

## NEWS UPDATE

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

VOLUME 17, ISSUE 2

MAY 2018

### Central Okanagan Association for Cardiac Health

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

### Kelowna Cardiac Exercise Society

www.kelownacardiacexercise.ca



#### Inside this issue:

National WALK..... p. 1  
Life's a Garden, Dig it.....p. 2  
Ketogenic Diet.....p. 3  
Dilly Green Salad.....p. 4  
Upcoming events.....p. 4

## COACH National Walk

on Saturday, **June 2, 2018 @ 10 AM**



Bring your family and friends for a morning of celebration of good health and activity! We meet at **Mission Fieldhouse** and walk along **Mission Creek Greenway** at a distance of your choosing. Afterwards, enjoy a heart healthy BBQ lunch, prizes and a few inspirational words!



Last year we raised over \$35,000. Come out to benefit COACH and KCES programs and celebrate an active lifestyle. Register online at

<http://www.coachkelowna.com/events/>

Or mail, or drop form at COACH office.  
Registration fee \$20.

### C.O.A.C.H. 19<sup>th</sup> Annual General Meeting, Monday, June 11<sup>th</sup> Clinical Academic Campus (KGH)

**6pm** - Wine & Cheese Reception

**6:30-7pm** –“Controlling your risks; hypertension update” by Dr. Kathryn Brown, Cardiologist

**7-8pm** – AGM

RSVP to COACH: 250-763-3433 OR  
[office@coachkelowna.com](mailto:office@coachkelowna.com)

### K.C.E.S Annual General Meeting, Wed. May 16<sup>th</sup> Kelowna Curling Club

**8:15am** – Breakfast (\$10) 2<sup>nd</sup> floor  
Lounge

**8:45am** –“Stress Management  
Presentation” by Brenda Forster

**9am**– AGM

## *Life's a garden....Dig it!*

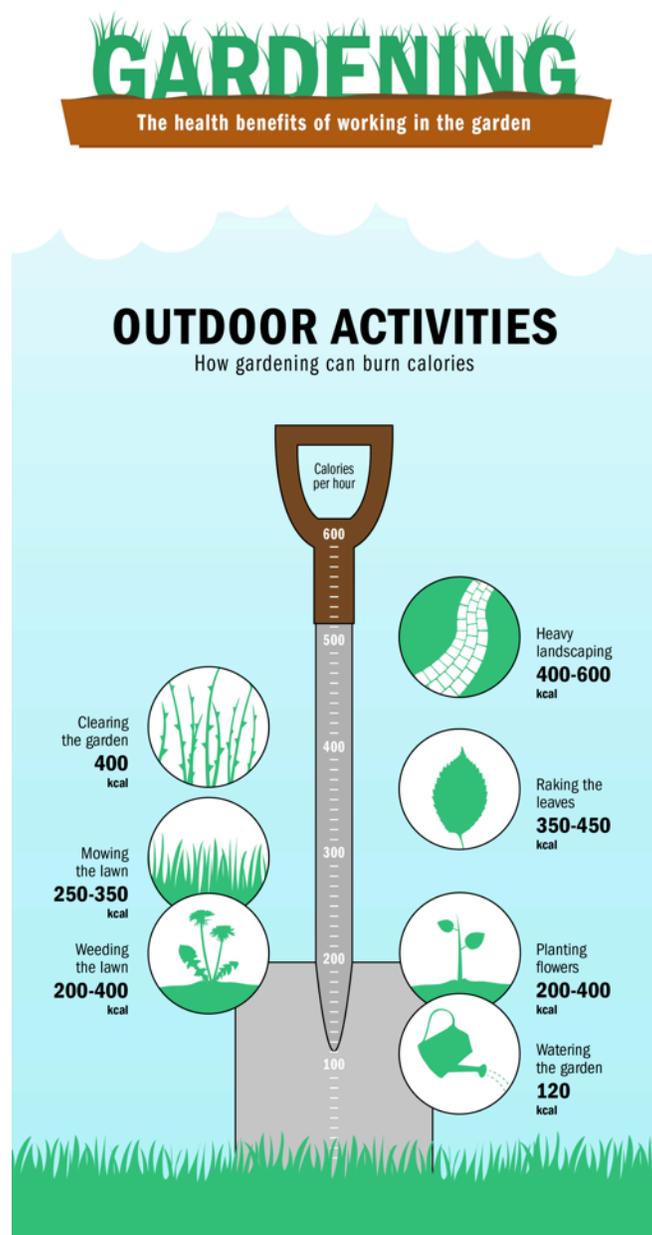
Whether you have a backyard vegetable garden, patio pots or acres of land, a health-promoting workout can be found in every yard. Gardening can provide physical benefits such as strengthening (pulling, lifting, pushing), cardiovascular fitness (increase heart rate, continuous effort, burn calories), and balance (reaching, stepping on uneven ground). Let's not forget the psychological benefits; being outside in natural surroundings, and watching what you sow, grow and produce. Sharing your harvest with friends and family is especially gratifying.

