

From: Deanna Waters

Subject: Excellent luncheon Ivan!

I could have listened to the speaker for another hour at least! She has so much to offer.

I wrote a short blog post on one aspect of her talk:

What To Do About More Women Dying of Heart Disease Than Men



Dr. Noel Bairey Merz with Ivan Berkowitz, IACS Heart Health Scholar who arranged the 6th Harold Buchwald Heart Health Luncheon at the RBC Winnipeg Convention Centre on May 4, 2015

Dr. C. Noel Bairey Merz, Director of the Barbra Steisand Women's Heart Center in Los Angeles, as well as the Preventive Cardiac Center at the Cedars-Sinai Heart Institute, spoke in Winnipeg recently, outlining some of the facts concerning heart health for women. There is definitely a difference between the signs of heart disease for men and women, plus how to best treat them. She discussed in detail 5 action points:

Five Healthful Lifestyle Habits associated with 82% lower risk of heart disease, yet only 10% of population do all five:

1. Adopt the Mediterranean Diet
2. No smoking. There are immediate benefits when you stop smoking.
3. Non-obese. It's okay to be "chubby" if you are fit. The Body Mass Index can be misleading. A skinny person can actually be obese if they aren't fit.
4. 30 minutes of exercise a day. Find what works for you and be consistent. You need to move for a healthy heart.
5. One serving of alcohol a day. It doesn't even matter what kind. Only one 6 oz drink of wine a day for women. Two allowed for men. With meals. This gives the lowest risk of mortality.

(Everyone at the luncheon was rushing home to have a glass of wine!)

Thanks to the Harold Buchwald Heart Health Luncheon for hosting this event. In Winnipeg, the leadership of scientists like Dr. Naranjan Dhalla led to this city becoming the home of the "International Academy of Cardiovascular Sciences" more than a decade ago. Women's heart health issues are getting more attention every year in the research grants that are awarded and programs being developed.

Noel's incredible talk from 6th Heart Health Luncheon ONLINE - go to heartacademy.org

Thanks again for inviting us!

Dave and Deanna Waters

www.deannawatersblog.com

www.thewatersedge.com

From: Lee Anderson

Subject: *Hope you are feeling really good.*

Hi Ivan,

Wayne and I hope that you are really feeling great about today's event. Our friends really loved it. They had a chance to socialize and they also learned a lot. The speaker was terrific! So well organized, very clear visuals, lots of worthwhile information. Organizing it as five action points is very effective. I think we will take it seriously and get to work on them. We will try just not to start with the alcohol one. Fortunately, none of us is a smoker. So we have at least one and a half points.

The food was delicious. Is there any chance that recipes would be shared? Obviously we aren't going to try into going to competition with the RBC Convention Centre. *[look at the end of this article!]*

Sleep tight tonight. You deserve a good rest. You have worked very hard..

Congratulations. Talk to you soon.

Lee and Wayne Anderson. (newest and most valuable members of the Luncheon Committee)

From: "Zahradka, Peter

Subject: *Buchwald Luncheon*

Just wanted to congratulate you on a good event today. She was an excellent speaker who made some wonderful points with respect to female disease. I will also add the lunch was very good, and much different from what I might have expected. However, to that end, I am providing you with a link to an article from the Centre that shows Manitoba pickerel is as good as if not better than salmon with respect to the content of omega-3 fats. So having local fish versus salmon would be a good thing. <https://www.ecronicon.com/ecnu/nutrition-ECNU-01-00008.php>

Hope you have good luck getting something going for next year.

Peter

Peter Zahradka Professor and Chair, Division of Endocrinology and Metabolic Disease, Department of Physiology and Pathophysiology, and Professor, Department of Human Nutritional Sciences, University of Manitoba Principal Investigator,
Canadian Centre for Agri-Food Research in Health and Medicine (CCARM)
St. Boniface Hospital Research Centre Winnipeg, MB, Canada

This study led by Dr. Mohammed H Moghadasian reports that fish from Manitoba lakes including Arctic char, pickerel, suckerfish and whitefish contain less percentage of total lipids but higher proportion of a very long chain polyunsaturated fatty acid named Docosahexaenoic acid (DHA) in their tissue lipids as well as lower levels of tissue cholesterol as compared with those from salmon samples. Additional studies will be required to compare and contrast other food-related aspects of these fish varieties with other commonly consumed fish types. Similarly, it would be interesting to investigate whether the fatty acid profile observed in the tested fish samples also occurs in other types of fish from fresh water Northern lakes.

However, discussion with the outstanding Chef Quentin raised concern that using a local fish like pickerel (AKA walleye in the U S A) is risky for a large crowd because the lower fat content would yield a dry product when served from a kitchen at a long distance from the diners.

