



## PROBUS Club of Central Edmonton Newsletter

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### May 17 – Presentation

Paul Greenwood spoke to us about how exercise reduces cardiovascular risks. Paul was a cardiologist for many years in Edmonton. He started out by sharing a story from the Journal, which stated that exercise was good for reducing risk in many areas not just the heart. The talk answered the following questions:

- Is exercise effective in reducing cardiovascular mortality and mobility?
- Is exercise dangerous?
- What forms of exercise are effective?

He started by presenting the steps taken to gather evidence on the cause of heart disease. It started in the 1950's with analysis of data on British transit workers. The interesting factors in the London transit were detailed records on a great many people (worker) and two types of workers. One sat and drove the other moved around including climbing stairs (Conductors). The study showed that drivers suffered from earlier mortality than conductors. The difference was significant. A year later, the author of the study (J. Morris) added to the data by studying Postal workers, the two groups were those who delivered mail and those who worked in the post office. Again, the results showed that benefits of exercise were significant. Similar studies were carried out in several different industries. The data replicated Morris's findings. One of the studies showed that physical fitness was a good indicator. The message was absolutely clear, higher the fitness level the lower the risk of heart failure.

Paul then spoke about exercise physiology. When one runs the person generates power. To do this you need food and oxygen. Paul explained the nature of the oxygen saturation of the body and how this is impacted by exercise. Exercise impacts the heart in two ways, these are increased heart rate and increase stroke volume.

**Is Exercise Dangerous?**

- In young people sudden death during exercise is usually related to unrecognised preexisting cardiac disease.  
Aortic stenosis, hypertrophic cardiomyopathy other arrhythmogenic diseases  
e.g. ARVD. Long QT syndrome.
- In older people it is mostly due to coronary artery disease though the disease mentioned above may also be present.
- The risk has been estimated in a variety of studies and has included general exercise and strenuous exercise.

**Risk of death during exercise**

- Exertion-related deaths in an unselected population have been studied in the state of Rhode Island. From January 1, 1975 to May 1, 1982, 81 individuals died during or immediately after recreational exercise. The deaths occurred during a variety of activities, but the majority of deaths occurred during golf (23%), jogging (20%), and swimming (11%). Atherosclerotic coronary heart disease was a presumed cause in 88% of the deaths, primarily in subjects over age 29 with known cardiac abnormalities.
- (Ragosta, Crabtree, Sturmer, & Thompson, 1984)

Simply put, yes there is risk, but little compared to not exercising. Benefits of exercise, go well past just heart health. He shared the results of studies on marathon runners and their risk of death. They showed that risk is relatively low, so start running (well maybe not).

## Relative risk of exercise?

- Exercise has been estimated to increase relative risk of death during exercise by a factor of 5.
- However the risk is very low and regular exercise confers a much larger benefit of reducing risk and so is beneficial.
- The highest relative risk is thought to be in those who do not usually exercise, and then do unusual exercise.

- The CSEP recommends that adults 18 to 64 years of age accumulate at least 150 minutes of moderate to vigorous intensity aerobic exercise per week in bouts of 10 minutes or more. Examples of moderate to vigorous intensity aerobic exercise include brisk walking, jogging, climbing, lifting heavy loads, shovelling snow, swimming and competitive sports.
- Muscle and bone enhancing activities using major muscle groups at least two days per week are also advised .....These recommendations are generally appropriate for young to middle-aged adults at risk of heart disease special consideration should be given for children adolescent and older adults

His advice is that if you're an older individual if you exercise keep it up. If not, then start but be mindful of your risk. If you have heart disease, be careful about working too hard. How much?

CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR ADULTS (AGED 18 YEARS OR OLDER)

For health benefits, adults aged 18 years or older should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

**A healthy 24 hours includes:**

<p><b>PHYSICAL ACTIVITY</b></p> <p>Performing a variety of types and intensities of physical activity, which includes:</p> <ul style="list-style-type: none"> <li>• Moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minutes per week</li> <li>• Muscle strengthening activities using major muscle groups at least twice a week</li> <li>• Physical activities that challenge balance</li> </ul> <p>Several hours of light physical activities, including standing</p>	<p><b>SLEEP</b></p> <p>Getting 7 to 8 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times</p>	<p><b>SEDENTARY BEHAVIOUR</b></p> <p>Limiting sedentary time to 8 hours or less, which includes:</p> <ul style="list-style-type: none"> <li>• No more than 2 hours of recreational screen time</li> <li>• Breaking up long periods of sitting as often as possible</li> </ul>
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Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.

Progressing towards any of these targets will result in some health benefits.

His key points were:

### KEY POINTS

- Exercise is beneficial for many chronic conditions and can offer benefits that are comparable to pharmacologic interventions, yet exercise is underprescribed.
- Like medication and surgery, exercise is not a single entity and must be tailored to the condition. Exercise must be appropriately implemented to achieve outcomes that are consistent with those reported in intervention trials.
- To prescribe exercise for chronic conditions, clinicians must know sufficient details about the appropriate and effective exercise interventions and their components.
- We describe and discuss the evidence of effectiveness of exercise interventions for the following chronic conditions: osteoarthritis of the hip and knee, chronic nonspecific low back pain, prevention of falls, heart failure, coronary heart disease, chronic obstructive pulmonary disease, chronic fatigue syndrome and type 2 diabetes.

Paul's presentation was informative. Exercise is not just important it is necessary. Based on my personal experience it is not only important to avoiding problems, but if an issue arises regardless of your exercise routine, it is important to a quick and effective recovery.

### May 24 – Presentation

We were privileged to hear from Angus Watt who spoke to us about the “Rebirth of Alberta” in 2022. He covered the following:

- Pandemic
- Russia-Ukraine War
- Inflation

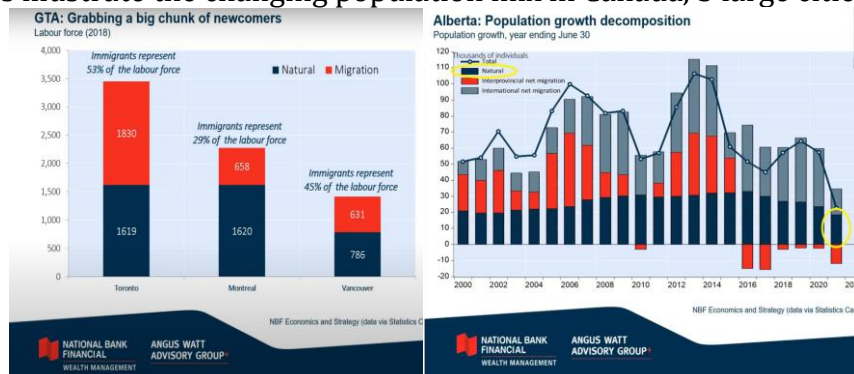
- Unemployment
- Immigration
- Real Estate
- Alberta

With respect to the Pandemic, his message is that there is improvement in hospitalization and deaths due to Covid, thus we seem to have the green light to move forward. However he counseled us that we may have not seen all the impacts of Covid yet. From a fiscal perspective, because of Covid Canada has seen the most aggressive fiscal stimulus. From a disposable income view, he stated “We have almost made people wealthier.” The question to be answered is consumption sustainable with end of subsidies? Those individuals with stocks and real estate have really benefited. Also, the world is in a better balance with oil, because of the impact of Covid. Oil prices could be quite a bit higher.

With respect to Russia/Ukraine war, a big impact will be on the available food in the upcoming year. Ukraine is a major supplier of food to Europe. The issue is with the ability to harvest all that they have planted. Also, will they be able to get food to market in the fall. Interestingly China has major stores of several foods, so they are not like to be short.

Due to Europe’s dependance on Russian oil they will be short term issues with its economy. Also, China will be facing a dilemma with Russia, because of their dependance on trade with the US and EU. China risks falling into a recession if they get to close to Russia and it impacts trade.

