



Pacific HeartBeat

NEWSLETTER

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January 2009



President's Report

By Warren Keep

We were all pleased with the 20th Anniversary celebration, held on October 4th at the Royal Columbian Hospital. Dr. Jiri Frohlich, a renowned pathologist from St. Paul's Hospital, was our guest speaker. He provided some very pointed remarks about how to prevent heart problems and how to survive after heart trauma. I hope everyone practices the 0-5-30 program, with their doctor's approval, within a week or two of going home. Please read the highlights of Dr. Frohlich's remarks in this issue of the Newsletter.

We would like to thank all the special guests who attended our 20th celebration:

The Honourable Mary Polak (Minister of Healthy Living and Sport, responsible for the Act Now Program);

Harry Bloy, M.L.A. for Burquitlam (an open-hearter) who will be our guest speaker at the 2009 Annual General Meeting);

Irene Loughran (Coordinator, Volunteer Programs for the Heart and Stroke Foundation of BC & Yukon);

Robin Wilson and Gloria Kuffner (Healthy Heart Society of B.C.);

David Chiu (Act Now B.C.);

Kim Lowry and Deanna MacKinnon (Royal Columbian Hospital).



President Warren Keep Cutting Anniversary Cake

On November 1st., we introduced the Act Now/ POHA walking program. This program centres on the commitment of patients, with their doctor's approval, to initiate a walking program. Act Now B.C. has provided POHA with pedometers to be given out to a sample of post-surgery patients during a six-month trial period. We have had very enthusiastic responses from all the patients participating so far. We hope that the statistics collected in this trial period will demonstrate the willingness and interest of patients to take part in a walking program. If we prove to Act Now B.C. that our efforts are successful, this joint program could be made a permanent part of our post-surgery visits.



Some of the Attendees at 20th Anniversary

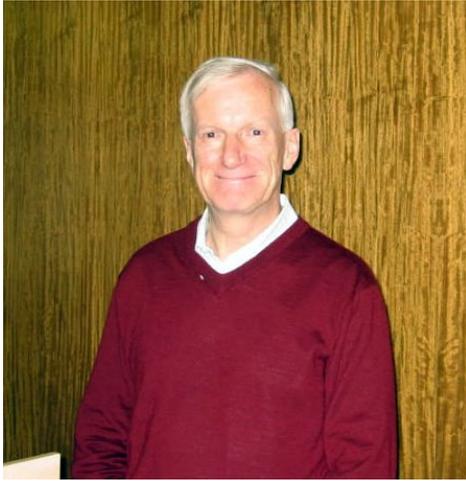
Please give me a phone call at 604-460-0394 if you can offer a few hours to make our organization better.

- **The Board of Directors needs a Vice-President, a Treasurer and a Secretary.**
- **We need volunteer visitors to provide support at the hospitals.**
- **We need people to help plan and organize the annual golf tournament.**

Summary of the Presentation by Dr. Frohlich at the POHA 20th Anniversary Celebration

By Mike Martin

Dr. Frohlich, lipid researcher at St. Paul's Hospital in Vancouver, spoke at POHA's 20th Anniversary Celebration on October 4th. The following is a summary of his presentation.



Dr. Jiri Frohlich

Fifty years ago, there was no open-heart surgery. Advances in medicine have changed that but Dr. Frohlich said, with tongue partly in cheek, that his goal is to put cardiologists out of business. Heart disease often can be prevented. So, how do we prevent heart disease?

What is the role of inheritance? If you have parents or siblings who died of heart disease at younger than 60 years old you should be checked for risk factors. The **major** risk factors include:

- age
- gender
- diabetes
- blood pressure
- smoking
- cholesterol (lipid profile)
- lipoprotein (a)

These factors may predispose you to heart disease. However, it is now apparent on a population level, that inheritance does not play an overwhelming role.

Environment is **more** important.

An Interheart Clinical Study was carried out at McMaster University in Hamilton, Ontario. Fifteen thousand participants from 52 countries were studied, including people from almost every ethnic group. Patients with their first heart attack were compared to people coming to the hospital for other reasons (controls). It was found that 90 to 95% of Myocardial Infarctions were caused by environmental factors. Eight manageable factors were identified and the same ones were found worldwide.

