



## Local Gaming Company Develops Free Heart Hero App for the Heart and Stroke Foundation

Vancouver's Genius Factor Games donated their time to develop an app specifically for the Heart and Stroke Foundation. It provides an easy, fun - and free - way to practice and learn about CPR (cardiopulmonary resuscitation) on the go. The iconic, Bee Gees' disco song Stayin' Alive was chosen because the rhythm provides just the right pace for performing CPR on an adult. The app has a video tutorial and several Heart Hero mini-games to learn from.

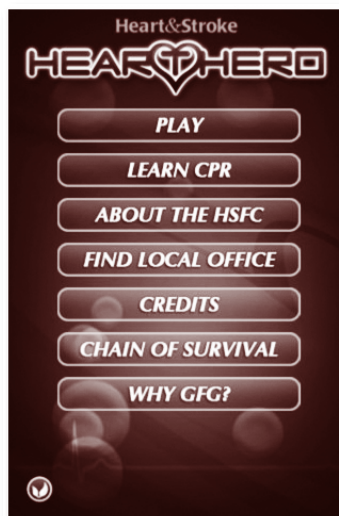


"Creating this app was a very personal process for me," said Genius Factor founder Ted Nugent. "My father experienced multiple strokes at a relatively young age. During his recovery, I witnessed first-hand the invaluable recuperative support by the Heart & Stroke Foundation's programs. Sadly, he ultimately died of complications due to stroke and heart disease, and ever since then I've been motivated to do something to honour his memory and recognize the fine work of the Foundation. Developing this app was a great start to do that."

Lisa Hutcheon, Manager of Patient Programs at the Heart and Stroke Foundation states, "We know that many people hold back from doing CPR because they are afraid they may do it wrong, but technique is actually less important than doing chest compressions quickly and firmly. This app is a fun, free way to practice CPR and improve confidence. It has the potential to be lifesaving.

The odds of surviving a cardiac arrest are almost

four times greater if someone performs CPR right away. When CPR is combined with an Automated External Defibrillator (AED) and used within the first few minutes of a cardiac arrest, survival rates can increase by as much



"Heart Hero," is a mobile app that allows mobile phone users to practice CPR on the go!

as 75 per cent. Without CPR and defibrillation, fewer than five per cent of people who have a cardiac arrest outside of a hospital survive.

The app is available for iPhone, iPad and iPod Touch users via the Appstore. To download the app please visit: <http://itunes.apple.com/ca/app/heart-hero/id467016342?mt=8>.

The app is a valuable tool to practice CPR, it does not replace CPR certification. The Foundation recommends that all Canadians learn the life-saving skills of CPR and review this knowledge often.

## New UBC Professorship Focuses on Women's Cardiovascular Health

The first research program in British Columbia to focus on gender-based differences in cardiovascular disease has been established by the University of British Columbia and Providence Health Care.

The UBC Heart and Stroke Foundation Professorship in Women's Cardiovascular Health, held by Dr. Karin Humphries, will develop a focused and integrated vision for cardiovascular care, education, and research for women throughout the province, including rural communities. The professorship will be based at St. Paul's Hospital.



Although often perceived as a "men's disease," cardiovascular disease (heart disease and stroke) is the leading cause of death for women. Approximately 35,000 women in Canada, and more than 4,800 in British Columbia, die of heart disease or stroke each year.

Dr. Humphries will focus on researching the detection and early treatment of cardiovascular disease and finding new ways to improve the education of physicians, women and their families on heart disease and stroke. She will develop strategies to improve outcomes for women at highest risk, including Aboriginal, South Asian, and those of poor socio-economic status.

"For decades, cardiovascular disease was considered a man's disease, but the reality is that more women are dying of heart disease than men," Dr. Humphries said. "Although evidence suggests that gender differences can affect the prevalence, symptoms, diagnosis, treatment and outcomes of cardiovascular disease, we haven't seen enough research in this area of study."

The professorship, a partnership between St. Paul's Hospital and UBC, is being supported in part through the Ministry of Health and the Heart and Stroke Foundation of Canada.



## Heart Disease Treatment in Python

Researchers in Colorado have discovered a potential heart disease treatment in, of all things, python blood. Burmese pythons eat

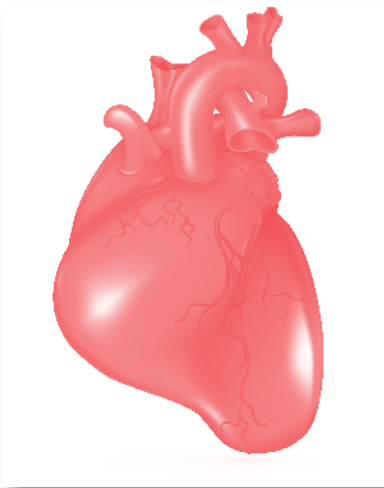
infrequently, sometimes getting by on just one or two meals a year. When they do feed, they have large meals, often swallowing their prey whole, which requires the body to ramp up its metabolic efforts to accommodate this. Their organs double in size within a day and of particular interest to investigators is the change in cardiac muscle. The heart can build muscle and undergo significant growth without damage to the organ.

It is interesting to note that the individual heart cells increase in size, instead of multiplying, and that the pythons' enhanced cardio performance can last up to six days following a meal, while digestion is taking place. Scientists are hoping to make derivations from this to develop a potential heart disease treatment. The fatty acids responsible for this phenomenon, which include myristic acid, palmitic acid and palmitoleic acid, have been extracted. Their application on mice has been successful, indicating that there is viability in human use to encourage healthy heart growth and repair in heart disease patients.

