



Chronic Diseases

Journey Beyond

Winter 2008

Women and Heart Disease

Traditionally, heart disease has been seen as a man's disease. But it also affects women significantly, although the disease tends to appear six to ten years later than in men.

Did you know:

- ♥ Heart and blood vessel disease accounts for more than 40% of all female deaths in Canada
- ♥ More than 11% of women, aged 45 to 64 have some type of heart disease
- ♥ One in three women, aged 65 plus, has some type of heart and blood vessel disease.

There are special risk factors for women that must be considered. One such risk factor is diabetes. It is a major cause of heart disease in women under the age of 50. Another of these risk factors is menopause, which results in lower levels of the hormone estrogen, which has been associated with helping protect women against heart disease. If you're over the age of 35, smoking, and taking oral contraceptives, you may significantly increase your risk for developing heart disease.

Women often miss the early signals of heart disease or they wait too long before seeking help. Some warning signals for women may vary from what a man experiences. Men and women both may feel crushing chest pain or shortness of breath.



Women however may also feel indigestion-like discomfort; vague chest pain, discomfort or pressure, nausea; light headedness, or pain in the neck, jaw or back. If you experience any of these symptoms, see your doctor.

Simple changes can help you to take control of YOUR heart health.

- ♥ Enjoy a heart healthier way of eating. For example have baked salmon for dinner tonight and fill your plate up with lots of colourful veggies.
- ♥ Be physically active.
- ♥ Become smoke free
- ♥ Take a break when life becomes stressful.
- ♥ Ask your doctor to check your blood pressure and your blood cholesterol levels and learn what the results mean.

Adapted from Women and Heart disease Becel, Canada



New to our Team!

We would like to welcome the new staff members to the Chronic diseases team.

Denise Woodland RN BN is the new Pain Management Resource Nurse for the Pain Management Clinic.

Sherry Loewen RN BN is the Case Manager for the Stroke Prevention Clinic.

Debbie Rigaux RN BN is the new Case Manager for the Prehab. Clinic.

All programs can be accessed by calling 578-4200 at the Brandon Regional Health Centre Clinics area.

Get Better Together!

A program for living better with chronic disease

Are you sick and tired of being sick and tired? Or, are you managing well and want to stay that way? "Get Better Together" is for you.

A free program for people living with any kind of ongoing health problem. Six weekly sessions will help you learn to manage your condition better and cope with challenges. Programs are led by an instructor also living with a health condition.

To register or find out more information, call 571-8455. To ask about becoming a "Get Better Together" leader, call 571-8398.

Winter Schedule

- Jan. 22 - Feb. 26, Thursday, 6:30-9 PM
West Lounge at Brandon Regional Health Centre
- Feb. 17 - March 24, Tuesday, 2-4:30 PM
Regional Administration Conference room, 150A 7th Street
- March 26 - April 30, Thursday, 1-3:30 PM
West Lounge at Brandon Regional Health Centre



Get Better Together!

Will be held in Neepawa and Killarney
Call Melody Kowalchuk at 328-6215 for more information

"Diabetes and your Dental Health"

by Dr. Trudy Corbett

Certified Specialist in Periodontics
will be presented

Monday March 16 at 1:00 PM
Prairie Health Matter in the Town Centre
Please call 571-8357 to register

The Heart and Stroke Foundation of Manitoba and the Cardiovascular Health Promotion committee presents:

Lipids and Labels-Understanding Your Cholesterol

Tuesday February 24, 2009

Dr. Turabian and Dianne Lamb, Registered Dietitian
For more information please call the Heart and Stroke office at 571-4080



Finding answers. For life.

GOTCHA

"Get off the Couch" Healthy Activity Program

"GOTCHA" helps you become more active during your day.

A **pedometer** is used to motivate, along with group meetings and setting goals.

The 12 week program includes 4 group sessions, 8 weeks of self motivation and a reunion on the 12th week to review goals and celebrate.

Next program (4 weeks of group sessions):

Dates	Places	Time
Thursday's beginning February 26 2009	Prairie Health Matters Town Centre, Brandon	6:30-8:30 pm

NO CHARGE! FREE! To register, call:
Prairie Health Matters at 571-8357

Recipes

Fish Creole

11 Servings

Preparation Time: 30 minutes

Cooking Time: 1 hour, 15 minutes



Dry white wine	1/2 cup
Green and red peppers, diced	2 cups
Onions, diced	2 cups
Celery, diced	1 cup
Garlic, minced	3 cloves
Okra*, sliced	1 cup
Parsley, chopped and divided	1/2 cup
Plum tomatoes, coarsely chopped	2(28-oz.) cans Undrained
Reduced-sodium chicken broth	1 cup
Tomato paste	2 Tbsp.
Celery seed	1 tsp.
Paprika	2 tsp.
Chili powder	1 tsp.
Bay leaves	2
Fresh cod, halibut, or haddock fillets, cubed	2 lb.
Salt to taste	

Place wine in large stockpot, bring to a boil, and add the peppers, onions and celery. Sauté for 10 minutes.