Even if you have kept physically active over the winter months, it's easy to strain muscles starting new activities that you haven't been doing for awhile, like gardening. It is wise to start slowly and gradually.

- Make sure you are ready for bending, lifting, twisting that may be required during gardening by **warming up** and **stretching** before.
- Break up your tasks so that you are not in the same positions for longer than 10-15 minutes.
- Break down loads to make lifting or carrying easier; keep load close to body to minimize torque on back.
- Use good body mechanics like bending at knees rather than bending at your back when reaching for something low, try not to bend and twist at the same time as this is very hard on your back.
- Make sure to stay hydrated; have a water bottle handy and taking frequent breaks to sip.
- Sunscreen and a hat will protect you when exposed to the sun. Wear gloves to protect hands, good footwear to prevent slipping.
- Switch sides while raking, sweeping, hoeing, digging to keep stresses even on body.

*The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul.*

— Alfred Austin



<http://www.theenglishgarden.co.uk/news-and-events/news/11-surprising-health-benefits-of-gardening/>

## What is a Keto or Ketogenic diet and how does it work?

This type of diet was developed almost a century ago initially as a treatment to control epilepsy. Although it is still used for that purpose today, it has recently become a popular diet for weight loss. The **Atkins or Modified-Atkins** diet is an example of this type of diet and is characterized by a very low intake of carbohydrates (grains, bread, cereals, rice, starchy vegetables, beans), and a very high intake of fats (meats, above ground vegetables, high fat dairy, nuts and seeds).

Here is how it works. Normally, with a balanced diet of about 35% of daily calories from fat, your body breaks down foods into glucose (blood sugars) to use for fuel or energy. But when you eat higher amount fats (70% of daily calories) and eat very low amounts of carbohydrate, your body uses fat for energy by producing “ketones” that can be used as an alternative fuel for the brain and rest of the body instead of usual blood sugar or glucose stores. This can result in weight loss as your body ramps up its metabolism of fat stores, and suppresses hunger. The downside is that ketones can leave you with a feeling of weakness and fatigue, brain fog, or bad or fruity breath for a period of time in the beginning, symptoms known as “Keto-flu”. In the short term, the high intake of fat coupled with a low intake of fibre may also lead to constipation.



It may seem that these side effects are worth it, if it leads to weight loss. In fact, studies suggest that a ketogenic diet results in short term weight loss, however, when compared to other diets (low fat, **Ornish, Zone, LEARN**) it does not have any advantage in long term<sup>1</sup>. These researchers conclude that it is **adherence** to any diet long term that is the key to successful weight loss, not the type of diet. A consensus on the long term safety, effect on blood cholesterol levels and cardiovascular risk with this type of diet has not yet been determined since most studies do not follow past 12 -24 months. Some studies suggest that LDL increases over time (a worrisome finding) and TG often decreases (a desired outcome) but this has not been consistently demonstrated<sup>2</sup>.



