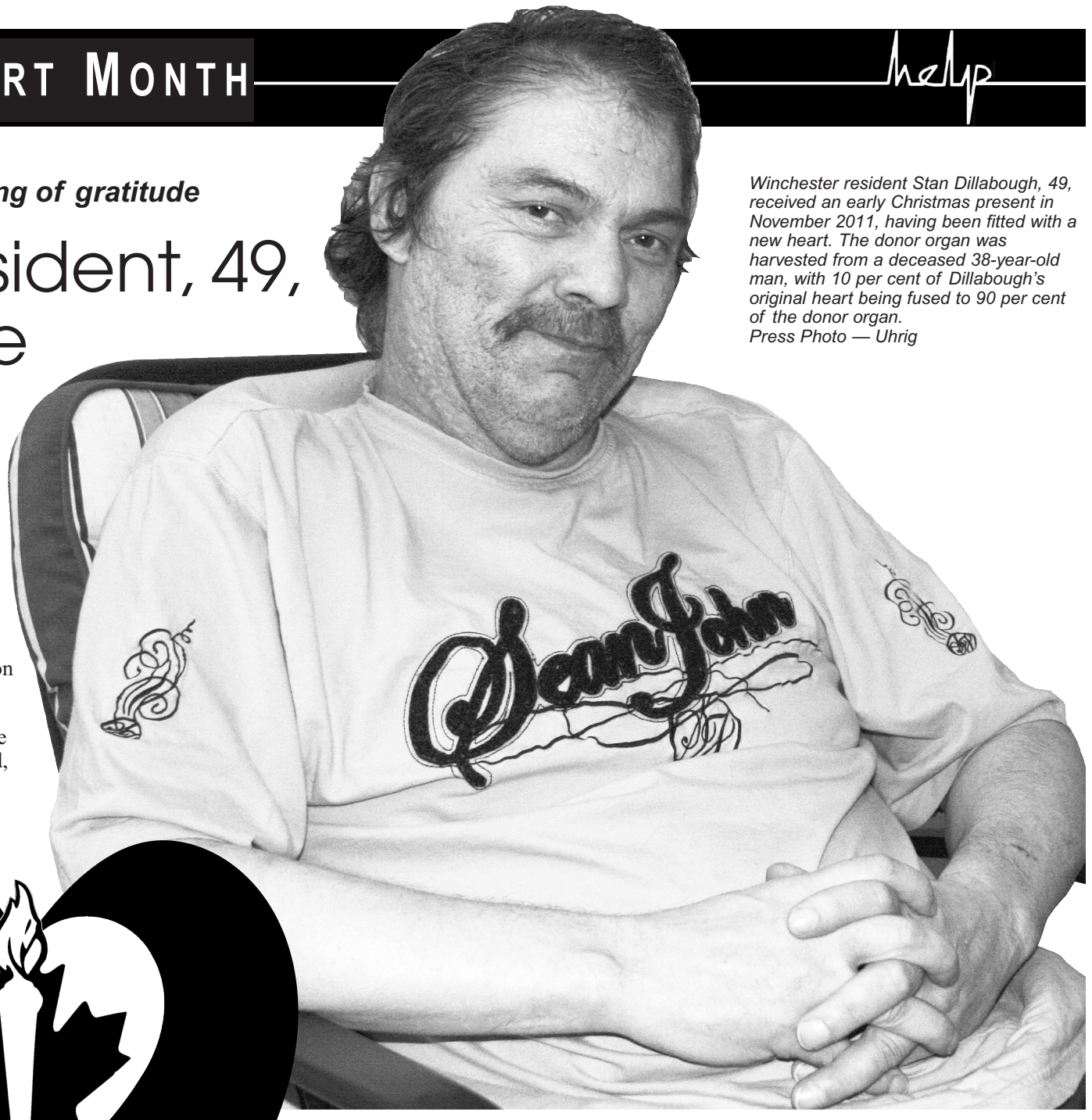
FEBRUARY IS HEART MONTH

help

Stan Dillabough learns the meaning of gratitude

Winchester resident, 49, gets new lease on life with donor heart



Winchester resident Stan Dillabough, 49, received an early Christmas present in November 2011, having been fitted with a new heart. The donor organ was harvested from a deceased 38-year-old man, with 10 per cent of Dillabough's original heart being fused to 90 per cent of the donor organ.
Press Photo — Uhrig

by Matthew Uhrig
Press staff

WINCHESTER

It took some time, but Stan Dillabough has finally learned to live with no regrets, and to focus only on the moment at hand.

