

# CARDIAC REHABILITATION & MAINTENANCE PROGRAMS

## C.O.A.C.H. AND K.C.E.S.

VOLUME 16, ISSUE 1

### UPCOMING EVENTS

#### Annual Walk of Life

Saturday, May 27<sup>th</sup>

This fun-filled family event is your opportunity to come out and walk with the COACH team, celebrate health & fitness and raise funds for the COACH cardiac rehabilitation program and KCES.

Date: Sat. May 27<sup>th</sup>, 2017, 10am

At: Kinsmen Field House (Gordon Rd/Lexington Rd), Mission Sports Field next to H2O centre.

Registration online in May or call 250-763-3433



CARDIAC HEALTH  
FOUNDATION OF CANADA

#### Atrial Fibrillation Sessions

**Learn more about Atrial Fibrillation, symptoms, medications & management!**

Presented by Nicole Gorman, NP & Anne Pistawka MRSc

**Every third Wed. of month @ 2:00 pm, COACH office**

**Please Register @ 250-763-3433**

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Central Okanagan Association for Cardiac Health

250-763-3433

[www.coachkelowna.com](http://www.coachkelowna.com)

Kelowna Cardiac Exercise Society

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

# THE ‘BALANCE’ BETWEEN DIZZINESS & VERTIGO

It's a common problem as we age. In fact, it has been reported that 80% of people over 65 have experienced dizziness, vertigo, and imbalance. Almost 1 in 4 emergency room visits includes a complaint of dizziness.

Dizziness is a sensation of lightheadedness, unsteadiness, or faintness. Vertigo is the perception of spinning. Dizziness and vertigo are not diseases, but rather symptoms that can result from a vestibular (inner ear) disorder. However, it can also result from many other conditions not related to the inner ear, such as cardiovascular or neurological.

Our sense of balance is maintained through feedback from three systems: the vestibular system (inner ear); proprioception (receptors in the feet and spine); and vision. Our brain is constantly integrating this information to maintain balance, therefore problems with one or more of these systems, especially the vestibular system, can cause imbalance, dizziness, and vertigo.

Common vestibular disorders include Benign Paroxysmal Positional Vertigo (BPPV), viral infections of the inner ear (labyrinthitis or vestibular neuritis), Meniere's, and injury to the inner ear caused by head trauma.

BPPV is the most common cause of vertigo. People with BPPV report having episodes of dizziness brought on with certain positions. Most commonly, it is lying flat, rolling over in bed, getting up in the morning, looking up to the ceiling, and bending forward. It can be one, or a combination of these positions.

BPPV occurs when 'debris' - or more specifically, a calcium carbonate crystal - becomes displaced within the inner ear. There are multiple causes for the crystals to be displaced, but, it most often tends to be a spontaneous occurrence. This displaced crystal then over stimulates or influences hair cells that are responsible for relaying head movement to the brain, thus disturbing one's balance and equilibrium, resulting in vertigo.



Treatment for BPPV is very effective. Physiotherapists, trained in Vestibular Rehabilitation Therapy, will relocate the crystal, through a series of specific head and body positions, which moves the crystal away from the sensitive hair cells.

Although BPPV accounts for a large percentage of vertigo, it is not the only cause. Talk to your doctor if you have these symptoms or think you may have BPPV.

*Written by Robina Palmer  
Registered Physiotherapist, co-owner Sun-City  
Physiotherapy, Kelowna, BC*

## Inspirational quotes for the New Year!

“Cheers to a new year and another chance for us to get it right.” ~Oprah Winfrey

“Life is like riding a bicycle. To keep your balance, you must keep moving.” ~Albert Einstein

“The best six doctors anywhere and no one can deny it are sunshine, water, rest, air, exercise and diet.”  
~Wayne Fields

“Take care of your body. It's the only place you have to live.” ~Jim Rohn

## WEARABLE FITNESS TRACKERS

By Anne Pistawka, MRSc, BSc (PT), CEP

Wearable technology or fitness trackers have exploded on to the retail market. Many of these devices are affordable, user friendly and available in Canada. They measure a range of activity data depending on the brand and model; from step counts, energy expenditure, sleep patterns, elevation gained to heart rate ranges. You may wonder how accurate these devices are and what features are the most effective in helping you attain health and fitness goals. Ultimately, are they worth the investment to help me achieve health and wellness?

A fitness tracker is an electronic device usually worn on the wrist or belt (hip) area (also ankle, earbud, clip, shirts) that detects the body's movements using an accelerometer and converts this information into data that is meaningful to us such as distance walked, steps taken, elevation gained. Each company uses its own copyrighted formulation to convert the raw movement data to useful data. This is why accuracy of the each device will differ depending on conditions and activity and how it was developed.

The data generated can be viewed directly on the device and uploaded (wirelessly) to a smartphone, tablet or computer. It can be motivating to see your activity logged in accumulated time, distance, intensity or heart rate zone in the form of a graph or colorful chart. The feedback provided allows you to compare your performance from day to day or week to week and help you to reflect on your current achievements and set realistic goals. Feedback can also take the form of motivational captions that appear on your mobile device as you reach your goals. There are options to connect and share information with fellow exercisers or health care professionals. 'Idle Alerts' remind you to get up and move around when you have been sitting too long. Sleep patterns can also be detected when device is worn 24 hours. Some fitness trackers apps combine information about food consumed and energy expended to help with weight management. Even some can be synchronized with 'smart scales' that transmit your weight to the app wirelessly. Depending on features, price of most devices vary from CAD\$90-~\$250.



