

Mayor Johnny Whitteker and Doctor Jacques.

The doctor's visit leads the way to heart healthier living for all

by Dr. Graham Jacques

"Thank you, Mary,

you get dressed, and I'll be back in a few minutes to discuss the results of your exam?" Mary hopped off the bench as the doctor left the room and began to dress. Her mind raced. In her mid-forties, she hadn't had an exam for several years. Several friends had developed medical problems recently, prompting her to book this exam. There were so many questions she had!

Soon after she was dressed, the doctor reappear, and they both sat down. "Now Mary, I can't find any major physical problems." Mary sighed with relief. The doctor went on, "There are, however, some lifestyle issues I'd like to discuss with you. You are mildly overweight, and your cholesterol is a little bit higher than perhaps it might be. There is also a family history of heart problems in that your father died in his mid-sixties from a heart attack. Fortunately, your blood pressure seems to be quite normal, and there does not seem to be any evidence of diabetes either."

"I suppose that means I have to go on a diet - I've done that before, and the weight sometimes comes off, but always seems to come back on again - twice as fast!" Mary smiled wryly.

"Certainly diet is important, but perhaps you might think of eating a healthier diet, as a permanent change, rather than being on a diet just to lose weight. This is what I mean by a lifestyle change. Also, do you get much exercise?"

"Well, doctor, as you know, I work at the nursing home as an aide. It's very heavy work, the shifts are long, and I'm usually too exhausted to do much when I get home. Too, with the cutbacks it seems we're expected to do twice as much in half the time."

"I know, Mary, I know." The doctor shook his head ruefully. "But you know, a brisk walk is as much for your mental health as it is for your physical healthy. Just start with a half-hour walk in the evenings after supper, You may be surprised at how good you can feel after - and you'll probably sleep better too!"

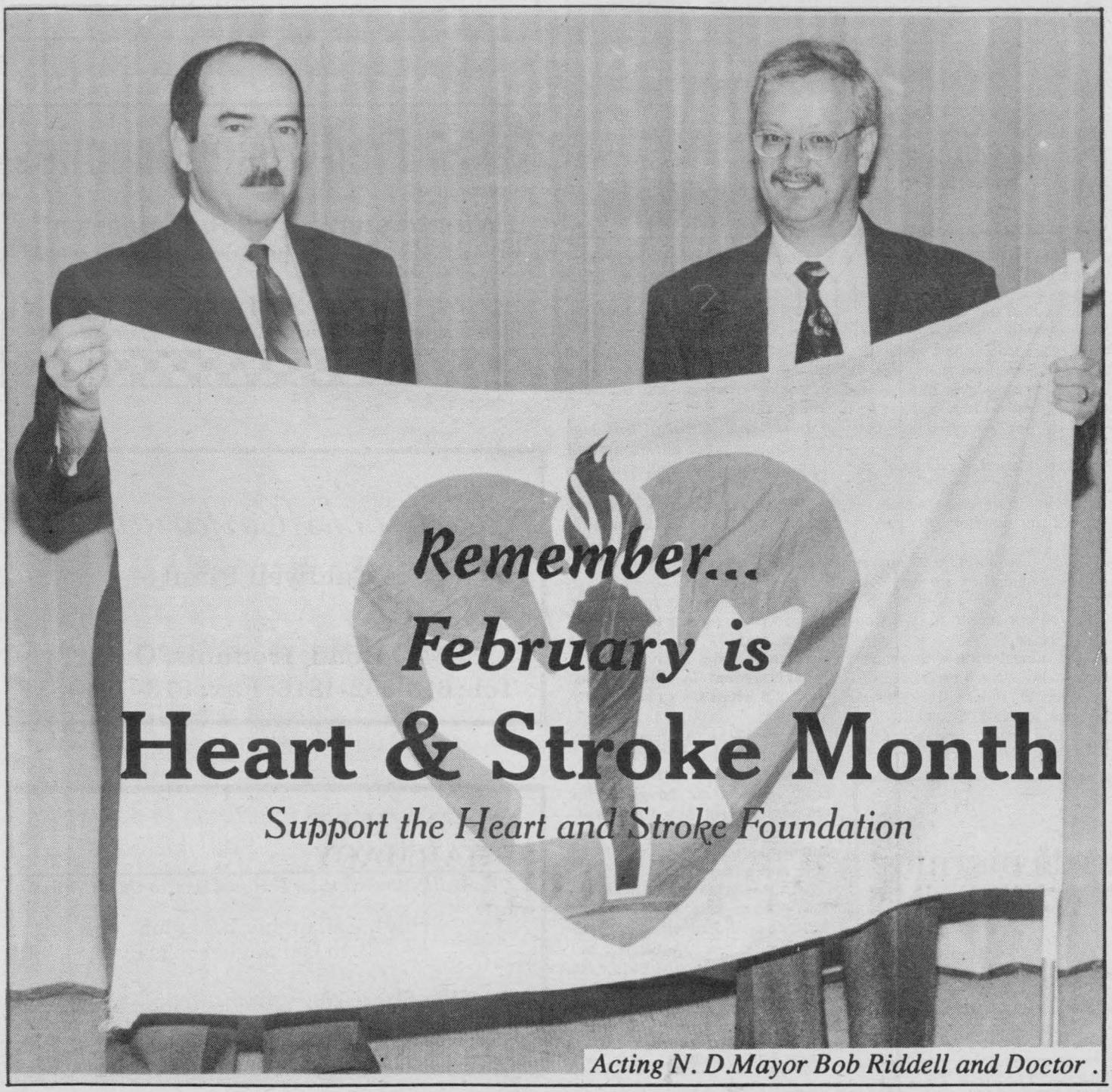
"I'll give it a try." There was a note of scepticism in her voice. "But what about my diet - I hate going on diets! Although I must admit, we've started eating less fat and more fruits and veggies lately."

