



# CARDIAC HEALTH

## FOUNDATION OF CANADA

# Cardiac Health Fdn Bulletin Summer Edition

## Volume 1

PREVENTION, EDUCATION & CARDIOVASCULAR REHABILITATION

ISSUE 1

## WELCOME to the 1<sup>st</sup> edition! Walk of Life 2016

Welcome to the first edition of the bulletin! Our goal is to bring you up-to-date on news/happenings within the Cardiac Health Foundation of Canada. Although we may produce a few print copies of this bulletin, it will be disseminated electronically. If you find it worthwhile and wish to add friends and relatives to our e-blast list, send the name and email address to Christina Mellos, our Operations Manager, at [cmellos@cardiachealth.ca](mailto:cmellos@cardiachealth.ca)

Within this edition we will focus on the 2016 Walk of Life results reported to-date, an interview and story on the Dr. Terry Kavanagh Heart Health Lab at the University of Toronto, the upcoming Healthy Hearts Chef Challenge, along with some news and happenings on cardiovascular rehabilitation. Also, a new section entitled Heart Health Resources that includes linkage to the Johns Hopkins Heart Smart Guide will be introduced.

### GTA Walk of Life

The May 28<sup>th</sup>, 2016 Walk of Life held at the Ontario Science Centre in partnership with the Cardiac Kids in support of SickKids Foundation, Canadian Congenital Heart Alliance, The Mikey Network, and the University of Toronto Dr. Terry Kavanagh

Heart Health Lab was another huge success! We were once again blessed with spectacular weather, fabulous music by Andy B. & The Honey Tones, and great food. Breakfast was provided by the Real Canadian Superstore at Don Mills/Eglinton, along with coffee by Marigolds & Onions, and snacks by Humber College, Summer Fresh, and Maple Lodge Farms Food Trucks. The day began with a new Kids Fun Run and then with a serenade by our Bag Piper Brian Blair which released both the walkers and runners. This year we also had a tribute wall which was a huge success in publicizing the names of friends and family members who were impacted by heart disease and honoured at the walk.

This year's Walk of Life raised just over \$510,000 and will go towards cardiovascular rehabilitation programs, committed scholarships, our partners' programs,

education and prevention including the Dr. Terry Kavanagh Heart Health Lab at the University of Toronto.

The Overall Walk of Life Fundraising Champion who is our All-Time Fundraising Champion is Irving Buchbinder. Our Top Walk of Life GTA May 28<sup>th</sup> Fundraiser is Halim Chaccour of BMO.



32<sup>nd</sup> Walk of Life Starting Line on May 28, 2016

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The 1<sup>st</sup> Place Corporate Fundraising Team was the BMO Heart Team, 2<sup>nd</sup> Place went to Del Property Management, and 3<sup>rd</sup> Place was Tridel Corporation. The Family and Friends Top Fundraising team was the A-Team, with 2<sup>nd</sup> Place taken by Isabella Rizzo and the Blzzy Bees; Team Vlad finished in 3<sup>rd</sup> Place. A video on the 2016 GTA Walk of Life is on our website at [www.cardiachealth.ca](http://www.cardiachealth.ca).



Left: Overall Walk of Life Fundraiser, Irving Buchbinder

Right: Top Walk of Life GTA May 28<sup>th</sup> Fundraiser, Halim Chaccour



### Tribute Wall

The Cardiac Health Foundation of Canada wishes to acknowledge and thank our many National and Local Sponsors for your generous donations in supporting prevention and recovery from heart disease through our Walk of Life. Your gracious support will benefit our partners and cardiovascular rehabilitation programs going forward.



### Kids Fun Run



Roger Petersen, Host, and members of the Andy B. & The Honey Tones band



Crowd walking towards E.T. Seton Park

**NATIONAL SPONSORS:** Tridel Corp, Bank of Montreal, Great-West Life/London Life/Canada Life, The Printing House, The Brand Factory, Bayer Aspirin, and Mikey Network. **SPECIAL EVENT SPONSORS:** Rogers Communications, LIUNA Local 183, Chartwell Retirement Residences, Toro Aluminum and Ozz Electric. **LOCAL SPONSORS:** Maple Lodge Farms, Marigolds and Onions Catering, Stephenson's Rental Services, Agmen, Travelers Canada, Dorsay Development Corp, Mr. Marble, Sigmund Soudack & Assoc., Drive Agency, Kirkor Architects, Litemode, Turner Fleischer Architects, LIUNA Ontario Provincial District Council, RBC Royal Bank, Self Care Catalysts Health Storylines, Innovicare, Del Property Management, Del Condominium Life, DelManor Retirement Residences, Urban Poling, Heathwood Homes, Cervini Painting & Decorating, AON Risk Solutions, Pool People Ltd, Cardiac Safe City, St. John Ambulance and The Running Room.

