

# ♥ HEALTHY HEARTS ♥

Issue No. 8 June 29, 2020

## *Question of the week!*

### How does the heart work?



The heart is a unique piece of mechanical, electrical, chemical engineering that pumps blood around the body to the brain and all of the other organs to deliver oxygen and nutrients to keep us alive!

It sits in the centre of your chest and is approximately the size of your own fist. It is made up of specialised muscle fibres that respond to electrical currents which pulse automatically to cause the heart muscle to contract. A system of four one-way valves helps move blood through four separate chambers building up enough momentum to deliver the blood to the lungs and all other areas of the body and back again.

Check out this YouTube video:

<https://www.youtube.com/watch?v=CWFyxn0qDEU>

It only takes one of these parts to get damaged or begin to fail to have an effect on the rest of your heart and your body.

Medical procedures, surgery, medications, and correcting your risk factors all help put the problem right or make enough improvements to allow for a good quality of life.

In some cases the damage is too bad and a new heart is the only solution. Mechanical devices can help buy time until a heart transplanted from another person can be found.

## CARDIOLOGIST CORNER



**Bruce is currently enrolled in Cardiac Rehab and agreed to let us share his story with you all:**

During the month of March, Bruce Blair was near death due to severe heart failure. He and his wife, Connie, traveled from Kamloops to St. Paul's where Bruce was admitted and placed on ECMO. ECMO (Extracorporeal membrane oxygenation) was used for short-term purposes — supporting circulation and infusing oxygen into the blood and removing carbon dioxide. Shortly after being on ECMO, Bruce underwent surgery for a more durable mechanical heart pump (LVAD – left ventricular assist device). Flash forward a few weeks and Bruce was transferred to Holy Family Hospital for rehabilitation after he was noted to be severely deconditioned

Read the full story here:

<http://thedailyscan.providencehealthcare.org/2020/06/helping-patients-recover-virtually-during-covid-19/>

**Update:** Bruce started Cardiac Rehab on June 8 and continues his recovery to gain more strength at home in Kamloops.

Try out this fun quiz and let us know how well you score!!

<https://www.webmd.com/heart-disease/rm-quiz-know-heart>

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## The Benefits of Exercise

While we all miss having you here at Healthy Heart, like everyone, we are settling into our current “normal”.

This week we have a link to a 10 minute video clip called “23 ½ hours – What is the Single Best Thing we can do for our Health” by Dr. Mike Evans, a Canadian physician based in Toronto.

Click this link to access:

<https://www.youtube.com/watch?v=aUaInS6HIGo>

### “Exercise is Medicine”

Exercise appears to help prevent cardiovascular disease, and prevent the progression of disease, in some cases even contributing to regression of plaque build-up in the arteries.

See the attached handout for a list of benefits you get by exercising regularly.



## Feel Healthy with Dr. Scott Lear

Feel Healthy with Dr. Scott Lear ([www.drscottlear.com](http://www.drscottlear.com)) is a weekly blog written by our very own Healthy Heart Program researcher Dr. Scott Lear.

Scott has been with the HHP conducting research for over 20 years in how exercise, nutrition and healthy living can help support patients with heart disease. In 2017 he was diagnosed with heart disease himself and started the blog to share both his scientific expertise and experience as a patient to help others live a long and healthy life. So check out the blog and follow along.

## Nutrition Tidbits



### The Benefits of fibre

- -helps control blood sugar and lower cholesterol
- -helps to keep you full and may prevent from overeating
- -important for bowel regularity

### How much fibre do I need?

- -Women: aim for at least 25 grams fibre per day
- -Men: aim for at least 38 grams fibre per day

### How can I get more fibre in my diet?

See attached handout for ways to get more fibre in your diet.

See attached recipe: Fiesta Bean Salad  
Try it out this summer!



Do you have specific needs from your Cardiac Rehab team?

You can contact us at:

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