For too long, the 49-year-old Winchester resident said he scraped by, working far too many hours in the landscaping industry and receiving little to no reward, except the paycheque at the end of the week.

He doesn't begrudge the life he led, admitting, wholeheartedly, to missing it daily; however, things have changed significantly for Dillabough.

It was about nine years ago, he said, when the debilitating effects of constant fatigue set in, without explanation.

"I would come home, and I was always tired… Always," Dillabough said. "I thought maybe it was because I was working 12-hour days at my landscaping job."

The irregularity continued for some time, which got Dillabough thinking. Eventually, a checkup was arranged with his family doctor, in hopes that a cause could be determined.

The news, he admitted, was unexpected.

"Apparently I had taken a heart attack [some years earlier]," Dillabough said. "At first, I didn't know what to do. I had a hard time dealing with [the explanation]… Everything just came to a dead stop."

It was obvious that Dillabough's heart attack had been minor; however, it would become life changing.

He was soon fitted with a Left Ventricular Assist Device (LVAD), a mechanical pump that was implanted in his chest to help the weakened heart ventricle pump blood through his body.

"The doctors wanted the LVAD in because they were afraid of complete heart failure," Dillabough said. "At first, it helped a lot. It helped relieve a lot of the pressure [on my heart]."

The doctor's diagnosis of his condition was that Dillabough's heart had expanded, preventing blood from flowing properly – similar to tying a knot in a water hose to obstruct the flow, he added.

"It was frustrating, and I really didn't know what to do," Dillabough said.

Thankfully, he had a highly skilled medical team in his corner, who prescribed him a series of medications that was to complement the LVAD's operation.

Yet, Dillabough knew that the positive results were merely temporary, and the combination was not a long-term solution.

"One day, the medication just did not work anymore," he said.

Dillabough soon found himself relying on a recently implanted pacemaker/defibrillator unit, which was to kick-start his heart should it begin shutting down.

At the same time, he was placed on a waiting list for a heart transplant, being informed that the process could take years.

Yet, in November 2011, Dillabough's call came; a match had been found, and a donor heart would be implanted. The organ, he discovered, was harvested from a deceased 38-year-old man, with 10 per cent of Dillabough's original heart being fused to 90 per cent of the donor organ.

The eight-hour surgery took place at the Ottawa Heart Institute, while afterward, Dillabough remained in hospital for a few weeks of recovery.

"I shocked them though, because a week after the surgery, I was on an exercise bike," Dillabough said, a smirk present on his face.

Today, he is still in recovery mode. His diet has been restricted, as he must watch what he eats, while his daily intake of 21 different medications is intended to regulate the new heart's functioning.

"[My chest] is not too sore now," Dillabough said. "It's getting better day by day."

His trips to Ottawa's heart institute are far from over, however, as he shuffles back and forth between his Winchester home and the city for regular assessments.

"They have to make sure my body doesn't reject this heart," Dillabough said.

At the same time, he has begun looking forward, hopeful that he can one day regain the life he once knew.

"I'm certainly fortunate," Dillabough said. "I won't ever deny that."

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Kick that cholesterol!

Cook with egg substitutes

Eggs show up just about everywhere in cooking! They can provide a good source of protein, but if you are trying to avoid that pesky cholesterol, you may wonder how to cook and bake without them. It is certainly a question that I am frequently asked. How do vegetarians cook without using eggs? Here are some easy substitutions:

To bind or thicken (as in burgers, loaves, or casseroles), leave out the egg and add:

- cornstarch and water (amount equivalent to an egg)
- oat flour and water (just whiz some oats in your blender to make oat flour)
- mashed potatoes
- cooked oatmeal
- tahini butter
- tomato paste (assuming this is compatible with your recipe)

To lighten baked goods, these suggestions are the equivalent of one egg:

- ¼ cup mashed banana + ½ tsp baking powder
- ¼ cup applesauce + ½ tsp baking powder
- 1 Tbs ground flax seed + 3 tbs water. Mix well and allow to sit about 20 minutes before using it.

