

AROUND the TRACK

Spring 2012

FREE

Heart Healthy Breakfast
Family Fun & Live Entertainment
Medals, Prizes & More
Kids Under 12
Dogs are welcome
Shuttle from TTC
Parking
T-Shirt



Prevention, Education & Cardiac Rehabilitation



WALK OF LIFE®

WALK • RUN • CYCLE

Evergreen Brick Works and Parklands
Sunday, May 27, 2012 9:30am to 12:30pm

3 KM AND 5 KM WALK • 5 KM RUN • 10 KM CYCLE

REGISTER AT WALKOFLIFE.CA or call 416.730.8299

TRIDEL®

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BMO Bank of Montreal



Great-West Life
London Life
Canada Life



Inno-Vite
Your Journey to Wellness



Leo DelZotto, President, Cardiac Health Foundation of Canada

"We are making great strides with prevention - even receiving a prestigious Trillium Grant to identify and promote designated 'Heart Wise Exercise' programs in Ontario."

Message from the President:

New initiatives continue to abound and the advocacy of prevention, education and cardiac rehabilitation is being carried on with great success. Many tremendous 'firsts' have unfolded over the year for the **Cardiac Health Foundation Of Canada**. It is the first time that the foundation has been awarded a grant of considerable magnitude. The two-year Ontario Trillium Grant of \$134,000 for the development and expansion of the *Heart Wise Exercise Program* will designate sites and courses as suitable physical activity programs for individuals with heart disease or at risk. And 'first-time' collaborative partners include the Ottawa Heart Institute (upon which the Heart Wise Model is based); the Toronto Rehab Institute; EMS (Emergency Medical Services); Toronto YMCA's and the Mikey Network. In addition, the first cycle across Canada - called the **RIDE FOR REHAB** campaign took place

over the summer raising awareness about cardiac rehab and funding for education and additional graduate research scholarships. *Alex Holton*, a cyclist and cardiac event survivor, shared his inspirational recovery story with cardiac rehab centres and patients across the country. Alex and his partner Vanessa cycled 7,260 km and were supported by family, friends and corporations. And student interns from Guelph /Humber and George Brown College and volunteers from the community continue to assist the foundation in administration, research



Alex Holton and Vanessa Parlette

and marketing through traditional sources and social networking. Plans are underway to top last year's successful **WALK OF LIFE®** with a move to an even larger venue to accommodate our growing numbers. **SAVE THE DATE** for Sunday May 27th 2012 for the **WALK OF LIFE®** at the **NEW Evergreen Brick Works** and keep informed through our interactive web connection www.cardiachealth.ca and/or www.walkoflife.ca

Something For All – WALK * RUN * CYCLE ! WALK OF LIFE® – May 27, 2012

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

The **WALK OF LIFE® 2012** is taking place in a dramatic NEW location to accommodate the growing number of supporters and to offer something for everyone. Nestled in downtown Toronto's lush ravines in a setting of awe-

inspiring heritage buildings, the **Evergreen Brick Works** is the venue for this special event on Sunday, May 27th. The entire facility, including the Koerner Gardens, the Holcim Gallery, the Young Welcome Centre and the open pavilions will be part of the registration and pre-walk festivities. Participants receive royal treatment with **free parking, T-shirts, an elegant heart healthy breakfast from WHOLE FOODS, special shuttle buses from the TTC, and even dogs are warmly welcomed.** Roger Petersen, Anchor, *CityNews Tonight* and *CityNews Channel*, has once again graciously offered to serve as the program host to introduce the surprise celebrities, sports team mascots and live entertainment, and *John Stanton*, founder of the *Running Room & Walking Room*, has lent his support again as the Honorary Chair.

The traditional **3KM & 5KM WALK** and the newer **5KM RUN** will take place along the Moore Park Ravine/ Belt Line trail north of the Brick Works. The **NEW 10 KM CYCLE** will be led by the **Ride For Rehab's** cycling duo, *Alexander Holton* and *Vanessa Parlette*, and will go south along the Don River on the Don Valley Trail.

