

UTA Retirees Club

January 10, 2017

Next Meeting:

February 14, 2017

10am, Room 106

Maverick Stadium

I. Announcements

President Rita Thompson was absent due to family illness. Harley Courtney, Program Vice-President, opened the meeting. Harley asked Julie Alexander to introduce our speaker, Dr. Mark Haykowsky, Professor & Moritz Chair in Geriatrics, College of Nursing and Health Innovation. Dr. Haykowsky came to UTA from the University of Alberta in Alberta, Canada. His education includes Post-Doctoral Fellow in Heart Failure Specialization, Division of Cardiology, Faculty of Medicine, University of Alberta and 1998 Ph.D. in Cardiovascular Exercise Physiology, University of Alberta. He also has a nursing degree.

II. Program

The overarching theme of Dr. Haykowsky's research program is to examine the biological mechanisms for the decline in health related fitness in individuals at risk for or with heart failure (reduced or preserved ejection fraction) and role of exercise training to restore cardiovascular and skeletal muscle function. A second research focus is in the Cardio-Oncology field with specific focus on the role of exercise training to prevent cardiovascular deconditioning and cardiac toxicity associated with anti-cancer therapy. A final focus is sport cardiology and cardiac mechanics and ventricular interaction during exercise in athletes. Dr. Haykowsky said: an important goal of his research is to improve overall health, physical function and quality of life in older individuals at risk for or with cardiovascular disease. One group that is a target for heart failure is older overweight women with hypertension. Sedentary death syndrome (physical inactivity) is the 4th leading risk factor for global mortality. Other risk factors for death include high blood pressure (13%), physical inactivity (6%), overweight (5%), and smoking (9%). Fitness level is the best predictor of how long a person will live. 20 days of inactivity can age a person by 40 years. Aerobic exercise and strength training individually produced the same fitness level. Aerobic exercise along with strength training can improve fitness. However, once you stop you lose ground. Fitness declines 1% per year. People can come up with many reasons not to exercise (it's too hot, it's too cold, no one to exercise with, etc.). Any activity (minimum of 2.5 hours/week) will improve fitness. Aerobic activity in ten minute bursts (interval training) can also be beneficial. It's up to the individual along with a doctor's advice to choose the amount of activity that is most beneficial to that individual.

III. Discussion

Dr. Haykowsky answered several questions and encouraged members to volunteer for a research study by contacting him.

Submitted by Rosanne Minyard, secretary