I use the ground flaxseed, as I have it on hand, and I like getting more flax into my diet. Keep in mind, when doing eggless baking, have a light touch when stirring your batters, as eggless baking tends to be a little denser.

Tofu is the best substitute for eggs in dishes such as a quiche, frittata, "egg" salad, or scrambles. To replace one egg, mash 1/4 cup soft tofu. Although tofu doesn't fluff up like eggs, it does create a texture that is perfect for "eggy" dishes.



The Lighthearted Vegetarian

by Janice Atkey Videto

The healing kitchen

Tips for natural healing right in your own cupboards!

Winter weather can mean winter skin irritations. Here are some tips to avoid them:

- Water: Eight glasses of water a day will moisturize your skin from the inside out!
- Tea tree oil: This is nature's antibiotic and is an effective spot treatment for dermatitis and blemishes. Dab some on, morning and evening.
- Rosemary and thyme: Crush fresh rosemary and thyme into a paste mixed with aloe vera gel or a light, natural moisturizing cream to make a salve for winter eczema. Rub it into the affected area morning and evening.

Janice Atkey Videto is a Winchester-area resident, volunteer columnist for the Winchester Press *supplements, and long-time vegan ready to pass on her experiences with the "veg life" to two-legged omnivores, herbivores, and carnivores alike.*

Now try it on your plate

Vegilicious recipes du jour

Impossible eggless French toast

4-6 slices of whole grain bread
2 heaping Tbs ground flaxseed in enough water to equal 2 eggs
¼ cup soy milk
½ tsp cinnamon

Mix everything except the bread in a flat dish. Dip the bread slices in the mixture then fry gently in a pan until nicely browned on each side.
Note: because of the lack of eggs, cook the French toast a little longer and slower to get a nice texture in the centre of the bread. Top with maple syrup or fresh sliced fruits.

Eggless war cake

During the Second World War, ladies became very creative in their baking minus eggs, due to rationing. This fruity spice cake still pleases palates today because of its dense, rich flavor!

1 cup raisins
2 cups boiling water
½ cup margarine
1 ¾ cups whole-wheat flour
½ cup sugar
1 tsp baking soda
1 tsp cinnamon
½ tsp nutmeg or allspice

Boil the raisins in the water for 10 minutes. Add the margarine and allow the blend to cool a bit. Then add everything else, stir it up and pour in a greased square cake pan. Bake 35 minutes at 350° F, or — if you prefer to use a loaf pan — up your time to about 55 minutes.
Tip: Replace the raisins with dried apricots, figs, dates, or currants to vary the flavor. Add chopped nuts if desired.

Time crunch is stealing years from Canadians

OTTAWA

Canadians are so focused on the here and now that they are losing out on the opportunity to live a full and healthy life, warns the Heart and Stroke Foundation (HSF). Its new survey found that even though Canadians know how to protect their heart health, the majority can't or won't commit the time to do so.

"Eight out of 10 Canadians know that heart disease and stroke can be prevented, postponed or treated by making healthy lifestyle choices but they are focusing on the barriers rather than the opportunities," said David Sculthorpe, CEO, Heart and Stroke Foundation of Canada.

- Almost half of Canadians (46 per cent) cite long work days and lack of time as a reason for not getting active on a regular basis.
- Between work, family and other obligations, 44 per cent say they have no time for regular physical activity.
- 41 per cent of respondents say healthy meals take too long to prepare.

"Tackling the time dilemma is critical," said Dr. Beth Abramson, cardiologist and HSFC spokesperson. "One in three Canadian deaths is from heart disease and stroke, and it is the number-one killer of women."

What's more, some of the barriers to healthier living cited by survey respondents may be more perceived than real.

While it's true that Canadians face a number of time crunches, Statistics Canada reports that almost a third (29 per cent) of those 20 years or older spend two or more hours a day (15 or more hours a week) watching television. And 15 per cent of Canadians age 20 and over report spending at least 1.5 hours a day of leisure time on their computers.

"Some of the time spent in sedentary leisure activities could easily be devoted to more active and healthy pursuits," said Dr. Abramson. "Those who say they have no time should take comfort in the knowledge that stints of 10 minutes are beneficial."

When it comes to food preparation, there are many ways to save time; these start with planning meals for a week, picking recipes, making a grocery list and sticking to it. The Foundation's Health Check™ program helps Canadians make healthy choices by identifying them in grocery stores and restaurants.