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# Acute Coronary Syndrome (ACS)

Acute coronary syndrome (ACS) is a term used to describe any condition that results in a sudden reduction in blood flow to the heart. ACS happens when the coronary arteries, which supply oxygen rich blood to the heart, become narrow or blocked. A heart attack and unstable angina are the two most common types of ACS.

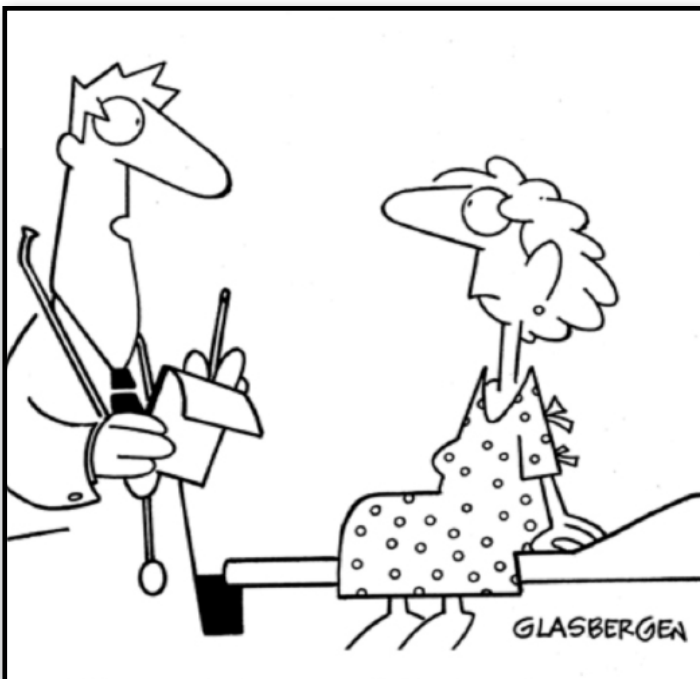


Without sufficient oxygen supply, the person may begin to feel chest pain (unstable angina) or, in the worst cases, a plaque ruptures causing blockage – and a heart attack occurs. Up to 30% of those with unstable angina will go on to experience a heart attack later.

ACS is the second leading cause of death in Canada, commonly in those 45+ and may develop over time as plaques build up in the arteries in your heart. These plaques, caused by cholesterol and other factors, narrow the arteries, making blood flow increasingly difficult. If the build-up becomes too much, the heart muscle can't get enough oxygen to pump enough blood to the body, and insufficient oxygen is delivered to the tissues and organs, including the heart.

By controlling risk factors that contribute to ACS, we can limit the chances of developing the condition. These include: quit smoking, drinking alcohol in moderation, eating a healthy diet, getting regular exercise and maintaining a healthy weight.

Risk Factors for ACS include: Age (45 plus for men and 55 plus for women, high blood pressure, high blood cholesterol, smoking, family history of ACS, low physical activity and type 2 diabetes. The online Heart & Stroke Risk Assessment can help you to learn about your risk factors and make lifestyle changes.



"You need strong medicine to relieve your stress. I'm prescribing a puppy."

"Health is a large word. It embraces not the body only, but the mind and spirit as well;... and not today's pain or pleasure alone, but the whole being and outlook of a person."

James H. West

## RECIPE

# Mexican Supper Salad

This salad is great for dinner and the leftovers are perfect for lunch. Just add the salad to a whole-grain wrap and you have a quick and easy meal.

## Ingredients

- Makes 4 Servings

- 6 cups (1.5 L) romaine lettuce, shredded
- 2 cups (500 mL) diced, cooked chicken breast
- ½ cup (125 mL) cherry tomatoes cut in half
- ½ cup (125 mL) diced red pepper
- ½ cup (125 mL) diced green onion
- 1 cup (250 mL) no-added salt canned kidney beans, drained and rinsed
- 1 tbsp (15 mL) fresh cilantro, finely chopped (optional)
- 2 tsp (10 mL) chili powder
- 1 tsp (5 mL) cumin
- ¼ cup (50 mL) salsa verde
- ¼ cup (50 mL) shredded light cheddar cheese
- 4 tbsp (60 mL) fat free sour cream



## Directions

1. Divide shredded lettuce among four plates.
2. In a large bowl, combine the rest of the ingredients except the sour cream. Divide the mixture evenly among the four plates. Top each salad with 1 tbsp (15 mL) of sour cream and serve.

## Nutritional information per serving - 2 1/2 cups (625 mL)

- Calories: 247
- Protein: 32 g
- Fat: 4 g
- Saturated fat: 2 g
- Dietary cholesterol: 65 mg
- Carbohydrate: 19 g
- Dietary fibre: 7 g
- Sodium: 335 mg
- Potassium: 927 mg

Enjoy this and other healthy recipes, on [heartandstroke.bc.ca](http://heartandstroke.bc.ca)

## Heart&Stroke PATIENT CAREGIVER MESSAGE BOARD

The Heart and Stroke Foundation of BC & Yukon provides a valuable resource for Patient Programs: a Patient/Caregiver Message Board.

This online tool is accessible from the Foundation's website: [www.heartandstroke.bc.ca/patient](http://www.heartandstroke.bc.ca/patient)

The message board is intended to unite patients, survivors and caregivers throughout British Columbia, providing them with a means of exchanging tips as well as stories and personal patient or caregiver experiences. People are encouraged to sign up, free of charge, and share their experiences while learning valuable heart healthy advice.

## CONTACT

If you have had a heart attack, or know someone who has, we'd like to hear from you.

If you'd like to share your story or ask a question, please contact us at:

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