"That is certainly a good start, Mary and in fact your diet may be modified less than you think - when you leave, my nurse will give you some information on a reduced fat diet. I've heard, too, that you're a good cook, and I'll give a list of cookbooks from the Heart & Stroke Foundation of Ontario. Most of the recipes are low-fat, and I can tell you from personal experience that they are quite tasty! Your husband, Jim, probably won't even know that he's eating low fat!"

Jim's battle with his waistline was of ongoing concern to both Mary and the doctor, who secretly felt that the key to Jim's weight reduction lay in educating the cook of the family. "Also, I'm going to give you some information on hormone replacement therapy. At the present, you're still having normal periods, and you don't seem to have any symptoms of hormonal deficiency. Hopefully you won't get any, but you are coming into that time of life called the permenopause, and forewarned is forearmed. There is a lot of misinformation about hormones. This should give you a better handle on what's happening. When you go by the front desk ask the receptionist to book you for fasting blood work in six months, and then to see me about a week later. If you cholesterol are improving, then we stay the course, but if not, then we may have to make you an appointment to see a dietitian. We can also discuss any questions about hormones at that time, too. Are there any further questions today?"

"No, I don't think so, doctor."

"Good. Your Pap smear will be back in about a week, and if there are any problems, with it, I will be in touch with you. Otherwise you can assume it's all normal. Thanks for coming in, Mary and if all goes well I will see you in about six months."



Acting N. D.Mayor Bob Riddell and Doctor .

Ray Baker averts heart surgery

by Catherine Thompson
Leader Staff

Ray (Snookie) Baker remembers very well the heart attack which took him by surprise six years ago.

It happened early one morning after he had driven to his work as a bread salesman for Weston Bakeries.

On August 13, 1992 at 2:30 am, when he was starting to load a truck with supplies in Cornwall, he began to perspire and feel lightheaded.

The shipper noticed he didn't look well, and Baker agreed, he didn't feel well, "it could be a touch of the flu."

"I laid down on the desk and I did not have a lot of pain, but I had a tingling sensation going down my left arm and I kept sweating and I didn't know why."