Despite their wide use, there is limited research on the validity and reliability of measures tracked by activity monitors. Fitbit® has been reported to have high accuracy on step counts but less reliable on stairs and incline. Jawbone Up® was most reliable for step count across treadmill, elliptical and agility exercises. Most research suggests that energy expenditure (calories) is not as accurate as step counts. Trackers that detect heart rate via a chest strap have been found to be accurate and reliable but less is known about wrist worn models. One recent study found that accuracy compared to an electrocardiogram was best at rest and diminished with exercise; some wrist worn devices underestimated or overestimated HR at moderate exercise. The most accurate was Apple Watch® and Mio Fuse® with Fitbit Charge HR® and Basis Peak® following. Sleep was found to be overestimated in Fitbit®, Nike Fuelband®, Jawbone UP® and Misfit Shine®.

It is clear that more study is needed for all activity trackers especially used in populations with heart disease. In the meantime, fitness trackers may help you to monitor your activity patterns and support your efforts to become regularly active for the long term. To be safe when using HR monitor feature, remember that decisions about how intense to exercise and how much exercise to get are best monitored by how you feel (talk test during exercise) and progression should always be gradual towards minimum Canadian activity guidelines (>150 min/week) and beyond.

The grandparent of these devices is the simple pedometer worn at the hip measuring step counts using a spring system and estimating distance travelled. Japanese researchers first popularized the use of pedometers by introducing the concept of 10,000 steps/day, “**Manpo-kei**” during the 1964 Olympics in Japan to promote physical fitness and wellness. Since then research continues to confirm that people who take > 10,000 steps a day are likely to have a healthy body weight and lessen risk for heart disease. Jump forward 50 years with the explosion of computer technology, the mechanism (from simple spring to accelerometer to GPS) have changed and now we can measure more elements of activity but the goals remain the same, get and stay active in your daily life.

## Rockin' Moroccan Stew (serves 6)

2 tsp olive oil  
 1 cup chopped onions  
 ½ cup each diced celery and chopped bell pepper  
 1 tsp garlic minced  
 2 tsp grated gingerroot  
 1 tsp each of cumin, curry powder, ground coriander & chili powder  
 3 cups low sodium veggie or chicken broth  
 3 cups peeled, cubed sweet potatoes (or yams)  
 1 can (19 Oz/540ml) chickpeas, drained  
 1 can (19 oz/540 ml) diced tomatoes  
 1 tbsp freshly squeezed lemon juice  
 salt & pepper to taste  
 2 cups chopped kale (could use spinach)  
 ½ cup light coconut milk  
 ¼ cup raisins  
 2 Tbsp peanut butter

### Directions:

Heat olive oil in large pot over medium heat. Add onions, celery, pepper and garlic. Cook and stir until vegetables begin to soften, about 3 min. Add gingerroot, cumin, curry powder, coriander and chili powder. Cook for 30 more seconds.

Add broth, sweet potatoes, tomatoes, chickpeas, lemon juice, salt & pepper. Bring to boil. Reduce heat and simmer, covered, for 20 min.

Stir in kale, coconut milk, raisins, and peanut butter. Mix well. Simmer for 5 more minutes. Serve hot.

(Good served over couscous or quinoa)

Source: The Looneyspoons Collection

Kelowna Cardiac  
Exercise Society (ccss)



## Walking & Strength Training Program

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

Participants are welcome to walk on Monday, Wednesday, Friday anytime between 7-10am

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

Yoga Fridays @7:45am

Located at the Capital News Centre--Indoor Track

## Exercise for 50+

### Fibrofit Classes

Low impact, low intensity pool exercise designed for those with arthritis, fibromyalgia or other chronic disease.

10 weeks @Hawthorn Park

1 day/week \$105, 2 days/week \$210

Mon-Fri 11:45-12:45pm

Mon- Thurs 1-2pm

Wed 10:30-11:30am

### Osteofit Classes

Open to all seniors, strength & balance focus!

Parkinson Seniors Activity Centre

Tue & Thurs 10:30-11:30am

20 sessions/\$120

### Young at Heart Fitness Classes

Sunshine Village (1255 Raymer Ave), Mondays 2:30- 3:30pm (\$60/10 weeks)

First Mennonite Church gym (1305 Gordon Dr) Wed & Fri 9-10 am (\$120/10 weeks)

To Register at any of these programs:

Contact Bobbi Moger @ Pursuit Fitness 250-317-3508  
[www.pursuitfitness.ca](http://www.pursuitfitness.ca)



Balaji, S. (2016). How fitness trackers can improve your health. Harvard Women's Health Watch, January, 6. Retrieved at: [www.health.harvard.edu](http://www.health.harvard.edu)

Poropat, T., & Hopkins-Rosseel, D. (2016). Wearable technology in physiotherapy practice: the cardiovascular lens. Physiotherapy Practice, Winter, 28-30.