The top three male and female runners will be awarded wonderful prizes as well as the **TOP INDIVIDUAL FUNDRAISER** and the top individual **CYCLING** and **RUNNING** Fundraisers. In addition, there are also draw prizes for the winners of the **FRIENDS & FAMILY TEAM, CORPORATE TEAM** and **NATIONAL SPONSOR TEAM** competitions. Prizes include Toronto Maple Leaf hockey tickets, Toronto Blue Jays baseball tickets, dining & gift certificates and more! As an initiative to register early, a special **EARLY BIRD Draw Prize** of a \$500 gift certificate for organic meat has been donated by **Beretta Farms Inc.** Those who register by April 30th will be eligible to win.

The Evergreen Brick Works will also be open to the **WALK OF LIFE®** participants after the WALK, with an invitation to partake in historic tours of the site, activities for kids & adults, exhibits focused on climate change and green design, the Evergreen Garden Market featuring organic plants and unique items for sale and the on site restaurant. In addition, the celebration of 'Doors Open Toronto' also begins after the **WALK OF LIFE®**, highlighting further exciting festivities.

The WALK OF LIFE® has evolved into a magnificent multi-dimensional event. It is all-encompassing, embracing young and old alike from all 'walks of life'. It offers something for everyone... and families, friends and local supporters celebrate together championing the cause of cardiac health and rehabilitation.

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 Corporation; Rogers Communications; The Mikey Network; The Bank Of Montreal; The Printing House; Great-West Life, London Life & Canada Life; The Brand Factory; and Inno-Vite.** The goal for 2012 is to beat last year's record of \$450,000 and attract 2,000 attendees. Funds will be earmarked for prevention, education and cardiac rehabilitation by supporting over 25 cardiac rehab programs in hospitals across Canada through the National **WALK OF LIFE®** campaign with medical equipment; patient education & literature; five \$3,000 graduate scholarships; several major professional and public education lectures and the development of the Heart Wise Exercise Program in Toronto. Register early to reserve your spot as it is promising to be a sold out event!

On-line registration: www.walkoflife.ca.

Contact: 416-730-8299 or

info@cardiachealth.ca

with any inquiries.



"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, interactive website. This periodic 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.

2011 National Walk of Life Summary

WALK DATE	LOCATION	PROGRAM NAME	2010 Part.	2010 Gross Amt. Raised
April 29/11	Lindsay, ON	Ross Memorial Hospital, Cardiac Rehab Program- The Beat Goes On	115	10,546
May 7/11	Kelowna, BC	C.O.A.C.H Cardiac Rehab	99	20,064
May 11 & May 12th/11	Sudbury, ON	Sudbury Regional Hospital Cardiac Rehabilitation Program	90	6,611
May 14/11	Toronto, ON	Rouge Valley Health System- Cardiac Prevention and Rehabilitation Services	312	42,216
May 14/11	Breslau, ON	Cardiac Fitness Association	460	63,498
May 14/11	Toronto, ON	Toronto Rehab Institute- Cardiac Rehab & Secondary Prevention Program	20	1,895
May 14/11	Toronto, ON	Toronto Western Hospital- Peter Munk Cardiac Centre Cardiovascular Rehab & Prevention	100	20,139
May 14/11	St. Catharines, ON	Brock University Heart Institute	27	6,577
May 15/11	Oshawa, ON	Lakeridge Health Corporation	88	8,418
May 28/11	Hamilton, ON	McMaster University MacTurtle Cardiac Rehabilitation Program	350	29,870
May 28/11	London, ON	LHSC Cardiac Rehab & Secondary Prevention Program	100	8,646
May 28/11	St. Catharines, ON	Cardiovascular Health & Rehabilitation Program, Niagara Health System	44	3,088
June 4/11	Goderich, ON	Healthy Hearts Comprehensive Cardiac Rehab Program	32	4,190
June 11/11	Vancouver, BC	YMCA- Healthy Heart Program	130	15,346
June 12/11	Pointe-Claire, QC	West Island Cardiac Wellness Program	34	13,156
June 16/11	Newmarket, ON	Southlake Regional Health Centre, Cardiac Prevention & Rehabilitation	123	19,340
Sept 10/11	Bathurst, NB	Chaleur Regional Hospital Cardiac Rehab Program	104	7,461
Sept 10/11	Moncton, NB	Cardiac Rehabilitation at the YMCA	43	8,883
Sept 12/11	Saint John, NB	Cardiovascular Health & Wellness Program	150	14,725
Sept 17/11	Etobicoke, ON	Cardiac Wellness & Rehab Centre- Trillium Health Centre	195	27,172
Sept 25/11	Sydney, NS	Cape Breton Heart Lung Wellness Centre	120	7,700
Oct 1-14/11	Winnipeg, MB	Reh-Fit Centre	375	16,000
Oct 5/11	Ingersoll, ON	Oxford County Cardiac Rehab & Secondary Prevention Program	25	3,287
PROGRAM TOTALS			3136	358,828
Cardiac Health Foundation WALK PARTICIPANTS (figures do not include 3 participating programs)			1,300	428,831
TOTAL FOR ALL SITES			4,436	787,659

