



Pacific HeartBeat

NEWSLETTER



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Waist Size Does Matter

By Gloria Kuffner

Studies have shown visceral fat that shows up as a spare tire around the waist increases a person's risk for hypertension (high blood pressure) cardiovascular disease and diabetes. One in four British Columbians has a condition referred to as Metabolic Syndrome. Metabolic Syndrome as defined by St. Paul's Hospital begins with an enlarged waist.

Waist circumference	
Men	≥94 cm [37.0 in]
Women	≥80 cm [31.5 in]
Plus 2 or more of the following risks are present	
Fasting blood sugar	Greater than 5.6mmol/L or Type 2 Diabetes
Blood Pressure	Greater than 135/85 mm Hg or on medication for High Blood Pressure
Triglycerides	Greater than 1.7mmol/L or on medication for elevated Triglycerides
HDL Men	Less than 1.03mmol/L
Women	Less than 1.29mmol/L
	Or treatment for low HDL

In fact, Metabolic Syndrome also increases a person risk for certain types of cancer in both men and women. However, as we all know, losing that belly fat is easier said than done. Someone once said, losing weight is easy, I've done it over a 100 times. The problem is not so much losing, it's keeping it off.



Gloria Kuffner, RN,CDE, ACSM Certified Exercise Specialist

Many of us have tried those abdominal machines to get our waist size down, diets and various types of exercise. Some loose a few pounds only to gain it back. The key is not to do what we have already done, but to find a way to get healthy and stay that way.

I think I have found the magic formula. We need to get motivated and then focus on our success. When we find success in one area of our life we are more likely to develop success in other areas. Start by exercising about 10 minutes every day.

When you have success with that increase to 15 minutes a day and increase in increments of 5 minutes a day about every 2 weeks. Now you have a pattern developing.

One way to keep that motivation going is to have a visual (in your face) reminder. The way I remind myself is to wear a pedometer and then go on the ActNowBC website and log my steps every day. In fact I have downloaded the activator widget to motivate me and keep me going.

The ActNowBC slogan is every move is a good move, and that is so true. Look for ways to add more movement to your day and it will show up on your pedometer and on your waist. Get off to a good start, with a pedometer, preferably the one at the ActNowBC event in your community, and then download the activator widget on to your desktop and start moving. I guarantee you are going to start feeling better

HOSPITAL VISITORS URGENTLY NEEDED

There is a constant turnover of POHA visitors at the three Greater Vancouver area hospitals where cardiac surgery is performed.

At present, there is a shortage of such visitors. If you are interested (or definitely willing) in becoming a visitor, please contact the Team Captain of the hospital where you would like to visit.

The team Captains and their phone numbers are:

Royal Columbian Hospital -
Mike Martin - 604 535 3195;

St. Paul's Hospital -
Vern Halvorson - 604 261 2153;

Vancouver General Hospital -
Marjorie Blair - 604 435 4040

PRESIDENT'S REPORT - SUMMER 2008

I wish to thank Gloria Kuffner for her message in this newsletter, about "**tummy fat**".

Our **20th Anniversary** get together has been scheduled for

- October 4th, 2008
- The Royal Columbia Hospital,
- Sherbrooke Lounge,
- At 1:00pm.

We have as a guest speaker Dr. Jiri Frohlich, a well known Professor, Pathologist and a St Paul's Staff member. He has some very interesting comments about our being High Risk people. Also we shall be introducing the ActNow/POHA assistance recovery program, for newly released heart patients. If you are wanting to come please phone me at 604 460-0394 and leave your name and phone number, also you e-mail address. We are limited to 90 people, so book early.

Hope to see you at our 20th

Warren Keep

President



The 2009 AGM will be held Saturday, February 14

Mike Martin presenting POHA Golf Committee Funds to Delta Hospital Representative



Fiona Oldham and POHA President Warren Keep donate POHA funds to Narinder Sandhu at Richmond Hospital

POHA Director Marjorie Blair presenting a cheque to The Cardiac Sciences Educator Tina Oye RN, BSN for the VGH Cardiac Education Room



2008 POHA GOLF TOURNAMENT

The 24th Annual Pacific Open Heart Association Golf Tournament was held on June 26th, 2008 at Tsawwassen Golf and Country Club in Delta. The format was a Modified Texas Scramble, with 15 teams composed of 4 golfers on each team. The buffet dinner had 80 people enjoying the wonderful spread. The day, despite a cool start, turned out wonderful and we only had to endure a few showers during the round.

The POHA Golf Committee would like to thank everyone who attended to make the day a special one. Special thanks to all the volunteers and to our hole sponsors, it would not be so successful without their contributions. This years hole sponsors were:

Vancouver G & F Financial Group, Burnaby
3R Demolition Corp., Burnaby
Heart & Stroke Foundation,

Vancouver Pharmasave, Ocean Park
Peter Joyce Heating
Services Ltd.
Keegan Group at
ScotiaMcLeod,

Richmond UniPharm Wholesale Drugs,

Port Coquitlam William J. Harris, Lawyer,

The winning team was the William Harris Group, William Harris, Tony Soda, Jessie Harris, David Harris. The 2nd place team was Al Webber, Don Chandra, Preben Anderson and George Henderson. The winner of the putting contest was Sharon Johnson.

Moe Pitcher, Golf Committee



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Moe Pitcher, POHA Golf Tournament Chairman, speaking at The Tournament Dinner



Irene Loughran, representing The BC and Yukon Heart and Stroke Foundation, addressing the golfers and guests at The Tournament Dinner

If you would like to receive further copies of this newsletter and become a member of the Pacific Open Heart Association please complete the "Membership Request" below and return with your \$10.00 annual membership fee in the envelope provided by your visitor.

MEMBERSHIP REQUEST

Name _____
Address _____
City _____ Postal Code _____
Phone _____

I am interested in becoming a volunteer visitor:

I am interested in Golf I am interested in the Sun Run Team

Membership Fee is only \$10.00 per year.

Membership: Jan 1 to Dec 31

The POHA acknowledges the generous support of *THE FOUNDERS GOLF CUP FOUNDATION* in the production of this newsletter.