The shipper believed he was having a heart attack, and rushed him to Cornwall General Hospital, where he arrived at the Emergency at 3am.

Here, Baker was put in a wheelchair, asked questions, and given a dose of Streptokinase, a very expensive miracle drug the hospital staff call, "Liquid Draino, the way it cleans your arteries right out."

He stayed in the Intensive Care for a week and later was moved to a ward, where he stayed for another three weeks. To be discharged, Baker had to show he could walk the length of the hall and up half a flight of stairs.

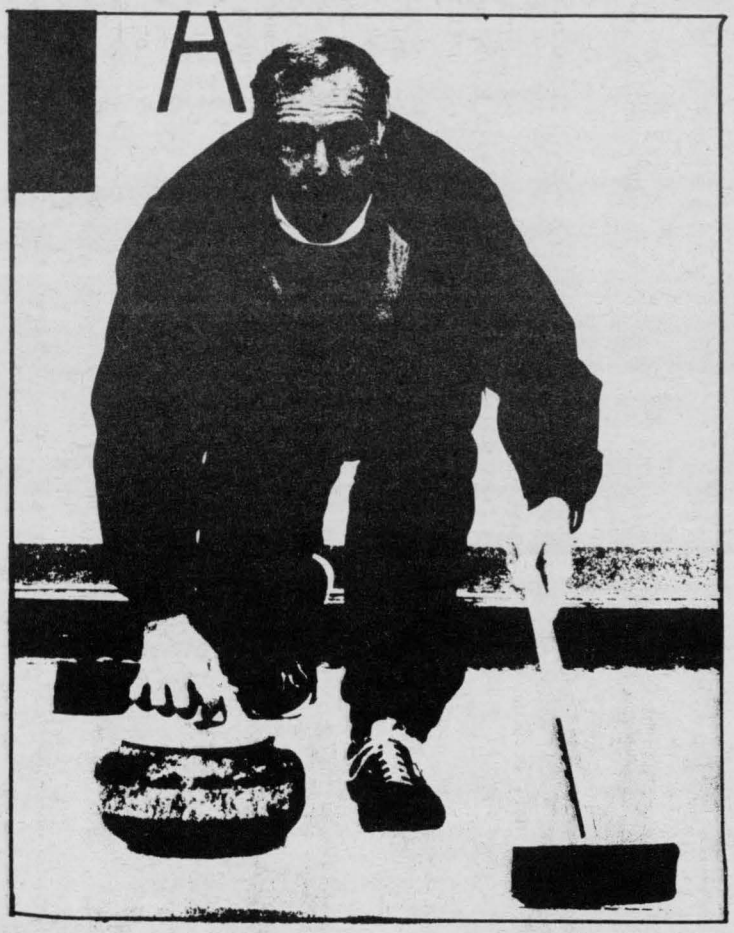
During a follow-up visit to the McConnell Medical Center, Dr. John Paul DeYoung who was his doctor at the Cornwall General described his condition.

"If you are going to have a heart attack, the one I had was the best kind. It was at the bottom of the heart, where there wasn't a lot of damage," said Baker.

"If it had been at the top where there are a lot of arteries, there would have been a lot more damage," Baker said. "But there is always some damage when you have a heart attack."

Baker was placed on a blood thinner, "Metoprolol" aspirin and sent to his own physician, Dr. Wayne Domanko, who recommended he see a specialist in Ottawa.

"I though it might be weeks and months before I could see someone. The next morning, I had a phone call that I had an interview within a week with Dr. Robert Beanlands at the Heart Institute," Baker states.



After a medical and stress test, the specialist said there was no reason what-so-ever to have surgery. "I had no blockage, except 40% in one artery,"Baker continued.

Baker started to attend the Heart Institute's excellent rehabilitation program, which is limited in numbers of participants.

"They just don't take anyone and everyone, they are very selective. "If you are a smoker, they give you one month to quit smoking," he said.

After consultation with a nurse, Baker did stretching and exercised on an indoor track, where he was to walk a specific distance in a certain time, according to his age and health.