In another North American study, of 20 people who inherited very high cholesterol, 10 had a myocardial infarction. These figures were compared to a group in China with the same inheritance. None had a heart attack. In China there is little meat in the diet and physical activity is much higher.

The Environmental Risk Factors are:

1. Apolipoprotein B/Apolipoprotein A ratio (Apo B/Apo A ratio). Low levels of Apo A frequently indicate people with accelerated levels of atherosclerosis because of a lack of a cholesterol removal mechanism.
2. Cholesterol – the ratio of bad to good cholesterol in your blood – total cholesterol/HDL ratio
3. Smoking - you should not smoke
4. Diabetes – There is no doubt this predisposes one to heart disease. It is highly correlated to obesity. After the 2nd World War diabetes was almost nonexistent because of the lack of food. As food became more abundant the incidence of obesity and diabetes increased.
5. High blood pressure – your blood pressure should be less than 140/90. Lower than 130/80 is recommended for people with diabetes and kidney disease.
6. Diet – Consumption of vegetables is good, fruits are almost as good. Men with a waist measurement under 90 cm have a lower risk of heart disease. For women the measurement should not exceed 80 cm. The larger the waist the greater the risk. Moderate drinking of alcohol is beneficial with limits of 2 drinks per day for men and 1 drink per day for women. However, binge drinking is unhealthy
7. Exercise – regular daily exercise is essential. Walk for at least ½ hour each day, covering about 3 kilometres.
8. Psycho-Social – socialization is essential for a healthy heart. People who socialize are usually healthier. You should have someone with whom you can discuss your successes and problems. It is better to be rich than poor.

The good news is that **if** we can identify and control those environmental factors, the risk of dying for people with a history of heart disease can be reduced to the level of people who have not had a heart attack or open-heart surgery.

Can you reverse bad environmental factors?

The damage caused by fat in the arteries is not completely reversible. However, the lesions can shrink and are less likely to break down if they contain less fat, so the risk can be reduced.

What are we doing in British Columbia?

We are changing the focus from surgery to prevention. We are trying to educate the population about risk factors. A lot of people are not aware of the links from smoking and overeating to heart disease.

The provincial government program, Act Now B.C., wants B.C. to be the healthiest place to host a winter Olympics.

Their slogan is **0-5-30**:

0-No Smoking 5- Servings of veggies each day 30-minutes of exercise

There is some good news regarding heart disease. The number of people needing angiograms and open-heart surgery is decreasing. There is some exciting progress in treating atherosclerosis. Apo A can be injected into veins. It cleans the fat out of arteries. There is an even more efficient "Draino" protein bound to cholesterol that has been found in people in a village near Milan, Italy. These people have low HDL, but no heart attacks. More research is needed to learn about this.

Annual General Meeting Saturday February 14, 2009

Place: Unitarian Church
949 West 49th Ave. (Oak & 49th Ave.)
Vancouver, BC

Time: 1:30 PM

Speaker: Harry Bloy, MLA, Burquitlam. Chair of the
Government Finance Committee.
Harry had open-heart surgery in 2000.

Topic: "I'm Healthier Now Than I've Ever Been"

Membership Registration desk will open at 1:00 PM

POHA 25th Annual Golf Tournament By Roger Kocheff Chair POHA 2009 Golf Tournament

I want to thank Moe and Joanne Pitcher for their years of dedication to the smooth running of past tournaments. This year, I have been calling on members to help me put together a golf committee that will ensure a memorable 25th. Anniversary golf celebration.

This year, the tournament site, will be at Poppy Estates Golf Course on Thursday June 18, 2009.

Poppy Estates Golf Course, is at 3834 248 Street, Aldergrove, in a more central lower Fraser Valley location. It is an executive course that will be easy enough for casual golfers and challenging for those who play regularly. We will keep the costs in line with previous tournaments. We do plan some special surprises for those in attendance.

