

The impact of yoga education among postmenopausal, South Asian (SA) women @ risk for cardiovascular disease: A family affair

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Faculty Disclosure

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Conflict of Interest: None

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Session Goal:

Understand the impact of yoga education among postmenopausal, South Asian women at risk for cardiovascular disease

Objectives:

- describe a randomized pilot study and the impact of yoga education for this target group
- identify the ways in which the study participants' families influenced the impact of learning yoga

Introduction

Heart disease is the leading cause of death for women over the age of 55 throughout the world.

Post-menopausal SA women are @ even greater risk due to the prevalence of hypertension, physical inactivity, & obesity among this population group

Therapeutic Role of Yoga

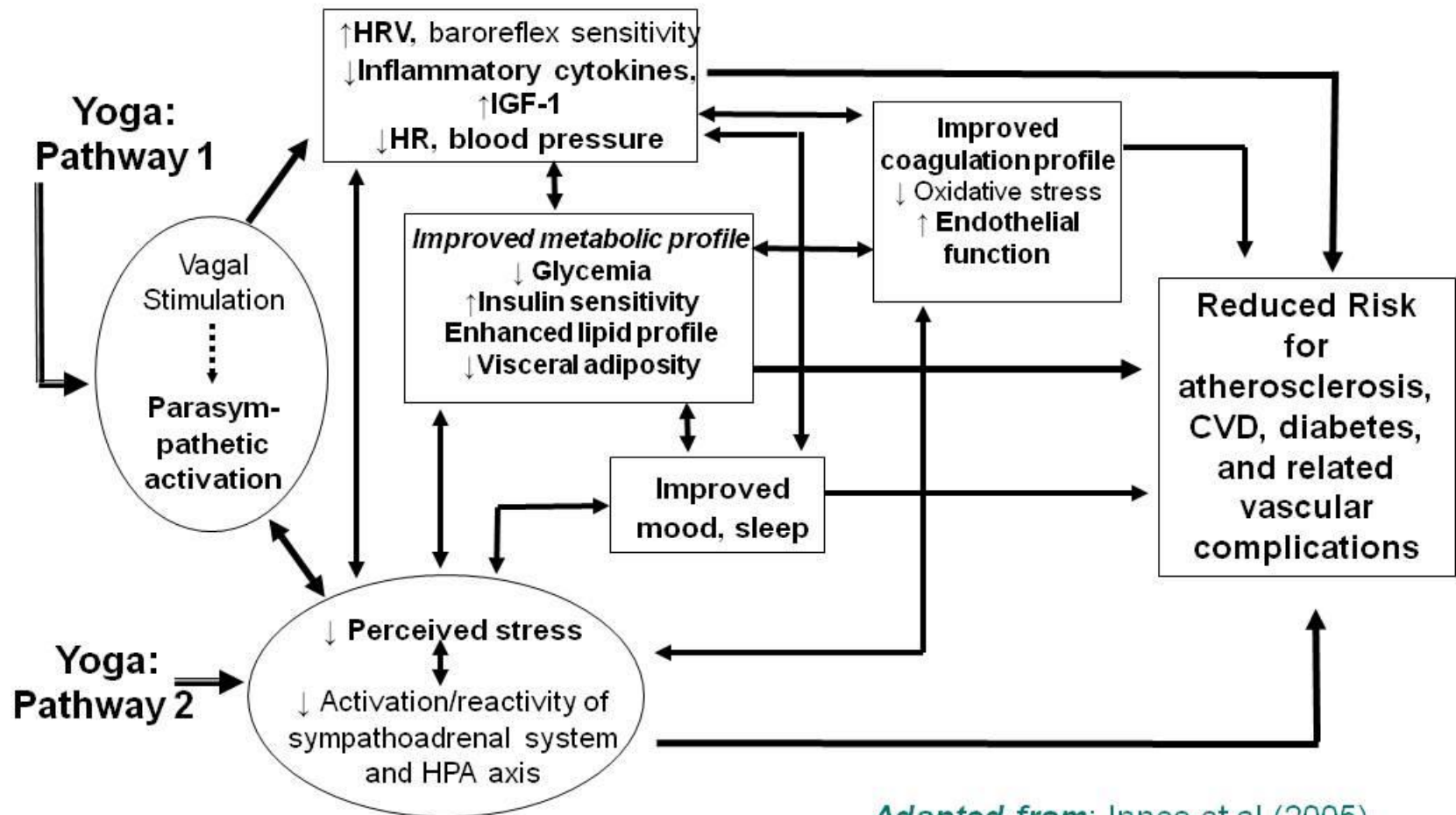


Figure 1. Two Yoga Pathways:
Health Benefits

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

SA Women Yoga Education Study (SAWYES)