2011 Scholarship Winners

The **Cardiac Health Foundation of Canada** played an active role at the **Canadian Association of Cardiac Rehabilitation (CACR)** conference in Vancouver, British Columbia on October 22-26 2011, as part of the **Canadian Cardiovascular Congress (CCC)** - largest and most prestigious gathering in Canada, uniting the cardiovascular community, from physicians to researchers, to network, learn and showcase the latest in research and innovations. This year, five graduate scholarships of \$3000 each were awarded to students across Canada. In addition, grants were distributed to 23 cardiac rehabilitation programs to hospitals and clinics across the nation associated with the National **WALK OF LIFE®** campaign. The 19th annual **Dr. Terry Kavanagh Lecture**, presented by the **Cardiac Health Foundation of Canada**, highlighted the work of **Dr. James Blumenthal** from Duke University-addressing if stress management plays a role in rehabilitation.

Congratulations to:

- ♥ **Darren Mercer** - McGill University, PhD Level/ Doctorat Anxiety and Health Locus of Control is associated with Physical Activity in Cardiac Patients
- ♥ **Heather J A Foulds** - University of British Columbia, PhD Level/ Doctorat Community-Based Physical Activity Training: An Effective Means of Improving the Health of Aboriginal and Non-Aboriginal Individuals with a History of Cardiovascular Disease
- ♥ **Danielle Rolfe** - University of Toronto, PhD Level/ Doctorat Physical Activity and Health Promotion Practices, Preferences and Priorities of Older Women Living with Cardiovascular Disease
- ♥ **Brendan Pikaluk** - University of Saskatchewan, Masters Level Acute Responses to High and Low Velocity Resistance Training in Patients with Chronic Heart Failure
- ♥ **Scott Kehler** - University of Manitoba, Masters Level Impact of Physical Activity on Depression After Cardiac Surgery (IPAD-CS)- Preliminary Results

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 \$281,186. The 2011 graduate student recipients of this award were **Danielle Bentley** and **Gabriela Melo Ghisi**, and each received \$6,225.

Canada "Ride for Rehab"



The **FIRST** cycle across all of **Canada for Cardiac Rehab** was completed on September 1, 2011. **Alex Holton** and his partner **Vanessa Parlette** cycled 7260 km, sharing his remarkable cardiac recovery story from coast to coast with over 16 centres. Alex Holton received life-saving cardiac surgery at the age of 23. The rehabilitation work which followed his surgery inspired him to share his cardiac rehab centres and similar patients across the country. The **RIDE FOR REHAB** campaign's intent was to promote public awareness about cardiac rehabilitation and to raise funds for education and graduation scholarships.



