime
- 1-2 tsp honey
- Salt & pepper to taste
- ¼ cup olive oil



Place in blender or food processor and blend until smooth. With motor running slowly add the olive oil and blend until emulsified. Taste and season as desired.

Brush 6 large ears corn with canola or olive oil. Grill, until charred on all sides and corn is tender (2-3 min per side). Cool slightly and remove kernels from cob. This can be done ahead of time or good use of leftover corn on cob. Combine the corn, greens, green onions. Toss with dressing and top with feta. Enjoy!

K.C.E.S. Update:

During the pandemic K.C.E.S. has not been able to return to the regular programming sessions at the CNC. However, BC's restart plan is showing promise for a return in stage 4. We realize our membership has changed somewhat over the year as some members have moved out of town or are now living with family in different locations.

K.C.E.S. board members plan to send a survey question to the entire membership to learn the amount of interest there would be for a return. With enough interest, the association plans to complete a pilot project for 12 weeks (8-10 am, Sept 27th to Dec 17th, 2021). We anticipate that [K.C.E.S.](#) should be able to return to a new normal, if by Sept 7th (Stage 4) BC has 70% of the 18+ population vaccinated with dose 1, with low case counts and COVID-19 hospitalizations as we return to normal personal and social gatherings.

Watch for a survey question coming soon and answer whether a return to K.C.E.S. of interest to you. In the meantime, strength training sessions continue during the summer months (Mon/Wed/Fri @845 am, \$20 month) via zoom so please join us there. Strength is an important part of maintaining quality of life and putting less workload on your heart with day-to-day activities as your working muscles help distribute that all important blood flow. Contact 250-763-3433 or kces.fit@gmail.com

The K.C.E.S. BOD and team members hope you have a fabulous summer as gatherings with families are sure to be happening!