First in Canada to rigorously examine the specific effects of yoga education on CVD risk profiles among postmenopausal, sedentary, South Asian women



Yoga Education

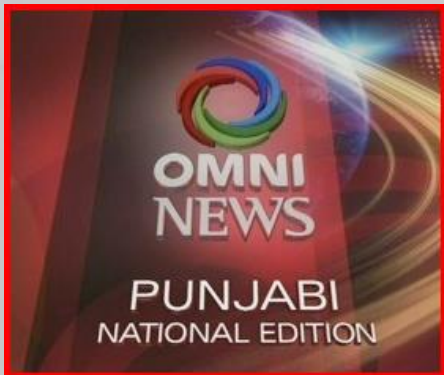
A 12 week structured Hatha Yoga program

- 1 hour yoga classes, 3x/week & daily home practice
- Yoga practice consisted of different asanas or yoga poses, pranayama or controlled breathing, & meditation
- Yoga Poses modified to accommodate physical limitations related to being overweight & not physically active



Recruitment of Study Participants

*When I saw the advertisement on TV,
I knew I need it.
I stay home
all the time
taking care of family.*



226- Expressed interest

192- Pre-screened by phone

146- Excluded

56 - Met Criteria

41- Initial Sample

**33- Final Sample,
3M Post Yoga Edn**

The Study Sample

*You know I hesitated to try yoga,
always wondered if it works? Until
I saw the advertisement on TV,
I would never have actually
gone & tried it.*

Women aged 45- 64 yrs.
Average - 55.8 yrs.

Generalized obesity
(BMI cutoffs- in kg/m²)
Overweight- (23.0-24.9)
3 Women (24.61-24.74)
Obesity- (≥ 25)
30 women (26.3 to 39.4)

Abdominal Obesity- (≥ 80 cm)
33 women (88 to 120.6 cm)



Preliminary Findings- Yoga Education



Easy to learn...I do not think it would make a difference [to use a chair when doing yoga]. My muscles would be sore anyways. They were used in new and different ways.



Study Participation – A Family Affair

Before I started the yoga classes, I told my family, no visitors...They (other family members) can't just show up, because I can't say I got to go. ...so my son called everybody to them know [I] was only available on Tuesday ... If anybody called, my son would tell them, they could not visit- - **"It's Mom's Yoga day"...**

We live alone. Towards the end, my husband let me know he missed having dinner with me, (in his words, he says)... I am coming & you're going; and in response, I would say... **"Oh my lovely man, and when I return I will be an even lovelier wife - smiling as I leave."**



Yoga Classes

Yoga teacher was helpful, making suggestions about how to change different poses... like I did not need to sit cross legged on the floor, especially with my bad, left knee.

Sometimes we were motivated because we were hungry...anxious to get finished so we could go home and eat.

...and I get really relaxed. I would fall asleep on the mat when doing the meditation at the end.



Yoga Home Practice

After a couple of weeks, I pretty well knew the routine. A DVD would have helped me make sure I was doing everything properly.

...would do poses specific for pains I had in my body. Always end with relaxation.

My husband helped me with the home practice. I would show him and he would try doing it with me.



Yoga Home Practice Booklet

South Asian Women Yoga Education Study (SAWYES)

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Transformed Lives

Loved getting to know other women [like me]. Stay at home housewife, and mother. We talk about getting together after classes [end].



It was very important for me, that I was part of a research project. What I was doing was not just helping me, it would help others. I have shared this with my friends and family too.

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to print the Yoga Home Practice Booklet

References

Innes, K.E., Vincent, H.K., & Taylor, A. G.(2007). Chronic Stress and Insulin-resistance-related Indices of Cardiovascular Disease Risk: Part II. A potential role for mind-body therapies [see Erratum] *Alternative Therapies in Health and Medicine*, 13(5): 44-51 PMID: 17900042

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