

AROUND the TRACK

Spring 2011



CARDIAC HEALTH FOUNDATION OF CANADA WALK OF LIFE
Prevention, Education & Cardiac Rehabilitation

FREE
T-SHIRT
PARKING
BREAKFAST
PRIZES
ENTERTAINMENT
FOR KIDS 12 & UNDER

CARDIAC HEALTH FOUNDATION OF CANADA
WALK OF LIFE®
3 & 5 KM WALK AND 5 KM RUN
Saturday May 14, 2011 8:00 a.m. to 11:30 a.m.
Ontario Science Centre, ET Seton & Sunnybrook Park
Register at walkoflife.ca or call 416.730.8299

TRIDEL | ROGERS | Canada Life | Mikey | Inno-Vite | PARTICIPACTION



Leo DelZotto,
President, Cardiac Health
Foundation of Canada

"We are reaching more and more people across Canada."

Message from the President:

The re-branded **Cardiac Health Foundation Of Canada** continues to launch new initiatives in its advocacy of prevention, education and cardiac rehabilitation. To this end, a strong liaison has been established with Guelph University/Humber College to bring graduates of the Kinesiology and Fitness and Health Promotion programs to assist CHFC. Numerous students from these programs have been instrumental in interning in the Cardiac Health Foundation's offices and working in administration, research, and marketing through traditional sources and through social networking such as Twitter and Facebook. A new bi-weekly column has been released on the website entitled "DID YOU KNOW?", which is an in-depth look at current practices and issues in heart health and cardiac rehab. (detailed description to follow) Our esteemed Medical Advisory Committee gives its approval before release to the public. Students have also helped with the promotion of public awareness. Our November lecture took place at a private fitness club – Curves – and cardiac rehab specialist and exercise clinician Paul Sawyer, gave an informative assessment with respect to a viable place to go after cardiac rehab and also suggested practices to augment the program and adapt it for various chronic conditions. Future plans include involving students to create a new column to examine cardiac rehabilitation centres across the country. The purpose is to share information and keep informed of the progress of the WALK OF LIFE projects. New ideas and improvements for the GTA Walk and the results from National campaign are highlighted in our Newsletter. Information is continually updated on our website along with many other cardiac health happenings as they unfold. Please stay informed through our web connection.

(www.cardiachealth.ca and/or www.walkoflife.ca)

A UNIQUE WALK WALK OF LIFE - May 14, 2011

Cardiac Health Foundation Of Canada – By Barbara Kennedy-Executive Director

The re-branding of the **Cardiac Health Foundation of Canada** has positively raised the profile of the organization and its mission to advocate **prevention, education and cardiac rehabilitation**. As a result, last year's major campaign – the WALK OF LIFE in Toronto – was an enormous success with a record 1,500 participants. The staggering **50% increase in attendance** over the previous year was evident as the energized crowd vehemently applauded when the President of the Foundation, Leo DelZotto, and the Chair of the WALK, Bruce Avery, announced that a record \$450,000 was raised. These funds were utilized for medical equipment purchases, facility improvements, patient education & supporting literature at over 30 cardiac rehab centres located across Canada and further advanced individual National WALK OF LIFE campaigns. Across the nation, over 5,600 people participated and close to \$1 Million was raised for their cardiac rehabilitation programs. The Cardiac Health Foundation of Canada's affiliation with the **Mikey Network** provided defibrillators nationwide. Additionally, four \$3,000 graduate scholarships were awarded for research at the CACR symposium, and several major professional and public education lectures were presented throughout the year.

To accommodate the growing number of people that are showing their support, either by walking or running, this year's registration and pre-walk festivities for the GTA will encompass the entire ground level of the Ontario Science Centre and the spacious **GREAT HALL**. The new **5 KM Run** will continue along with the traditional **3 KM & 5 KM WALK** through the picturesque ET Seton Park. The top three male and female runners will be awarded wonderful prizes. Last year's winner, John C. Healy, a young former cardiac rehab patient, finished the run in an astounding 17:38. He will be defending his record against anyone who prefers to run and wants to challenge him.