## Bike2Play 2<sup>nd</sup> Annual Fundraising Ride

On September 17<sup>th</sup> & 18<sup>th</sup>, 32 cyclists headed out to Muskoka with a minimum of \$1,000 pledges per rider in raising funds for Cardiac Kids in support of SickKids Foundation. Bike2Play is a supported fundraiser of the Cardiac Health Foundation of Canada. The Bike2Play Campaign is directing the money raised to Paediatric Congenital Heart Research and providing awareness of children who are afflicted with debilitating conditions, and the ultimate goal of finding a way to allow these children to experience the enjoyment of being physically active and enriching their lives.

Bike2Play has raised just for over \$32,900 for their 2<sup>nd</sup> ride which will become an annual event. Donate to the campaign by going to <http://bike2play.kintera.org/2016> and finding the cyclist's name you would like to support. Donations are fully tax receipted by the Cardiac Health Foundation of Canada.

*Kick off for 32 Bike2Play riders on September 17, 2016*





## Healthy Hearts Chef Challenge

On February 24, 2016 the Cardiac Health Foundation of Canada held its first Healthy Hearts Chef Challenge in honouring Heart Month. The evening was co-hosted by Dr. Peter Lin, Director of Primary Care Initiatives and House Doctor CBC Metro Morning. He was joined by Amy Rosen, the bestselling author of "Toronto Cooks" and former Food Editor for Chatelaine and House & Home Magazines.

The audience was treated to Heart Healthy cuisine at the BMO Institute for Learning. Chef Murray Hall the Executive Chef/Food & Beverage Director opened up his facilities in addition to providing mouthwatering appetizers as teasers to the main competition and food delights. The Chefs representing the Retirement Communities brought their culinary teams with them in attempting to win over palettes of participants attending this inaugural event.

Chef Divakar Raju and his team representing DelManor Seniors Communities was the Overall Champion. The Top Prize for Presentation went to Chef John Curtis and his team from Revera Retirement Living. The Top Prize for Taste went to Chefs Mitchell Lash, Lindsay Harris & Anthony Rizzo from V!VA Retirement Communities.

Entertainment was provided by Jazz singer Andrew Beg along with the Dave Restivo Trio. Our special guest from South Africa was Tukwini Mandela, Nelson Mandela's Granddaughter and provider of Sauvignon Blanc 2014 for dinner on behalf of the House of Mandela wines provided by Churchill Cellars. Other sponsors of wines for the evening included Two Sisters Vineyards who provided Eleventh Post 2011 for dinner, and Churchill Cellars who also provided Brut Reserva Cava D.O. from Segura Viudas at the cocktail reception.

The Planning Committee for 2017 has already been active for the next Healthy Hearts Chefs Challenge. We are planning an expanded version of the Healthy Hearts Chef Challenge for February 2<sup>nd</sup>, 2017. This event will once again be held at the BMO Financial Group Institute for Learning, 3550 Pharmacy Avenue, Toronto, ON, M1W 3Z3, and will also include individual tickets and corporate tables. Keep the date open and watch for an update on our website and within the January edition of the bulletin.



**Chefs from all 3 participating Retirement Homes and Barbara Kennedy, Executive Director**



**Chef Divakar, the DelManor team, and their winning prize**

## Insights into the Dr. Terry Kavanagh Heart Health Lab University of Toronto

Did you know that the Cardiac Health Foundation of Canada has committed a donation of \$325,000 to the University of Toronto towards the creation of the "Dr. Terry Kavanagh Heart Health Lab" in honouring his work in Cardiac Rehabilitation in Canada?



We thought some insights into both the work of the lab and its Director Dr. Jack Goodman might be an appropriate place to begin. Jack who is the professor within the Faculty of Kinesiology and Physical Education at the Goldring Centre for High Performance Sport, University of Toronto, is also adjunct Scientist, UHN/MSH Division of Cardiology, Clinical Cardiovascular Research Laboratory. He is also Associate Scientist, Institute of Medical Sciences, University of Toronto, and Associate Scientist, Toronto Rehabilitation Institute, and began his career volunteering at the Rumsey Rehab Centre under the tutelage of Dr. Terry Kavanagh. This placement ignited his excitement about the

possibilities of Cardiac Rehabilitation and exercise in promoting recovery from cardiovascular disease and led to multiple collaborations with Dr. Terry Kavanagh over the years.

