



The ICD Support Group of Manitoba

Volume 21

October 2018

SUPPORT GROUP MEETINGS

Our guest speaker for the May 2018 meeting was Alexandra Nataluk from the Wellness Institute at Seven Oaks Hospital. The Wellness Institute along with The Reh-Fit Centre on Taylor Avenue are the two locations in Winnipeg that offer the “Cardiac Rehabilitation Program”. Programs are also available in Brandon, The Pas and Thunder Bay along with home based programming. This is a 16 week comprehensive education and supervised exercise program that can improve MET levels, decrease symptoms, improve lipid profiles, improve blood pressure and more. Some benefits of the program are: an improvement in psychological well-being, a 26% reduction in cardiac mortality compared to usual care, reduced overall re-hospitalizations for cardiac disease and improved overall physical and mental function. Some of the topics included in the program are: risk factor modification and self management techniques, heart healthy nutrition, stress and relaxation seminars, heart disease and medications, managing diabetes, lifestyle changes, importance of exercise and how to exercise safely.

.....continued on Page 2

NEXT MEETING - SATURDAY, NOVEMBER 3, 2018

RECEPTION: 1:00 p.m.

GUEST SPEAKER: 2:00 p.m.-3:00 p.m.

**ST. BONIFACE HOSPITAL ALBRECHTSEN RESEARCH CENTRE
351 TACHE AVENUE
SAMUEL N. COHEN AUDITORIUM, MAIN FLOOR**

The closest parking lot is at the south end of the Hospital near Emergency. The Albrechtsen Research Centre is at the southwest end of the Hospital.

Our guest speaker will be Dr. Alexander Tischenko from the ICD / Pacemaker Clinic.

Please join us for refreshments, fellowship and information. We encourage you to bring along a family member(s) and/or guest(s) as this provides a great opportunity to meet informally with others in a similar situation.

THERE IS NO NEED TO CONFIRM YOUR ATTENDANCE

Inside this issue:

<i>Meet Harry Deol</i>	2
<i>Did you know.....??</i>	2, 3
<i>Frequently Asked Questions</i>	3
<i>Contact Information</i>	4
<i>Web sites of Interest</i>	4
<i>Clinic changes</i>	4
<i>Feedback</i>	4

VOLUNTEER BOARD OF DIRECTORS

- Larry Sherman, President
- Greg Smith, Director
- Dianne Brown, Director
- Bob Mawson, Director
- Harry Deol, Director



.....CONTINUED FROM PAGE 1

Alex also spoke about exercise and technology as it relates to the Cardiac Rehab program. Many cardiovascular machines have heart rate sensors to read exercise heart rates and display them for the individual to see. People who have their own “wearable” heart rate monitor device, such as a Fit-Bit are encouraged to wear them while exercising. Additionally, participants may wear heart rate straps which enable the Kinesiologist to have instant heart rate feedback via a tablet for multiple participants at once. Keep in mind that technology may not be suitable for all individuals. For example, irregular heart rhythms will not display accurate readings on wearables. A Kinesiologist can help determine if this technology is right for you.

MEET HARDEEP (HARRY) DEOL



A big welcome to Harry Deol who recently joined our board of directors. Harry’s contact information is listed on page 4 should you wish to get in touch with him.

Diagnosed in 2013 with Hypertrophic Obstructive Cardiomyopathy, I received my ICD in 2014 at the age of 22. The ICD serves as a security blanket as I am at high risk for a heart attack. In 2016, as my health declined, I underwent open heart surgery to help alleviate the symptoms I was experiencing due to my heart disease. I have not received a shock but my ICD provides me with comfort, should I require a shock.

I grew up playing sports and although I am no longer actively involved in organized sports, I still participate in non-vigorous activities, which allow me to stay involved, albeit at a reduced level. Trying to balance remaining active without jeopardizing my health and/or damaging the leads to my ICD has been challenging, but with the support of family, friends and enrolling in a cardiac rehab program, I have been able to find that balance.

Aside from staying active, I currently work at the Health Sciences Centre and I am a student in the Occupational Therapy program at the University of Manitoba. Receiving my ICD at 22 years of age, I found it challenging to relate with others as I was one of the younger patients with an ICD. I hope to interact with other individuals who have an ICD including younger patients.