Several OTHER NEW challenges are being offered this year. A **SCHOOL Team** competition aimed at secondary and post-secondary schools has been initiated to promote exercise as a lifelong commitment to heart health. Prizes for the top fundraising school teams include a **Reebok Tomahawk Exercise Bike (donated by the Fitness Institute & National Fitness Products of Canada)** for first place and a **Philips HeartStart On Site Defibrillator (donated by the Mikey Network)** for second. A **FRIENDS & FAMILY Team** category has been added to the traditional **CORPORATE Team** competition. The top three prizes include draws for Toronto Maple Leafs hockey tickets, Toronto Blue Jays Baseball tickets, dining/spa/apparel gift certificates, fitness club memberships, OSC & movie passes, and more! To encourage participation amongst TRIDEL managed condominiums, **Del Property Management** has offered a **treadmill (donated by Pool People Ltd.)** to the condominium (in their group) that raises the most funds. And last year's top **INDIVIDUAL fundraiser, Irving Buchbinder, who raised a record \$11,005**, challenges anyone to beat him. An amazing

The WALK OF LIFE is UNIQUE. It is NOT like every Walk or Run that meets outside under tents...It doesn't disrupt the fabric of a busy city... RATHER, family, friends & local supporters gather inside a beautiful venue, are treated royally and then proceed outside into a breathtaking parkland, championing the cause of cardiac rehabilitation.

gentleman and a survivor, Irving has won this award for the past ten years. He is a force to be reckoned with!

Sponsors, donors and volunteers have all contributed greatly to the success of the WALK OF LIFE, providing generous monetary and in-kind donations. NATIONAL SPONSORS include: **Tridel; Rogers Communications; the Mikey Network; Universal Workers Union LIUNA Local 183; The Printing House; Great-West Life, London Life & Canada Life; The Brand Factory; The Bank Of Montreal; Inno-Vite; and ParticipACTION**. A heart healthy breakfast will be supplied by **Whole Foods Market**; a morning wake-up coffee by **Marigolds & Onions**; drinking water from Active Green & Ross; and a ride up the hill to the OSC (at the end of the WALK), in a **luxury Sprinter passenger van** will be offered to weary participants by the **Mercedes-Benz Toronto Area Retail Group!**

Roger Petersen, anchor/reporter for CityNews, has once again graciously offered to serve as the program host and introduce the surprise celebrities; entertainment by members of the **Toronto All Star Big Band**; and **John Stanton**, this year's **WALK OF LIFE Honorary Chair**. Mr. Stanton is the founder of the Running Room & the Walking Room. He is a best selling author of eight books on running and a true advocate of WALKING & RUNNING. He has received numerous national awards for his promotion of cardiovascular health in Canadians, is a recipient of the Order of Canada and served as Vice-President of the Canadian Commonwealth Games.

A liaison has been established with the OSC to make the event educational as well as entertaining. Activities are being offered for kids and parents alike with Science

Centre Learning Modules, Kids Zone, exhibits, give-aways from sponsors, and even blood pressure testing from Sunnybrook HSC. And as part of the initiative to register early, a special **EARLY BIRD Draw Prize** has been donated by the **Cleveland Clinic Canada**. Those who register before April 20th will be eligible to win the **Executive Health program** prize – a comprehensive five hour head to toe physical & wellness evaluation, personalized health recommendations & use of the urgent care program for 12 months (value: \$2,595).

All of the incentive prizes for individual fundraising have been donated by generous sponsors. This differentiates the Cardiac Health Foundation from many other charities that purchase these to entice donations. The prizes chosen all represent eco-friendly and new technology products such as a wireless charging system, the latest iPod nano and the iPhone 4.

Additional local sponsors that have not been mentioned are: Travelers Canada; Sigmund Soudack & Associates; Ozz Electric; AON Risk Services; BNP Paribas; Dorsay Development; Crown Wallpaper & Fabrics; Cervini Painting & Decorating; Chartwell Seniors Housing REIT; Mr. Marble; RBC-Royal Bank; Heathwood Homes; Drive Agency; Toronto EMS Cardiac Safe City; Brandon Communications; and Del Condominium Life.

With so many wonderful happenings, the **Saturday May 14th WALK OF LIFE** is once again promising to reach maximum capacity. Register early to reserve your spot and take advantage of the **EARLY BIRD** draw. All participants receive a **FREE T-Shirt, parking, breakfast, entertainment, give-aways and more.**

On-line registration: www.walkoflife.ca. Contact 416-730-8299 or info@cardiachealth.ca with any inquiries.