In exploring the vision for the Lab, Dr. Goodman views this as a one of a kind Research Centre that is committed to both knowledge generation on heart health in primary and secondary prevention including heart disease prevention, diagnosis and related rehabilitation research. By working in collaboration with other U of T labs and the Sports Medicine Clinic, he envisions the Lab as being research driven with

consultative and clinical capacity for diagnostic cardiac imaging consultation on complex cases. He envisions a world class facility for both cardiac imaging and other types of analysis that could be undertaken with ECG and Ambulatory ECG Analysis. His research priorities include examining the true physiological response to interval training on cardiac patients; understanding the impact of excessive exercise on middle age populations; and enhancing understanding of heart health of athletes.



Dr. Terry Kavanagh Heart Health Laboratory, Goldring Centre for High Performance Sport, University of Toronto

He indicated that there are over 750,000 marathon runners in North America, with many concerns over arrhythmias and sudden death. He indicated, "We simply do not have the data to assess the impact of excessive exercise on the heart." His current projects listed on the U of T Exercise and Cardiac Health Lab website include: Cardiac Consequences of Excessive Endurance Exercise; Cardiac Costs of Pick-up Hockey in Middle Age Men; Cardiac Consequences of Excessive Endurance Exercise; and Mechanisms of Cardiac Fatigue During Prolonged Exercise.

When asked about the challenges facing the Exercise and Cardiac Health Lab, Jack identified on-going funding as the major issue including the renewal of CIHR grants. Additional concerns include getting donations for a bicycle ergometer that allows imaging during actual exercise such as the Angio model with echo cardiac stress table. He expressed his gratitude for the flexibility and freedom the lab and the Goldring Centre has provided in allowing them to conduct ECG and Cardiac Imaging without relying on Hospital partners to schedule down time in conducting research and imaging.

He summarizes his remarks by indicating, "It is all about prevention of cardiac events in response to exercise."



Dr. Jack Goodman reviewing echocardiographs in the Dr. Terry Kavanagh Heart Health Lab

*"Fitness is no longer just for athletes or young people or professionals. It is seen as a natural and desirable part of our lifestyle."*

*"Fit for what? Just as fitness gives athletes an edge in competition, it will give you an edge in life."*

*Motivational Quotes in the Lab*

## Heart Health Resources and Links

The intention of this section is to alert the reader to potential books and resources that might be helpful to you, other family members or friends who are struggling with Heart Disease and want more information. Let us know if we have been helpful including any resources you are aware of and want to share. We are also looking to create a peer support portal on our website as a way to share the experiences and stories of individuals impacted by heart disease. If you have a story that you are willing to share or if you have questions about your experiences send an email to John Sawdon, our Public Education & Special Projects Director, at [jsawdon@cardiachealth.ca](mailto:jsawdon@cardiachealth.ca).

### Cardiac Health Foundation of Canada is now a Member of the Health Charities Coalition of Canada!

I am pleased to inform you that we have applied for and been approved as members of the Health Charities Coalition of Canada. This is a National Organization that consults with the Federal Government on policy and advocates on behalf of members and Canadians for equitable health care, health research and medications. This membership assists the Cardiac Health Foundation to undertake action on its advocacy intentions in ensuring access to new treatments and ongoing support for health research. One of our intentions is to conduct needs assessment with members and supporters of the Cardiac Health Foundation of Canada on your experiences, stories, and service's needs. This information will focus our advocacy efforts on your behalf. For further information on the Health Charities Coalition of Canada go to <http://healthcharities.ca>.

## Cardiovascular Rehabilitation

*Did You Know that Doctors still do not always refer individuals for cardiovascular rehabilitation?*

*Also Did You Know that two-thirds of women with coronary artery disease who have completed a 12 week or 18 week cardiac rehabilitation program were two thirds less likely to die compared to those who were not referred to a cardiac rehab program?*

Carolyn Thomas who herself had heart surgery writes a blog @HeartSisters and manages the "My Heart Sisters" website ([www.myheartsisters.org](http://www.myheartsisters.org)), wrote a piece on the importance of cardiac rehabilitation. Within this article she highlights the lack of awareness and referrals by doctors to cardiac rehabilitation programs. She quotes Dr. Sherry Grace's (York University, Toronto) studies on cardiac rehabilitation while sharing the stories of other women with heart disease and their frustrations in not accessing cardiac rehabilitation.

