



**OttawaHeartSupportGroup**  
Health Education Activity Research Target

## ”The Pulse”

### September 2016

---

**Wednesday, September 7, 2016:** the Ottawa Heart Support Group (OHSG) Executive Committee meeting will be held at the Hollands’ house 6029 Voyageur Drive, Orleans ON K1C 2P5. From 10:00 a.m. to 12:00 p.m.

**Monday, September 19, 2016:** OHSG Monthly Meeting, the Guest Speaker is Dr Marino Labinaz who is a Cardiologist and Director of both the Cardiac Catheterization Laboratory and the Cardiac Fellowship Program at the University of Ottawa Heart Institute. Also, he is Professor of Medicine (Cardiology) at the University of Ottawa.

Dr Labinaz earned his undergraduate degree and did his medical training at Queen’s University in Kingston, Ontario, followed by a three-year residency in Internal Medicine at the University of Western Ontario in London. Following training in Cardiology, he completed a two-year interventional fellowship at Duke University Medical Center in Durham, North Carolina, after which, in 1994, he returned to the Heart Institute as a full-time member of the Division of Cardiology.

Dr Labinaz is involved in all aspects of interventional cardiology, including establishing and maintaining programs in intravascular ultrasound, percutaneous closure of atrial septal defects, patent foramen ovals and perivalvular leaks. He established a stand-alone interventional program in Thunder Bay, Ontario, and served as its Medical Director for two years. He and Dr. Marc Ruel created a new program for percutaneous aortic valve implantation at the Heart Institute. Dr Labinaz was involved in developing STEMI. He has chaired a Cardiac Care Network panel on the Utility of Primary Angioplasty for Acute Myocardial Infarction for Ontario.

**The last meeting** was excellent with Dr Lam’s presentation on Atrial Fibrillation that was very informative. Everyone that left the Foustanelas auditorium knew that once you had Atrial Fibrillation it cannot be cured but can be controlled. Dr Lam went into control methods for treatment which ranged from medicine, to ablations to a minimal invasive surgical method through the sides of the chest wall with catheter that can use extreme cold, nitrogen, in a predetermined position on the pulmonary supply and return lines at the heart, Amazing to see.

There is a study at the rehabilitation centre to find out the relation of persons physical energy and the resulting effect on atrial fibrillation. This important study requires many people with atrial fibrillation to participate. More information will be available during the next two weeks.

### **Ottawa Take Home and delivery food options...Meals**

This item was provided by a member who did the research in trying to find his parents some food options, especially ones with a low sodium option, or they would accommodate with lower sodium adaptation of what they serve. It is in a google sheet and people can comment so he can update further changes as they arise. This is the 2nd version and now about 12 or 13 pages...

[https://drive.google.com/open?id=1Cqrcv8ZYBf\\_yt-xCjT9a0RkIUwQr9SeF7yyAW7pg](https://drive.google.com/open?id=1Cqrcv8ZYBf_yt-xCjT9a0RkIUwQr9SeF7yyAW7pg)

The OHSG committee is in need of telephone callers for meeting notices and important events. The callers are very important as they help keep our members attendance up maintaining a personal contact with our members. Each caller makes up to 15 calls a month.

Enjoy the last few weeks of our summer, Stay safe.



### **Important**

**Do not put money in the machines for parking on Ruskin Street after 7:00 p.m.**  
**[www.ottawaheartsupportgroup.com](http://www.ottawaheartsupportgroup.com)**

**Remember, it's our responsibility to keep ourselves adequately informed — and to proactively manage the state of our health!**



*William A Holland*  
President,  
Ottawa Heart Support Group