2010 National Walk of Life Summary

18th Annual Terry Kavanagh Lecture sponsored by Cardiac Health Foundation of Canada: "Exercise and Diabetes" by Paul Poirier

WALK DATE	LOCATION	PROGRAM NAME	2010 Part.	2010 Gross Amt. Raised
April 23/10	Lindsay, ON	The Beat Goes On - Ross Memorial Hosp.	155	8,562
May 12 & May 13/10	Sudbury, ON	Sudbury Regional Hosp. Cardiac Rehabilitation	162	8,489
May 15/10	Breslau, ON	Cardiac Fitness Association	532	68,921
May 15/10	Hamilton, ON	Cardiac Health & Rehabilitation Centre, Hamilton Health Sciences	185	30,754
May 15/10	St.Catharines, ON	Brock University Heart Institute	40	6,411
May 15/10	St.Catharines, ON	Cardiovascular Health & Rehabilitation Program	19	1,305
May 15/10	Toronto, ON	Rouge Valley Health System	415	54,881
May 15/10	Toronto, ON	Toronto Rehab Institute Cardiac Rehab Program	33	2,412
May 15/10	Toronto, ON	Toronto Western Hospital - Cardiac Care & Heart Health	60	12,000
May 29/10	Kelowna, BC	C.O.A.C.H.	150	16,172
May 29/10	New Westminster, BC	YMCA Healthy Heart	199	12,024
May 29/10	Moncton, NB	Cardiac Wellness Program / Coeur en Sante	150	6,013
May 29/10	Hamilton, ON	McMaster University MacTurtle Cardiac Rehab Program	350	27,435
May 29/10	London, ON	London Cardiac Rehab & Secondary Prevention Program	120	11,562
May 29/10	Orangeville, ON	Headwaters Cardiac Wellness Program	40	5,617
May 30/10	Halifax, NS	Cardiovascular & Pulmonary Health in Motion Program & Community Liasion	47	5,525
June 5/10	Goderich, ON	Healthy Hearts	35	2,580
June 13/10	Fraser Lake, BC	Fraser Lake Cardiovascular Wellness Program	66	995
June 24/10	Newmarket, ON	Southlake Regional Health Centre, Cardiac Prevention & Rehab Program	169	21,422
Aug 21/10	Moose Jaw, SK	Cardiacion	151	15,071
Sept 11/10	Bathurst, NB	Cardiac Rehab-Chaleur Regional Hosp	151	8,614
Sept 11/10	Saint John, NB	Cardiovascular Health & Wellness Program	150	22,100
Sept 18/10	Chatham, ON	Chatham-Kent Cardiac Rehab & Secondary Prev. Program	25	1,425
Sept 18/10	Etobicoke, ON	Trillium Health Cardiac Wellness & Rehab Centre	205	30,569
Sept 18/10	Sarnia, ON	Vascular Protection & Cardiac Rehab Program	107	5,583
Sept 19/10	Pointe-Claire, QC	West Island Cardiac Wellness Program	40	8,772
Sept 26/10	Sydney, NS	Cape Breton Heart Lung Wellness Centre	154	9,650
Sept 29/10	Ingersoll, ON	Oxford County Cardiac Rehabilitation & Secondary Prev. Program	30	3,975
Oct 15/10	Winnipeg, MB	Reh-Fit Centre	375	22,000
		PROGRAM TOTALS	4315	430,839
May 15/10		Cardiac Health Foundation WALK PARTICIPANTS (figures do not include 3 participating programs)	1,300	373,062
		TOTAL FOR ALL SITES	5,615	803,901

2010 Scholarship Winners

The **Cardiac Health Foundation of Canada** sponsored graduate scholarships worth \$3000 each to assist four students in their studies at Canadian Universities. Each student was required to submit a research paper in their area of interest in cardiac rehabilitation. These scholarships were distributed on October 24th 2010, at the CACR Conference in Montreal, Quebec. The winners gratefully accepted their scholarships and were eager to advance their research and career in the cardiac rehabilitation field.

Congratulations to:

- Ms. Shannon Gravely-Witte, York University
- Ms. Yvonne Leung, York University
- Ms. Amanda Rossi, Concordia University
- Ms. Candi Flynn, University of Toronto

The Dr. Terry Kavanagh Fellowship

The **Cardiac Health Foundation of Canada** set up a fellowship at The University of Toronto, Faculty of Physical Education and Health, to honour **Dr. Terry Kavanagh**, a world renowned medical scientist in cardiac rehabilitation. This graduate fellowship is awarded to a new or returning student who is studying cardiac rehabilitation, cardiovascular disease prevention or a related field in which physical fitness is a prominent component in research related to the improvement of health and quality of life.

