South Asian Health
Fraser Health
South Asian Health Institute
To Be A Global Leader

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Research Examples

- South Asian Women Yoga Education Study
- Role of Peer Leaders and Chronic Disease Management
- Population Based Screening to Identify Risk
South Asian Women Yoga Education Study - SAWYES

- Dr. Amandah Hoogbruin, RN, PhD; Kwantlen Polytechnic University in collaboration with Drs Raymond Dong and Arun K. Garg
- Research team of 4 South Asian Registered Nurses and 7 BBN Students
- Pay it forward collaboration in research gains of doing this research benefit to the community
In Canada, heart disease is the number one cause of death for women over the age of 55.

CVD risk rises sharply with menopause.

South Asians suffer disproportionate rates of cardiovascular-related morbidity and mortality.

Postmenopausal South Asian women are at even greater risk due to the elevated prevalence of hypertension, physical inactivity and obesity in this population.
South Asian Women Yoga Education Study (SAWYES)

- First in Canada

- A randomized, controlled pilot study

- Impact of Yoga on SA, postmenopausal women at risk for CVD
Figure 1. Yoga Intervention: Two hypothesized pathways for reducing cardiovascular risk profile

The Research Team

- **Principal Investigator**
  - KPU BSN instructor
  - UWV clinical epidemiologist, US NIH & NCCAM funded, Yoga Researcher is Mentor for PI

- **Co-Investigators**
  - FH cardiologist & FH Biomedical Lab Director

- **Research Assistants**
  - Speak Punjabi, Hindi, or both
    - 4 SMH, SA Registered Nurses
    - 8 KPU, SA, BSN students

- **Yoga Teacher**
  - Speaks Hindi & limited Punjabi
    - OHC Ayurveda Medical Practitioner
Collaboration

- Collaboration is key given the nature of this research study:
  - difficult to access the study population due to language & cultural barriers
  - limited resources-
    - 50% of the budget to cover costs of blood tests
    - Screening sessions at the Jimmy Pattison Outpatient & Surgical Center’s organized based on room availability & need to do fasting blood work.
Study Phase 1 Completed - Recommendation

- Yoga be incorporated in care pathway and protocol for follow-up Cardiac Rehab Program
- Wider incorporation of yoga in CDM