The question with Canada is how we will grow. To do so we need immigration. What we need are immigrants with skills. The following slide looks at the labor force mix of major cities. Canada’s population growth rate is the largest in the OECD, due to immigration. The following slides illustrate the changing population mix in Canada, 3 large cities, and Alberta



**Canada's Population Problem**

Aging Demographic

- + Canadian population now has a larger share of people aged 55-64 versus 15-24.
- + More people getting ready to exit the workforce versus entering.
- + A large increase in immigration won't significantly curb this deficit.
- + In 1966, there were 200 people aged 15-24 for every 100 Canadians aged 55-64.
- + In 2021, there were 81.
- + Canada still has one of the youngest working age populations in the G7.

**Canada's Population Problem**

Between 2016-2021

- + Canadian population grew 5.2%.
- + Canadians over 65 increased by 18.3% to 7 million; over 85 rose by 12%; and over 100 rose by 15%.
- + Number of Canadians younger than 15 grew 6x slower than the number of people 65+.
- + Number of children under 5 declined 3.6%.
- + 2020 saw the lowest birthrate since WW1.
- + By 2051, nearly 25% of the population will be over 65, almost 12 million people, and only 7.5 million children under 15.



With respect to real estate, these 2 slides compare Vancouver to Edmonton with respect to affordability of housing:



Alberta still has the highest weekly earnings. Stats show that business activities are picking up. Alberta continues to have the following advantages:

**Economic Spotlight: Alberta Advantage**

- + Affordable housing
- + Transportation – shorter commute times
- + High earnings
- + Low overall taxes, no retail sales tax, high personal exemption
- + Median age is 37.9 (2021), 2<sup>nd</sup> lowest in Canada
- + Alberta's population between 15-45 is 42.3% - highest in Canada
- + Skilled workforce
- + New industry focus: i.e., (AI) Artificial Intelligence (Alta ML)
- + Lower corporate tax rates
- + Affordable commercial/industrial real estate
- + Strong railway network
- + Global stability

<https://open.alberta.ca/publications/>

Angus provided a most enlightening presentation that covered a wide range of topics. Mel and Bob continue to knock it out the park.

*Interesting aside* (here are a few more questionable one liner's and I have 25 more)

1. I just went to an emotional wedding. Even the cake was in tiers.
2. When's the best time to go to the dentist? Tooth-hurtie!
3. Why do seagulls fly over the sea? Because if they flew over the bay, they're bagels!
4. What do you call a farm that makes bad jokes? Corny!
5. Why do fish live in salt water? Because pepper makes them sneeze!
6. What kind of streets do ghosts haunt? Dead ends!



7. What do you tell actors to break a leg? Because every play has a cast!
8. What kind of dogs love car racing? Lap dogs!
9. What did Winnie the Pooh say to his agent? "Show me the honey!"
10. What do you call birds who stick together? Vel-crows.
11. Today I gave my dead batteries away. They were free of charge.
12. What do you call it when one cow spies on another? A steak out!
13. What happens when a frog's car breaks down? It gets toad!
14. What's the best thing about Switzerland? I don't know, but its flag is a big plus!
15. My favorite word is "drool." It just rolls off the tongue.
16. Why is Peter Pan always flying? He neverlands.
17. I just wrote a book on reverse psychology. Do *not* read it.
18. What does a zombie vegetarian eat? "Graaaaaaaains!"
19. My new thesaurus is terrible. Not only that, it's also terrible.
20. What did the blanket say as it fell off the bed? "Oh *sheet!*"
21. Why do cow-milking stools only have three legs? 'Cause the cow's got the udder!
22. How did Darth Vader know what Luke got him for Christmas? He felt his presents.
23. What's the last thing that goes through a bug's mind when it hits a windshield? Its butt.
24. What did the janitor say when he jumped out of the closet? "Supplies!"
25. Imagine if Americans switched from pounds to kilograms overnight. There would be mass confusion!

Stay Health sleep well and remember spring is actually on its way  
Let's support the Oilers in the run for the Cup