Over the past decade, the Fellowship's endowment continues to grow and the current market value now stands at \$300,000. The 2010 graduate student recipients of this award were **Gabriela Melo Ghisi** and **Sagar Rohailla**. Each student received \$6,000 towards their education. Gabriela is undertaking her PhD at the University of Toronto. Her research is focusing on the development of educational tools for coronary patients in different languages with appropriate cultural adaptations. She is also interested in current trends in cardiac rehabilitation and exercise sciences that promote education and disease prevention. **Sagar** is undertaking his Masters Degree at the University of Toronto. His research is focusing on examining the relationship between skeletal muscle and the heart, specifically the mechanisms behind how exercise protects the heart from ischemic damage. Congratulations to both students!

"DID YOU KNOW??"

New article series from the **Cardiac Health Foundation of Canada**

DID YOU KNOW?? is a pilot project by the **Cardiac Health Foundation of Canada** advocating education and prevention of heart disease through articles posted on our informative, inter-active website. This bi-weekly feature provides the public with the latest in cardiac health news. It is authored by various researchers, and the content is approved by our Medical Advisory Committee. Sources include medical journals, media articles, government publications, research data, and symposiums. The commentaries, on the Cardiac Health Foundation of Canada website, are presented with the understanding that the Foundation is providing information only and not rendering medical advice.

Series one is available online at www.cardiachealth.ca or in hard copy by calling 416-730-8299. The topics include:

Mall Walking Programs

Exploring the benefits of walking as well as listings of walking programs from areas in Toronto and across the GTA

Canada's Physical Activity Guidelines

New exercise guidelines are summarized for optimal health along with specific guidelines for older adults.

Nutrition Tips for Heart Health

To prevent or recover from a cardiac event, three very important aspects of your diet are considered.

Menopause and Heart Disease Risk Factors

Female hormone levels and their effects on the cardiovascular system.

Child Obesity and Heart Disease Risk

The cardiac health implications of child obesity are explored.

HDL Cholesterol Benefits

Investigating the role of high-density lipoprotein (HDL) in cardiovascular health.

Job Strain and Heart Attack Risk

The short-term and long-term effects of job related strain on the cardiovascular system are identified.

Diabetes and Cardiovascular Disease

Exploring the link between Type 2 diabetes and cardiovascular disease.

We are excited to begin series two, following up with 8 more articles! Each installment will include a section on healthy living and the physiology behind it. Stay posted for each weekly article! The following is a brief summary of the new upcoming topics:

1. Blood Clots and Associated Risk Factors

With aging, the risk of developing blood clots increases. This article discusses how they develop, why they develop, and signs and symptoms to watch out for. As well as important questions to ask your doctor if you think you may have a thrombosis.

2. Cardiac Rehab Programs

Discussing what to expect when joining a rehab program. The latest statistics about rehab. Exploring how these programs impact your cardiovascular health. New ideas and initiatives in cardiac rehab

3. Heart Health Nutrition

What do the different colours of a food mean? Tips and recipes to make your diet more heart healthy! Also, 5 key nutrients to include in your diet for improved cardiac health.

4. Heart Healthy Exercise

Outlining simple exercises to improve your heart health at home or the gym, and why these methods are so effective. Discussing the changes that occur to your cardiovascular system when undertaking an exercise program

5. Hypertension

How is such threatening condition seemingly symptomless? Ways to prevent this condition. What is hypertension? If you have been diagnosed with hypertension what steps can you take to help lower your blood pressure, including exercise and diet.

6. Smoking

Why is smoking so bad for your health? How does it affect your body? Resources to help you quit successfully.

7. The Psychology of Rehab / You Already Have a Pacemaker (built into your heart)!

Ways to make sure you stick to your rehab program and tips to effectively change your lifestyle for the better! Also, discovering how your heart works, what makes it beat?

8. Test Your Cardiac IQ

Test your knowledge based on the past 7 articles!

Article contributed by medical research interns: **Tara McDougall** and **Alicia Walczak**