Meanwhile, the benefits of finding time for healthier living are clear:

- Getting 150 minutes of moderate to vigorous-intensity activity per week reduces the risk of heart disease, stroke, high blood pressure, and diabetes by 30 per cent.
- Eating five or more servings of fruit and vegetables a day can reduce the risk of heart disease and stroke by about 20 per cent.
- Controlling high blood pressure can cut the risk of stroke by 40 per cent and of heart attack by up to 25 per cent.

"We all need to carve out time to take the simple steps that can prevent the devastating effects of heart disease and stroke," added Sculthorpe.

To learn more about the foundation's new campaign to inspire Canadians, visit heartandstroke.ca/time.

The Heart and Stroke Foundation, a volunteer-based health charity, leads in eliminating heart disease and stroke, reducing their impact through the advancement of research and its application, the promotion of healthy living, and advocacy.

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February is Heart Month

Jump on that wagon and STAY on it!

Online tool helps users stick with New Year's resolutions

Heart and Stroke Foundation re-launches Healthy Weight Action Plan for a heart healthy 2012 — and a longer, fuller life

TORONTO

The New Year signifies new beginnings, and for many of us that means new health and weight loss goals. For a fresh start in 2012, the Heart and Stroke Foundation has launched a new version of its My Heart&Stroke Healthy Weight Action Plan™, an online weight-management tool that helps people set realistic goals and stick with them. The free, easy-to-use tool provides information, resources, and guidance to help people make healthy changes that will last a lifetime.

"These days, Canadians lead busier lives than ever, and we know that good habits around healthy eating and setting aside time for physical activity often slip down the priority list," said Ahmad Zbib MD, CPHIMS-CA, Manager, Consumer eHealth, Heart and Stroke Foundation, Ontario. "The New Year is the perfect time to change this. The Healthy Weight Action Plan is designed to help users make a long-term commitment to their health, giving them the support and encouragement they need to keep on track towards living a longer, fuller life."

Healthy changes aren't just measured on a scale; making positive lifestyle changes can also result in improvements to your blood pressure, cholesterol and other markers of health. Instead of focusing primarily on weight loss, the Healthy Weight Action Plan helps users adopt healthy behaviours that are conducive to reaching and maintaining health and weight loss. This means incorporating three important core practices: goal setting, planning, and tracking.

"We all want immediate gratification when it comes to losing weight, but research has shown that the quick fix is not the way to go if you want to keep it off," said Carol Dombrow, Registered Dietitian. "Fad diets are not sustainable – often resulting in weight gain as soon as the diet is stopped. The bottom line is that fad diets don't work in the long term."

My Heart&Stroke Healthy Weight Action Plan includes:

- A **weekly planner** that maximizes the likelihood that you will carry out the healthy behaviors that you desire.
- **Meal plans** based on individual requirements and preferences, and ensuring sound nutrition.
- **Articles** to help reinforce core concepts such as healthy eating, time and stress management, emotional eating, sabotage.
- **Weekly emails** to guide users through the behaviour change process.
- **Facebook discussion forum** to allow users to connect and discuss goals, challenges, solutions, and recipes.

The situation is critical: One in three Canadians die from heart disease and stroke, and it is the number-one killer of women. The foundation is urging Canadians to act now to take the necessary steps towards living a longer, fuller life. Tools like the Healthy Weight Action Plan make this an easier feat.

"Reaching your health goals and maintaining them should be your long-term objective," Dombrow added. "And using the Healthy Weight Action Plan can definitely help to keep you on the road to success."

For more information about the Heart&Stroke Healthy Weight Action Plan, visit www.heartandstroke.ca/hwplan.

When you're grocery shopping, look for the Health Check™ symbol on food packaging, the Heart and Stroke Foundation's food information program, based on Canada's Food Guide. It's your assurance that the product contributes to an overall healthy diet.

For more information on Health Check, go to healthcheck.org

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MON., FEB. 13: Double V entertain at 2 pm
TUES., FEB. 14: Valentine Tea at 2 pm, Charles Gregoire entertains at 6:30 pm
THURS., FEB. 16: Jean Guy Bernard performs at 2 pm
SAT., FEB. 18: Blaine Millard entertains at 2 pm
SUN., FEB. 19: The Herberts and Friends entertain at 2 pm
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