"I did this three times a week for six months," Baker stated.

His weight was also targeted.

"I was around 250 pounds when I had the heart attack, and I went down to 190 since the rehab program," he said.

"They also suggested books on the fat-free program to give to my wife, Charlene and we stuck right to it."

Baker says he hasn't had eggs for six years, but allows himself egg whites and applesauce in baking.

"When it comes to beef, a very small portion. I used to eat a T-bone steak. Now my wife and I have one between the two of us."

As for exercise?

"I was walking six miles a day when we were going to Ottawa," Baker said, "I still continue to walk three miles a day."

Baker retired in February last year and keeps up an active lifestyle.

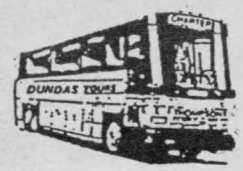
"I play 18 holes of golf a day in summer and I started curling."

When it starts getting really cold, he gets on the glider his children bought him for Christmas, and/or the exercise bicycle and works out for an hour to an hour and a half as day.

For three years after his attack, Baker went back to the Heart Institute and had clean bills of health each year. He has not had to return to the Heart Institute for three years. But he still has a check up every two months by Domanko and cholesterol

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Healthy lifestyle key to detection

by Sean McKibbon
Chieftain Staff Reporter

For Gerald Wynands, a healthy lifestyle was the key to detecting and mending his heart problems.

"I used to really like to really lean into the broom and sweep harder than anyone when I was curling, and that's when I would feel the pain in my chest," says Wynands, remembering back to 1995, when his heart troubles seemed to start.

Always a physically active man, Wynands also noticed the pain (later diagnosed as angina) when he went on his daily walks.

Prompt action by Wynands and his doctors has meant a full recovery and allowed him to pursue that same active lifestyle.

"I think because I got on top of it right away it was better," Wynands explains.

His doctor at first did some cholesterol tests and a stress test, but was not satisfied with the results. He referred Wynands to a cardiologist at the Ottawa Heart Institute who found blockages in the left anterior artery of Wynands' heart.

"I wasn't a smoker, I worked on a farm all my life and walked everyday ever since retiring," says Wynands. He says he does not have a family history of heart disease.

However, Wynands does point to his weight as a contributing factor.

"I was about 25 pounds overweight," says Wynands and recalls how he used to eat a lot of cheese and whole milk.

"What I realize now is that when you are young and working on a farm you can take a lot more of those kinds of foods," he says.

His doctors decided to do an angioplasty-- an operation in which a tiny balloon is inserted between blockages in an artery. The balloon is then expanded to widen an opening for blood to flow through.

Unfortunately for Wynands the angioplasty didn't work.

"I couldn't walk from here to there," Wynands says gesturing from a chair in his living room to a nearby window, "without feeling the pain in my chest.

"They said that in about 30 per cent of patients the operation fails," says Wynands.

A second angioplasty was planned, but was decided against because of the location of the blockages. Wynands pulls out a diagram of his heart with ominous black dots marked along the sides of the arteries in ballpoint pen.

"You see where the blockages were, they said it was too dangerous to do an angioplasty." Wynands points to the blockages. They are close to where his artery branches out in a "V" shape.