Please plan to attend. For more tournament information or to learn how to help with the tournament contact me at:

604-467-2904 or rkocheff@telus.net

2009 POHA GOLF TOURNAMENT
Thursday June 18th 2009
Poppy Estates Golf Course
3834 248 Street, Aldergrove

Please send Golf Tournament Information to:

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

E-Mail: _____

The success of POHA Visitation Programs at 3 open-heart surgery hospitals, and 6 "feeder" hospitals, where patients await transfer for their surgery, depends not only on Volunteer Visitors but also on Donations and In Memoriam gifts. Thus we would like to recognize and say a "heartfelt" thank you to the following that received an income tax receipt from the POHA in 2008:

Jean Andrews	Wolfgang Leininger
Clayton Blacker	John & Marie Liddle
Rosalio Borsoi	Geraldine McIntosh
Robin Burnside	Archie McKen
Robert Carlson	Dick Mackenzie
Marlies Caswell	William Mackenzie
Gene Chiang	Murray Mawhinney
Connolly Foundation	Klaus Michel
Worth Connolly	Finlay Morrison
Elaine Cook	John Morrow
Joan Crofts	Harry Moshenko
Burton Davies	Richard Nelson
Willard Dunn	Fiona Odam
Chuc Duong	Helen Orenchuk
Eileen Evans	Reg Phillips
Richard Fahlman	Aubrey Reed
Founder's Cup Charity	Gordon Rice
Foundation	Jasvir & Piara Sandhu
Tony Gadsby	Veronica Scarpino
Art George	Marinus Schryver
Jack Grant	Leslie Shingler
W.J. "Jack" Jones	Gisele Smith
Arthur Jukes	Calvin Soper
See Bun Ko	K.W. & C.Y. Sze
Steve Kovacs	TELUS
Frank Kozakiewich	Sophie Uytdehaag
Jaide Kuraishi	Eileen Wilson
	Kenton Wilson

This list is current as of November 30th 2008.

Newsletter Update By Patrick Hagan

We hope you enjoy receiving the **Pacific Heartbeat Newsletter**. The current edition, as well as past editions, is available on our Web Site. You can find them at:

pacificopenheart.org

Just click on **Newsletters** on the left-hand side of the page. Perhaps, instead of receiving a mailed copy, you would be willing to access the newsletter on our Web Site.

You can do this by sending an e-mail to:

newsletters@pacificopenheart.org

Please include the following information in the e-mail:

1. Subject line should say: **STOP NEWSLETTER**
2. Your **name**.
3. Your **phone number**.
4. Your **E-Mail address**.

If we can reduce the number of mailed newsletters, this will have a beneficial effect on our bank account and also on the environment.

Also, we welcome your comments on the contents of our newsletter as well as suggestions about articles or information for future editions. Do this via e-mail, by using the above method. Type **NEWSLETTER COMMENTS** in the Subject line.

NEW DIRECTORS

Four new members were elected to the Board of Directors at the Annual General Meeting in February 2008.



(from left) Bill Hampson, John McPhadyen, Gene Chiang and Alfred Buchi.

They are all veterans of open heart surgery with surgeries performed between 2001 and 2004. Three were done at St. Paul's Hospital and one at Vancouver General Hospital. The new directors are all volunteers. Between them they visit at the three surgery hospitals as well as Delta and Surrey hospitals.



Mary Polak, MLA & Harry Bloy, MLA at 20th Anniversary

VOLUNTEER FOR THE HEALTH OF IT

We always need more members to join the ranks of the volunteer visitor.

If you can spend 1 to 2 hours every couple of weeks to give support to open heart surgery patients, one of the following team leaders would be very happy to tell you more about the opportunities available:

Royal Columbian Hospital	Mike Martin	604-535-3195
St. Paul's Hospital	Vern Halverson	604-261-2153
Vancouver General Hospital	Marjorie Blair	604-435-4040

If you would like to continue to receive copies of this newsletter, please renew your membership or become a member of the POHA. Complete the form below and return it with your \$10 annual fee.

MEMBERSHIP REQUEST

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

E-Mail: _____

I am interested in becoming a volunteer visitor:

I am interested in Golf:

The POHA acknowledges the generous support of the Founder's Cup Charity Foundation in the production of this newsletter.



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