On a positive note, the ketogenic diet advises cutting out highly refined, processed foods such as bakery items, chips, bars, which typically have low nutrition, high added sugar and little fiber. On the other hand, the ketogenic diet includes high consumption of certain foods (hot dogs, bacon, and other processed meats) and under consumption of healthier foods (vegetables, fruit, beans, whole grains), which is linked with health conditions and death from heart disease, stroke, diabetes, and colon cancer. A more recent offshoot of this diet is the **ECO-Atkins** diet that replaces animal fats with vegetable fats, which may have a more positive impact on blood cholesterol levels in the long term.



In any case, you should check with your doctor before you start a ketogenic (or any new) diet, especially if you have any health conditions like high blood pressure, heart diseases, diabetes or high cholesterol. At the end of the day, adherence and enjoyment are the two-key lifestyle change techniques that will produce the best outcomes for any eating plan. Find an approach that’s enjoyable, healthy, and that you can maintain. A good diet should be something that has relatively few restrictions, no long grocery list of specialty foods, good for all parts of your body (heart, bones, brain, colon, waistline) and one that you can sustain for years.



<sup>1</sup>Johnston, B.C., et al. (2014). Comparison of weight loss among named diet programs in overweight and obese adults; a meta-analysis. *Journal American Medical Association*, 312(9), 923-33.

<sup>2</sup>Gardner, C.D. et al. (2007). Comparison of the Atkins, Zone, Ornish and LEARN diets for change in weight and related risk factors among overweight premenopausal women; The A to Z weight loss study; A Randomized trial. *Journal of American Medical Association*, 297(9), 969-77.

**COACH Cardiac Educational Series**

Eat Smart  
Medications

Anatomy & Procedures  
Exercise & Risk Factors  
Stress Management

Mondays: 10-11:30am

**EXPANDED REACH TO NEW COMMUNITIES!**

Broadcast via  
Videoconference to the  
following communities:

- Creston
- Fernie
- Golden
- Grand Forks
- Invermere
- Kimberley
- Merritt
- Salmon Arm
- Trail
- Williams Lake

For more information, please  
call or email COACH office:  
250-763-3433  
office@coachkelowna.com

**Dilly Green Salad**

This salad has a bright, light taste combining flavours of dill, beets & feta on a bed of greens. Adapted from House Salad in Whitewater Cooks at Home.

- 1 head red or green **leaf lettuce**
- 1 **beet**, peeled and grated
- ½ cup **pumpkin seeds**, toasted\*
- ½ cup cherry **tomatoes**, quartered
- ½ cup fresh **dill**, chopped
- ½ cup cubed **feta** cheese (opt)

**Dressing:**

- ¼ cup white or red balsamic vinegar
- ¼ cup olive oil
- 1 Tbsp fresh dill, chopped
- 1 tsp salt (opt)
- 1 tsp pepper

\*Try toasting seeds in saucepan over med heat with ½ Tbsp oil or butter, 1 tsp chopped fresh dill, ¼ tsp cumin, ¼ tsp paprika, ½ tsp sugar. Watch they don't burn, toss frequently till toasted.

**Upcoming Fund Raising Events**

**17<sup>th</sup> Annual KGHF Classic Tennis & Bocce by the Lake Event, Sept. 14-15, 2018**

Last year, this event raised **\$45,000** for cardiac care! Funds were used to purchase a high-tech dye injector for angiogram procedures at KGH Angiogram lab making the procedure safer, more efficient and effective. Proceeds also funded 2 new heavy duty treadmills at COACH program and a new pulse oximeter that measures heart rate and blood oxygenation of participants during exercise.



This year the event will be held on **September 14-15<sup>th</sup>** and it is sure to be as much fun as last year. Consider joining in with COACH team to play a game of Bocce at the lovely Lightbody Lakeside residence and help raise more funds for the COACH program and KGH Cardiac Care.

Register at KGH Foundation:

<https://www.kghfoundation.com/events-test/>

Or CALL KGH Foundation office:

250-862-4433