One of our objectives is to draw attention to promote referrals to Cardiovascular Rehabilitation Programs. We created a brochure on the important of cardiovascular rehabilitation and initially placed copies in Walk In Clinics, Family Doctors and Pharmacies across the Greater Toronto area last year. Our goal is to expand distribution to Family Doctors and Pharmacies across Canada. While we have been blessed with a sponsor for printing, we are awaiting further funding to distribute this brochure across Canada.

## Johns Hopkins Medicine



John Hopkins Medicine has developed a 13-page booklet which answers most of the questions you may have on Heart Disease. It even includes a section for you to record your medications. We encourage you to download a copy of this excellent resource guide for your information at [www.hopkinsmedicine.org/health/healthy\\_heart/thank\\_you.html](http://www.hopkinsmedicine.org/health/healthy_heart/thank_you.html)

## "Heart to Start" by James Beckerman

An excellent book entitled "Heart to Start: The eight week exercise prescription to live longer, beat heart disease and run your best race." It was written by James Beckerman M.D. F.A.C.C. who is a cardiologist and works at the Centre for Prevention and Wellness, Providence Heart and Vascular Institute in Portland, Oregon. This is a must read for all cardiac rehab patients and for anyone working within a cardiac rehab program. It is written utilizing plain language and simplifies kinesiology speak for the novice. It helps individuals design an exercise program using Vo2 oxygen test to determine heart rate along with a six minute walk test. It then provides a prescriptive exercise based on these results. The program alternates cardio exercises called Heart with resistance exercises called Start. It provides five levels based on the colours of the Olympic rings of fitness programming based on the individual's fitness level and capacity. I highly recommend this book.



## Cardiac Health Foundation of Canada Website with Did You Know Articles

We encourage you to visit our website in reading and exploring the many Heart Health articles offered under the Did You Know banner. In future these articles will be mobilized under the Heart Health Publications banner on our website. For the past year we have provided the following articles:

### DID YOU KNOW....

- It is World Stroke Day? – this is an article on strokes including risk factors and prevalence rates
- Air Pollution Can Be Dangerous for People with Heart Disease? – this links studies of air pollution to heart disease
- That Sitting is the New Smoking? – explore ways that exercise can improve your health
- Canada Does Not Have a Paediatric Rehabilitation Program? – this provides the background research and summaries of many children's hospitals in the United States with programs
- Individuals with Heart Failure Can Still Benefit from Exercise? – this explains heart failure along with introducing the type and frequency of exercise that might be considered with your doctor
- That Exercise Has Many Benefits in Fighting Cardiovascular Disease? – this explores the benefits of exercise in fighting CVD
- Aerobics and Resistance Training are Beneficial for Your Heart? – this explores both cardio and resistance training along with examples of programs
- That You Can Control Your Intensity Level for Aerobics and Resistance Training in Contributing to a Healthy Heart? – using the FITT model and exercise guidelines it helps the individual establish intensity and frequency levels for aerobics and resistance training

## Cardiac Health Foundation of Canada Website with Did You Know Articles

### DID YOU KNOW....

- That Diabetics Are Higher Risk for Cardiovascular Disease? – this articles explores diabetes and the pathway that leads to cardiovascular disease including preventative steps you can take
- That Familial Hypercholesterolemia (FH) is Largely Undiagnosed and Places Those with FH at Higher Risk of Death Due to Cardiovascular Disease? – this article explores FH and the risks including introducing the reader to resources that are helpful
- That New Treatments Exist for Dyslipidemia (High Cholesterol) and Hypercholesterolemia? – this explores and defines cholesterol including the role of statins and the new medications Pcsk9 Inhibitors recently introduced in the marketplace by Amgen and Sanofi. It also includes FDA concerns and Women’s Health Network concerns about statins and their side effects.
- That a Diagnosis of Heart Failure Does Not Mean Your Heart Has Quit? – this article explores heart failure and the steps forward in managing this growing condition
- That Hypertension is Called the Silent Killer? – this article explores high blood pressure and the steps you can take to control it. It also explores the damage to other vital organs if not controlled.
- That Inflammation Might Be the Real Cause of Heart Attacks? – this article explores the role of inflammation in Atherosclerosis along with the role of C-reactive Protein. It also explores blood testing along with mediations and lifestyle changes to prevent heart disease.

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