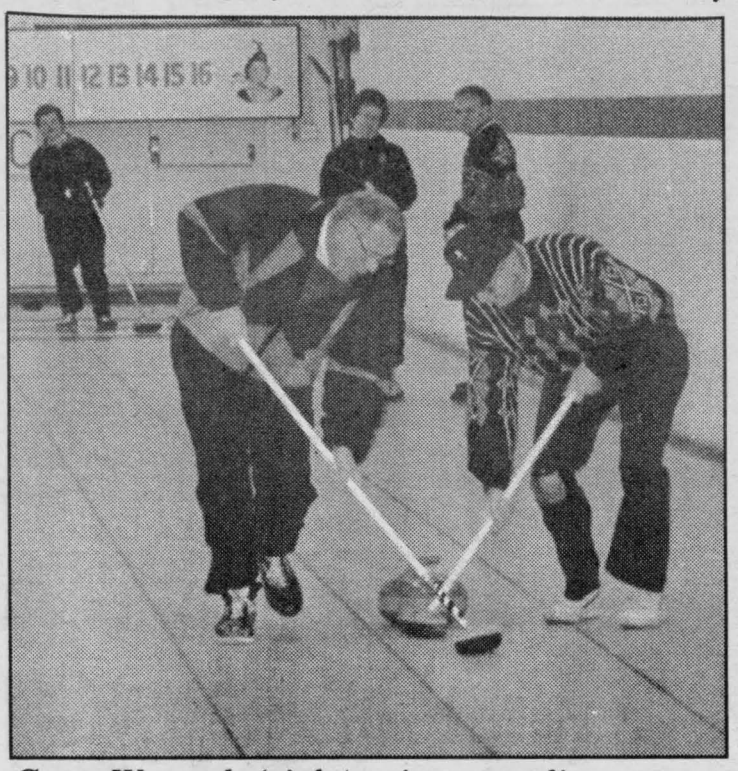
"The doctor said it was very dangerous and if something went wrong they would have to rush me immediately into open heart surgery. I could die. He said it was better to prepare for open heart surgery. So when a doctor tells you that, and he is thinking about you in that way, you appreciate that kind of reasoning," says Wynands.

He says he accepted the doctors' advice and was scheduled to have a triple bypass.

"Of course you are concerned, but I was never really frightened," Wynands recalls.

"We are farmers, we take life as it comes," says Wynands wife Anna.

"These are the doctors they know what they are doing. They do these operations all the time, so if they say you are going to be fine I believe them," says Wynands.



Gerry Wynands (right) enjoys a curling game

And he is fine. His doctors took veins out of his left leg and out of one of his mammary glands to complete a bypass around the blocked artery.

"I feel as good now as I did before-- better than I did before!" says Wynands. "I have nothing but praise for my doctors," he enthuses.

He was only four days in the hospital after his bypass on Aug. 30, 1996. Shortly after going home he was walking and by winter he was curling again.

"They give you a (an exercise) program to work through. It went very quickly. I was walking farther than they said to. I always healed well," says Wynands. He says that what hurt the most was the open heart surgery, getting up takes a bit of practice. But with pain killers he says he barely felt it.

"The worst part is the anaesthetic throws your system completely out of whack. You feel awful."

But it seems he feels great now. Sure he misses the junk food and "extras" that he and his wife have since cut out of their diet, but it getting out of bed after the operation. With a split sternum for is a good trade for good health.

"I don't want to clog up these new veins," he says.

His blood pressure is good he says, and since the operation he has only been given an anti-cho-

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Surgery at heart institute made for better life

by Lori Culliton
Press Staff

"I keep healthy, I walk every day and I help with work around the house. I keep busy."

But, admits Stanley Marriner, 70, of Winchester, "I shovel snow now and then, but I know I shouldn't."

Despite his tendency to do a bit more than perhaps he should, this heart attack survivor knows his limitations.

Marriner, had his heart attack on August 25, 1978 while he was at work at the Winchester and District Memorial Hospital. In May 1993, he had two by-passes and an aortic valve replacement.

A doctor found a murmur in his heart in 1950, the same year Marriner and his wife, Laura moved to Winchester. There was a history of heart disease in his family.

