

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

Some Facts

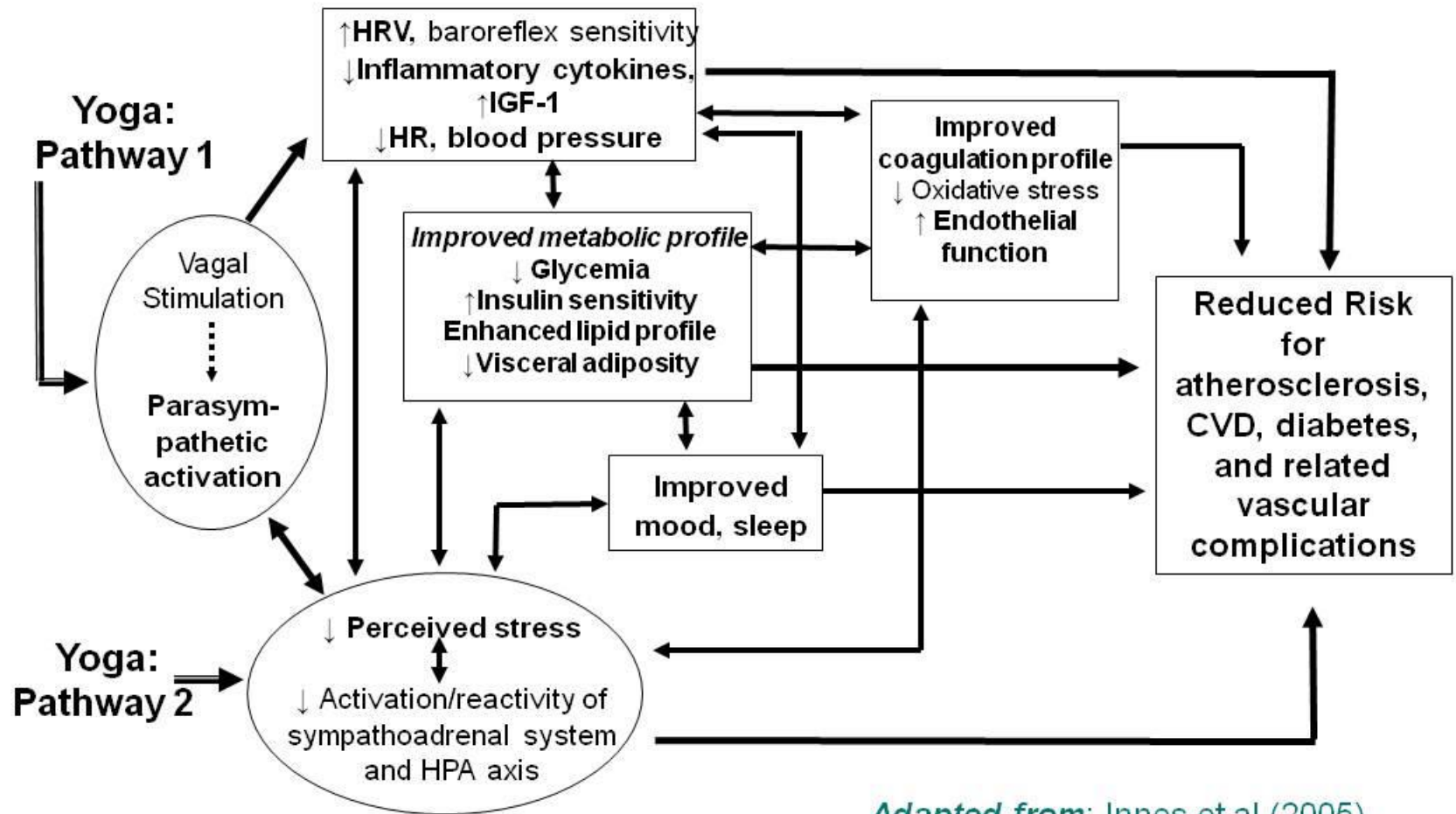
- In Canada, heart disease is the number one cause of death for women over the age of 55
- CVD risk rises sharply with menopause.
- South Asians suffer disproportionate rates of cardiovascular-related morbidity and mortality.
- Postmenopausal South Asian women are at even greater risk due to the elevated 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





Adapted from: Innes et al (2005). *JABFM*. 18 (6): 491-519. Innes et al. (2007). *ATHM*. 13 (5):44-51

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