“You've come a long way baby .. even when it comes to heart trouble”

By Roger Currie in Senior Scope, Apr. 1 -27, 2015 and online at www.seniorscope.com

Over the past 30 years, Winnipeg has quietly become a significant centre of excellence in North America when it comes to heart health. Women's heart issues will move to the forefront once again this year when the 6th annual Harold Buchwald Heart Health Luncheon takes place on May 4th at the RBC Convention Centre. The speaker will be Dr. C. Noel Bairey Merz who is a major leader in the field, and a woman whose association with Barbra Streisand has enabled a much brighter spotlight to be focused on such issues. Her topic will be “New Approaches to Personal Heart Health”. Dr. Bairey Merz is director of the Barbra Streisand Women's Heart Center in Los Angeles, as well as the Preventive Cardiac Center at the Cedars-Sinai Heart Institute. She is widely recognized as an authority on heart disease and stress, and she has been a leader in drawing attention to the differences between women and men in this vital area. It has been called The Yentl Effect by some in the field, a reference to a short story by Isaac Bashevis Singer that became a movie in 1983, directed by and starring Barbra Streisand. Set in 19th century Poland, it told the story of a young Jewish girl who cuts her hair and disguises herself as a man, so that she could get an education that was not available to women at that time. The theme has since been applied by Streisand and others to the practice of medicine. Dr. Bairey Merz has written and lectured extensively about how women have historically been misdiagnosed when it comes to heart problems because the 'markers' that are used by cardiologists are different for women than they are for men. Most often, patients who experience chest pains or other symptoms of heart disease are made to undergo a stress test on a treadmill. The test was developed more than 50 years ago by Dr. Robert A. Bruce, a pioneering cardiologist at the University of Washington. It's known as the Bruce Protocol test, and it's recognized as the most reliable tool in diagnosing people to determine their risk for a heart attack. Many female patients have difficulty completing the test because women have different muscle structures than men. More recently, female cardiac patients have been more effectively diagnosed using an exercise bike, rather than a treadmill. The generous philanthropy of Barbra Streisand has helped to advance the efforts of Dr. Bairey Merz and others in a major way. The legendary entertainer, who will turn 73 in April, has personally donated and raised more than \$30 million for women's heart health, and

much of that money has been matched by other benefactors. In Winnipeg, the leadership of scientists like Dr. Naranjan Dhalla led to this city becoming the home of the International Academy of Cardiovascular Sciences more than a decade ago. The Academy has been the focus of a number of important initiatives, including the Myles Robinson Memorial Heart Fund, chaired until his death by Harold Buchwald. More than half a million dollars has been raised for that fund, which is administered by the St. Boniface Hospital Foundation. Women's heart health issues are getting more attention every year in the research grants that are awarded locally. Major sponsors of the Buchwald Heart Health Luncheon are the Asper Foundation, Flax Council of Canada and the Sir Thomas Cropp Foundation

..... Roger Currie writes regularly for Senior Scope, and he is heard regularly on CJNU, 93.7 FM.

WHAT A LUNCHEON



RECIPES:

Not only did 300 Luncheon-goers enjoy the awesome talk which they expected from Dr. Noel Bairey Merz but they were also treated to a heart-healthy lunch created by Chef Quetin Harty of the RBC Convention Centre Winnipeg with help from Ilona Beck of CanMor Grain Products (Flax Council Members from Regina) who provided the recipe and supplied flax for topping the salmon.

The entrée was Ultimate Omega 3 Salmon on a bed of wild rice pilaff. The salad was edomame and sea weed. The buns were not made with white flour and one was filled with flax seeds - instead of butter, diners could dip buns in Flax Oil donated by Shape Foods (a Manitoba Company) and Balsamic Vinegar.

The Salmon recipe to serve 4 to 6: Flaxseeds, walnuts, seaweed and salmon all have one point in common = they are a good source of Omega 3s! Why not combine them in the ultimate recipe to get the maximum amount of this beneficial fatty acid in one bite! Ingredients – ¼ cup Golden roasted milled flaxseed* ½ cup walnut pieces; 2 Tbs seaweed flakes or 2-3 tsp seaweed salt; ¼ cup olive oil; 4-6 Atlantic salmon/thawed. Method - Mix together all ingredients and garnish each salmon filet with 2 to 4 tablespoons of the Omega 3 mixture. Bake in a 375 degree oven for 5 to 8 minutes and finish at broil for one minute.

** It is important that flaxseed be milled. You can use regular flax meal but use only half the quantity as the regular flax is more pungent.*

Salad of edamame beans and wakame seaweed in a sesame/ginger dressing: edamame beans - 87 grams; asparagus ; 15 grams; wakame - 22 grams; cilantro - .5 grams; red pepper julienne - 22 grams; green onion - 2 grams; cucumber - 22 grams; sesame ginger dressing - 38 ml

Method: blanch the asparagus and cut on a bias, reserving the spears for garnish. Remove the leaves from the cilantro plant, discarding any stem. The cucumber should be cubed, 1 cm x 1 cm, being careful to avoid any seeds. Cut the green onion thinly and on a bias.

To plate, combine all of the ingredients in a bowl, toss with the dressing and place in the middle of the plate. Garnish with some of the wakame and the asparagus spears.

For the dressing: fresh ginger - 50 grams; soy sauce - 150 ml; orange juice - 150 ml; sesame oil - 100 ml; miso paste, light - 50 grams; rice vinegar - 200 ml; canola oil - 200 ml; sesame seeds, white - 30 grams; sesame seeds, black - 30 grams