

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

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Central Okanagan
Association for
Cardiac Health

www.coachkelowna.com

Kelowna Cardiac
Exercise Society

www.kelownacardiacsociety.ca



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Join us on Saturday May 28th for the 2016 COACH National Walk of Life!

Each year COACH joins with other cardiac rehab facilities across Canada as part of the Cardiac Health Foundation of Canada in an effort to raise awareness, and funds, for local cardiac rehab facilities.

As a non-profit organization, COACH relies on fundraising and donations in order to provide cardiac rehab to those in our communities who otherwise would not be able to afford our user fees.

The National Walk of Life is our **biggest** fundraiser, and we hope you will mark your calendars for **Saturday, May 28th 2016!**

Join us at the Kinsmen Field house for registration and a warm up, then a beautiful walk along the Mission Park Greenway, followed by a heart healthy BBQ!

Walk starts at 10am!!

We will have great incentive prizes for those individuals who are able to collect donations from friends, family and community members.

Registration Fees:

Adults:

Option 1: **\$15** Early Bird Registration Fee
\$20 after May 1st

FREE Walk of Life t-shirt to the first 100 registrants

OR

Option 2: Raise **\$100** in donations to waive registration fee

OR

Option 3: Enter a TEAM of 8 participants for \$100

Children 14 and under **FREE**

Online registration will open March 1st, 2016



Remember the DASH principles in lowering your BP

Research shows that high blood pressure (BP) can be prevented and lowered by following the Dietary Approaches to Stop Hypertension (DASH) eating plan, which includes eating less sodium.

- DASH eating plan is rich in fruits, vegetables, low fat dairy products, whole grains, fish, poultry, beans, seeds and nuts.
- Less sweets, added sugars, beverages containing sugars and red meats.
- Heart healthy way of eating is also lower in saturated fat, transfat, and cholesterol and rich in nutrients that are associated with lowering BP - mainly potassium, magnesium, calcium, protein and fiber.
- Choose and prepare foods with less sodium and salt and don't bring the shaker to the table. Be creative—try herbs, spices, lemon, lime, vinegar, wine and salt-free seasoning blends in cooking and at the table.
- Aim for foods that contain 5% or less of the daily value of sodium. Foods with 20% or more daily value of sodium are considered high. These include baked goods, certain cereals, soy sauce, and some antacids.

DASH Tips for Gradual Change

Add a serving of vegetables a lunch one day and dinner the next, and add fruit at one meal or as a snack.

Increase your use of fat-free and low-fat milk products to 3 servings a day.

Limit lean meats to 6 oz per day or 3 oz per meal, which is about the size of a deck of cards.

Include two or more vegetarian-style, or meatless, meals each week.

Combining DASH with regular physical activity program, such as walking or swimming, will help you

<https://www.nhlbi.nih.gov/health/health-topics/topics/dash>

Heart Attack Signs in Women

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.



As with men, women's most common heart attack symptom is **chest pain** or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, call 9-1-1 and get to a hospital right away.

Recipe - Stratford's Sweet Chilli -

Get your crock pot going, and choose low sodium Blue Menu bean options or soak your own beans.

1 - 19oz chick peas drained and rinsed or 2 C soaked, cooked and drained chickpeas

1 - 19 oz red kidney beans

1 - 19 oz black beans

1 - 28 oz tomatoes with herbs and spices, chopped

1 - 10 oz corn kernels, frozen or canned

2 - carrots, peeled and diced

2 - large cloves garlic, minced

1 - red onion, finely chopped

1 - C ketchup or 1- 8 oz tin of tomato paste

1/4 - C honey (optional)

3 T chilli powder

1/2 t cayenne pepper

3 peppers, diced, (red, green, orange or yellow)

Stir mixture to combine in slow cooker. Cover and cook on low for 8 to 10 hours or on high for 4 to 6 hours, until hot and bubbling. Serve with low fat sour cream and cheese as desired. Enjoy!



Local Cardiac Rehabilitation Outcomes

Cardiac rehabilitation — also called cardiac rehab — is a customized outpatient program of exercise and education. Cardiac rehabilitation is designed to help you recover from a heart attack, other forms of heart disease or surgery to treat heart disease.

Cardiac rehabilitation is often divided into phases that involve monitored exercise, nutritional counseling, emotional support, and support and education about lifestyle changes to reduce your risks of heart problems. The goals of cardiac rehabilitation are to establish an individualized plan to help you regain strength, to prevent your condition from worsening, to reduce your risk of future heart problems, and to improve your health and quality of life.

Have a look at the outcomes achieved at COACH:

% change in smoking status 25.1%

% change from high risk BP to target 52.8% (systolic blood pressure < 140 mm Hg)

% change from high body mass index to target 18.0% (BMI < 26.0)

% change from high waist circumference to target 24.1% (men <102.0 cm, women <88.0 cm)

% change from low exercise tolerance to target 39.6% (>7 metabolic equivalents)





Events

February is “*Heart Health Month*” and it is a time dedicated to bringing awareness to heart disease, new and evolving research, and the importance of prevention!

COACH plays an important role within the Central Okanagan community in supporting cardiac patients through rehabilitation; educating patients, family and community members on the importance of risk factor prevention strategies in maintaining heart health.

We cannot do this without the support of the community. We would be grateful for your “Heart Health” donation to COACH this month. Your donation will be used to fund those in need who cannot afford the user fee for COACH participation.

In this way we can ensure that quality of cardiac rehabilitation is available to all members of the Central Okanagan community.

From all of us at COACH - Have a Happy Heart Health Month!

Click “DONATE” @
www.coachkelowna.com

Please sign up for an upcoming presentations at the COACH clinic or simply need a refresher, join the one day education

“One Day Education”

Monday, February 22nd, 8:30-4:00 pm
Multidisciplinary Speakers on the management of heart disease

“Shop Smart Tour”

Wednesday, March 2nd, 3:30 pm
Lakeshore Save on Foods Grocery Store Tour with a Registered Dietitian

“Atrial Fibrillation”

Wednesday, March 16th, 2:00-3:30 pm
Key Note Speaker:
Nicole Gorman and Anne Pistawka

Kelowna Cardiac Exercise Society

K.C.E.S.

Walking and Strength Training Program

An exercise program for managing your cardiac risk factors and quality of life.

Participants are welcome to walk on
Monday, Wednesday, Friday

anytime between 7-10 am

Strength training and stretching instruction is optional and equipment is provided during each 25 minute session

Yoga Fridays are currently being offered

Located at the Capital News Centre—Indoor Track



“When Grandma was young, she had to walk all the way to the TV to change the channels.”