Cardiac Rehab Centres Visited 2011

- Vernon Jubilee Hospital - Health Improvement Network (B.C.) **Sandra Humphreys**
- Moose Jaw Union Hospital - Five Hills Health Region - Cardiac Rehab program (SK) **Dawn Bohlken**
- Reh-fit Centre - Winnipeg (MB) **Jocelyn Mitchell & Janet Cranston**
- Dryden Regional Health Centre (ON) **Lucy Venne-Feccho**
- Wilson District Memorial Hospital (ON) **Stephen Mangoff**
- Wilson Memorial General Hospital (Marathon, ON) **Jillian Cordeiro**
- Southlake Cardiovascular Prevention & Rehabilitation - Southlake Regional Health Care (ON) **Terry Fair**
- The Peter Munk Cardiac Centre's Cardiovascular Rehabilitation and Prevention Program at Toronto Western Hospital (ON) **Dr. Sherry Grace, Dr. Caroline Chessex**
- The Toronto Rehab Institute - Cardiac Rehabilitation & Secondary Prevention Program (ON) **Dr. Paul Oh, Natalie Cournoyea**
- West Island Cardiac Wellness Program (Pointe-Claire, QC) **Agnes Cartier**
- Chaleur Regional Hospital Cardiac Rehab (Bathurst, N.B.) **Nancy Ellis**
- Cardiac Wellness Program, Horizon Health Network (Miramichi, N.B.) **Chantal Richard**
- Cardiac Rehabilitation at the YMCA, Horizon Health Network, The Moncton Hospital (N.B.) **Tracy Selway**
- Cardiovascular & Pulmonary Health in Motion Program - Nova Scotia Rehabilitation Centre - Capital Health (Halifax, N.S.) **Sue Brander-Murtha**
- Cape Breton Heart Lung Wellness Centre (Sydney, N.S.) **Carol Ferguson**
- Eastern Health Cardiac Rehab Program (St. John's, Newfoundland) **Wendy Decker**

Ontario Trillium Grant for Heart Wise Exercise program in the GTA...

The **Cardiac Health Foundation of Canada** is happy to announce a special two-year grant from the Ontario Trillium Foundation for \$134,000 to further expand the **Heart Wise Exercise** Program in Toronto- a program that steers people in the right direction by identifying safe, suitable and heart-friendly fitness programs within the community. Programs are designed for individuals who have completed cardiac rehab or who are at risk of cardiovascular disease. **Paul Sawyer**, former manager of the **Cardiovascular Prevention & Rehab Program** at **Lakeridge Health**, is the new **GTA Heart Wise Exercise** Director. Several workshops beginning in January 2012 will be held to train fitness specialists in **Heart Wise Exercise** and to fulfill the criteria needed to receive the Heart Wise designation for their facility. Learn more about upcoming training sessions and facilities displaying the Heart Wise logo on our website under the New Heart Wise Exercise tab.



Free Lecture – Ondine's Curse

"What fairy tales, coronary artery disease and obesity have in common"

By: **Dr. Donald J. Mertens**
 Date: Saturday, April 21st, 2012
 Location: Evergreen Brick Works – Blakes Meeting Room
 550 Bayview Avenue, Toronto, ON
 Time: 11:00am to 12:00pm

This presentation describes the different types of sleep apnea, diagnosis, physiological consequences and treatment of the condition. One of the major consequences of sleep apnea is sleep deprivation. It is also increasingly common for people without sleep apnea to suffer from volitional sleep deprivation, and they experience many of the same physiological perturbations. These changes have been shown to be associated with increased frequency of heart attacks, strokes, hypertension and obesity amongst other problems. This talk discusses the mechanisms by which these conditions come about and some of the strategies that can be utilized to correct the situation. Sleep deprivation is a largely unrecognized risk factor for coronary artery disease and obesity.
PLEASE RSVP...LIMITED SEATING!

For more information about the **Cardiac Health Foundation of Canada**, please visit www.cardiachealth.ca, and contact us at **416.730.8299** or info@cardiachealth.ca