DID YOU KNOW.....??

MARIJUANA AND YOUR HEART

The upcoming legalization of marijuana in Canada is getting quite a bit of press these days. Below are a few excerpts from an article printed in “The Beat” which is published by the University of Ottawa Heart Institute. The link for the complete article is: <https://www.ottawaheart.ca/the-beat/2018/06/20/marijuana-and-your-heart>

“Legalized marijuana will soon be a reality in Canada. This opening up of legal access will have a variety of health implications. In addition, marijuana is increasingly prescribed for much of what ails us, from the pain and inflammation of osteoarthritis to a host of other conditions, many of which affect seniors—the same people who are at greatest risk of heart disease. What the legal use of marijuana could mean for your heart, whether you’ve already had a cardiac event or are at risk of having one, is in many ways an open question.”

.....continued on page 3



DID YOU KNOW.....??

MARIJUANA AND YOUR HEART.....continued from page 2

“What happens to your heart when you use marijuana? Your heart rate and blood pressure increase, forcing your heart to work harder. If you smoke the marijuana, the capacity of your blood to transport oxygen throughout your body, including to your heart, is reduced. The result is strain on your heart and a reduced ability to handle increased demands.”

“Edible forms would be different in terms of impacts on the oxygen carrying capacity of blood, but there would still be some effects in terms of heart rate and blood pressure.”

“With all this uncertainty, it’s hard to know the wisest course for a patient. Dr. Reid advised that patients “start asking” their care providers about using marijuana just as they would about alcohol and use caution, until something more definitive is known.”

FREQUENTLY ASKED QUESTIONS

The following questions and answers are from the Medtronic website “asktheicd.com”

What is the difference between a heart attack and SCA.

A heart attack is a plumbing problem. Sudden Cardiac Arrest is an electrical problem. A heart attack is typically caused by a blockage in a blood vessel to the heart muscle. This can permanently damage part of the heart. SCA is an electrical malfunction that disrupts the timing and order of the pumping action.

Can I ride roller coasters?

Ask your doctor about this one before you ride. Some coasters restrict people with heart conditions. Other times shoulder harnesses can be very uncomfortable on the implant site, or even cause damage.

Can I ride a tram to the top of a mountain?

Yes. Riding on a train or tram poses very low risk of interference with an ICD. However, we do recommend talking to your cardiologist before your journey up the mountain, as there are lower oxygen levels at high altitudes.

Can my dentist use ultrasonic scalers and cleaners?

Yes, there is very little risk of interference with a heart device.

Are wireless speakers dangerous?

These days, we’ve all got gadgets and gizmos aplenty. Thankfully, most are safe to use as long as you keep them at least six inches away from your ICD. If they are closer than that, these devices could interfere with your ICD.



**THE ICD SUPPORT GROUP
OF MANITOBA**

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WEB SITES OF INTEREST:

- Transportation Options Network for Seniors (TONS)
 - www.tonsmb.org

TONS informs and educates Manitobans on the transportation options available to seniors and promotes Age-Friendly communities. They are a community based resource organization that works with transportation stakeholders throughout Manitoba to promote and improve transportation options available to seniors.

- HotWinters.ca Travel Medical Insurance
 - WWW.HOTWINTERS.CA

We have mentioned this company before as a number of our members have found them to be a good option for travel medical insurance. Effective August 17, 2018 they moved to a new location at: Suite A - 5425 Portage Avenue, Headingley, MB R4H 1H8. All phone numbers and email addresses remain unchanged.

**STAFF CHANGES IN THE PACEMAKER /
DEFIBRILLATOR CLINIC**

Maggie Lukianchuk has recently assumed the role of Charge Nurse for the Pacemaker / Defibrillator Clinic. Welcome to Nurses Sean Scott and Kim Johnston.

VOLUNTEER OPPORTUNITIES

We continue to be on the lookout for volunteers for our board. New thoughts and ideas are always a good thing. We generally hold 3 or 4 board meetings per year. If you would like more information please contact Larry Sherman.

FEEDBACK

Let us know what types of information you would like to read about in the newsletter or hear about at our support group meetings. Feel free to contact any of the people listed above in the contact list.