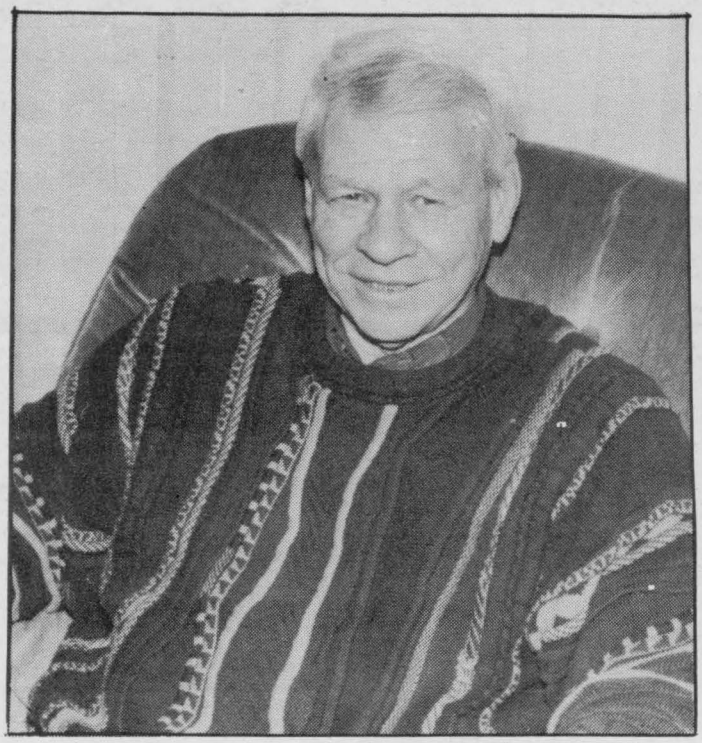
"The doctor said that I wouldn't have trouble with the murmur until I was 65, and he was right," Marriner says.

After the heart attack, Marriner continued to work for another ten years, with difficulty at WDMH as an X-ray technician. He worked at the hospital from 1950 until 1988.

"There were times when my wife could hear my heart during the night, when I began to have valve trouble," Marriner recalls.

Since the surgery, life is better for him, Marriner says, although he tires easily. "I have bad days, but I make regular visits to the doctors at the Heart Institute and to my cardiologist. I'm not short-winded now, but the stress gets to you. You just have to keep going."

He adds, "At one time I could-



n't go up six steps without getting short-winded."

The Marriners were happy with their treatment at the Heart Institute in Ottawa. "The day of the surgery, I knew that he'd had the best care and I didn't worry. They called every morning after the surgery to let me know how he was, "Laura says.

Marriner was in the Ottawa Civic Hospital for eight days. "The staff followed up after the surgery to make sure things were okay. And there were sessions for both of us about diet and what to expect in surgery," he says.

Meanwhile, life goes on for the couple. A good eater, Marriner tries to adhere to his diet. Their son is diabetic, so Laura is careful to cook healthy meals.

"I guess the heart attack changed my life, because it forced me into early retirement. I had plans for fixing up the house, too; but I know I can't now," Marriner laments.

"But the Heart Institute made my life better-and longer."

CONTINUED

Wynands

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lesterol drug by his doctors.

Prevention is key to maintaining heart health Wynands says, and he means to make sure to prevent it this second time around.

Baker

Continued from page 2

checked three times a year.

Since his heart attack, he has regained a little weight and his cholesterol occasionally goes over the low of 3, but not over the high of 5.2 millimoles per litre. As a result, he started a new drug called Zocor, which helps to reduce blood cholesterol.

It was suggested that stress might have been a cause of heart trouble, but as far as Baker is concerned, long hours and hard work didn't constitute stress. Stress meant financial worries and family problems, and Baker had neither.

Although, he did have 18 hour days delivering bread to stores at night and frequently had a sleep deficit, which contributed to his fatigue.

Heredity may have also been a factor, since his father died of a heart attack in his early 60s.

But, Baker freely admits, "I ate the wrong foods, that is all there is to it. And I didn't look after myself."

From youth, Baker was a heavy smoker at two cigarette packs a day, but he has not smoked in 20 years.

The fact that Baker had been very active from youth in hockey, ball and golf, made the event more unexpected to his friends.

"Everyone was surprised that Snookie Baker had a heart attack," Baker said.

Baker confirmed one aspect about his experience. Although he didn't have a lot of pain as some do during heart attacks, "It was very frightening."

"That's one reason when you go through the rehabilitation program, you take it to heart," stated Baker. "One thing about it, you have a second chance that a lot of people do not have."

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