Add the remaining ingredients, except the fish and salt, using 1/4 cup of the parsley (reserve the remaining parsley for garnish). Lower the heat and simmer for 45 minutes. Add the fish and simmer 15 minutes more. Remove the bay leaves before serving. Add salt to taste. Sprinkle with remaining parsley.

*Okra can be found in the produce section, frozen section or canned

Source: *Diabetes Forecast July 2008*

Per Serving:	(1 Cup)
Calories	130
Total fat	1 gram
Saturated fat	0.1 grams
Cholesterol	35 milligrams
Sodium	400 milligrams
(without added salt)	
Total carbohydrate	13 grams
Dietary fibre	3 grams
Protein	17 grams

Bell Pepper Quinoa Pilaf with Fresh Basil

4 Servings

Quinoa	1 cup
Water	2 cups
Red bell pepper, finely diced	1 cup
Lemon juice	1 Tbsp.
Extra virgin olive oil	1 1/2 tsp.
Basil leaves, thinly sliced	1/3 cup
Pine nuts, pan-toasted	2 Tbsp.

1. Bring the quinoa, water, bell pepper, and lemon juice, to a boil in medium sauce pan over high heat. Reduce the heat to medium, cover and simmer for 12 minutes or until the water is absorbed and the quinoa is tender. Remove from heat.

2. Stir the olive oil and about 3/4 of the basil. Transfer to a serving bowl and top with remaining basil and pine nuts.

Source: *Diabetes Forecast December 2007*

Nutrition facts: Serving size rounded 1/2 cup.

Calories	210
Total fat	7 grams
Saturated fat	1 grams
Cholesterol	0 milligrams
Sodium	11 milligrams
Carbohydrate	33 grams
Dietary fiber	3 grams
Protein	7 grams



2008 Clinical Practice Guidelines for Diabetes

- Target pre-meal blood sugar levels remain at 4.0 – 7.0 mmol/L and 2 hour post-meal at 5.0 – 10.0 mmol/L. If A1C (3 month lab test) is not less than 7.0% post-meal blood sugar between 5.0 – 8.0 mmol/L may be considered.
- All person with diabetes should have an electrocardiogram (ECG) if over 40 years of age or after 15 years duration of diabetes.

ASK THE EXPERT

Question: Activity in winter is an especially tough chore. How does one stay active when staying on your feet can sometimes take all of your effort?

Answer:

Whatever weather comes our way this winter, don't forget that there are many ways to be physically active indoors, so you can still enjoy being active even if you're not keen to go outside for a few days.

Here are some reminders of all the physical activities you can try that aren't weather-dependent:

- Turn on the radio or your favorite CD and move to the beat in your living room.
- Wash the floors until they sparkle.
- Do some stretching every day while listening to the news.
- Use music you like for stepping, hopping or jumping in place.
- Walk the stairs in your house, apartment or workplace.
- Use soup cans to challenge your arm muscles with bicep curls.
- Walk the halls of your apartment building or workplace.
- Vacuum all the nooks and crannies of your house.
- Clean up one of the shelves in your kitchen cupboards



- Practice progressive relaxation, tensing each body segment and then relaxing in turn (head, neck, shoulders, right arm, right hand, left arm, left hand, etc)
- Build a mini obstacle course in the basement or garage.
- Use an indoor bench or steps for a step-aerobic workout.
- Invent a new dance and name it after your family or share dances from each generation in your family.
- Try juggling apples or oranges

Sources: *Canada's Physical Activity Guide; the National Association for Sport & Physical Fitness*

Here are some websites to keep you motivated:

Winter Active - <http://www.winteractive.ca/>

WinterActive 2009 runs from:

January 15th to February 27th.

During this time, community leaders organize and promote events/programs. Why not take the initiative, become a "leader" and encourage your friends, family or coworkers to get WinterActive with you?

Healthy Brandon *in motion* –

<http://www.brandoninmotion.ca/> This is the site for local events. Keep an eye on the calendar, there might be an event you don't want to miss!

Remember, even in the dead of winter, every little bit of physical activity helps!

Chronic Diseases Journey Beyond is a newsletter for people with chronic illness providing information on lifestyle management. Chronic Diseases Journey Beyond is published in the fall, winter and spring. We would welcome any suggestions for further items. Send your thoughts or comments to:

*Chronic Disease Journey Beyond
C/O Prairie Health Matters
Diabetes and Heart Health Promotion
Unit A5-800 Rosser Ave.
Brandon, MB R7A 6N5
Phone: 571-8357*

Let us know if you would like to receive future newsletters via email.

Past editions are available at www.brandonrha.mb.ca and phm.brandonrha.mb.ca



BRANDON REGIONAL HEALTH AUTHORITY



Regional Health Authority

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