EVERY 7 MINUTES, SOMEONE DIES FROM A HEART ATTACK OR STROKE

3 TIPS

The time to reverse the effects of heart disease and stroke is now.

Integrated heart and lung care saved Sarah’s life.

Learn more about Sarah's experience in an interactive format at www.heartandlung.ca
More than 50,000 strokes occur in Canada each year, that’s one stroke every 10 minutes.
thsurgery? recovery like after serious heart better than ever. and lifestyle changes, you can feel that new you. MacIntosh had surgery in 2003. His advice to others who've had a car-
disease event: “It can take time to feel like you’ve really been through, but life goes on a lot better.”
In his case, it was almost a year until流逝 again to health. The diagnosis: surgery.
MacIntosh had cleared his arteries. There, his doctor discovered that a few of the veins put to work. He followed a low-fat diet, walked 30 minutes a day, and took medication. He’s doing well and planning to live for at least two more decades.

Nutritional pitfalls to avoid

Here we are in 2010 and it’s time to start on the right eating path. Here are the most com-

Think about the drink

I think I sometimes sound like a broken record with this one. When you drink your calories, your body cannot

Skipping brekky

You’re so busy packing drinks and

Mindful eating:

Focus on your

Smoking

Over the past century the face of Canada has changed.

Lifestyle changes, but no

MacIntosh has a family history of cardio-
vacular disease. He was screened at a young age, and his grandson has similar

Tip

ONE CUP OF JUICE IS ABOUT 100 CALORIES

The sneaky extras

Mayo, cheese, butter, salad dressings, sauces, etc. All these innocent-looking

Clock

Women and heart health

The heart is at times a fragile organ...
Question: How has one family honored its father’s legacy and supported an important cause?

Answer: By championing Polo for Heart, a sporting event that raises money for cardiovascular research.

Fundraiser saddles up for heart and stroke

For 31 years, Cliff Sifton has been part of a fundraiser with lots of horsepower. Sifton is honorary chairman of Polo for Heart, which has raised over $5 million for the Heart and Stroke Foundation. In recent years, the event has also directed proceeds to the Southlake Regional Health Centre’s Cardiac Care Centre, in Newmarket, Ontario.

This year’s edition will be mounted June 25-27 at the Gormley Polo Centre, about 30 minutes from Toronto. It features international players, two games a day—Sifton calls it “hockey on horseback”—and entertainment before, during and after the competition.

Sifton’s late father, Michael, was a polo aficionado with a vision of using the sport to raise money for charity.

“My father and I were very close,” says Cliff Sifton. “We were best friends, worked together and played together. What he tried to do was important, and so was carrying on the tradition.”

Continuing the Legacy

Polo for Heart became an annual fundraiser with lots of horsepower.

That certainly gives a long way when it comes to heart health. Three tips from the Heart and Stroke Foundation:

1. **Include foods that are high in fibre.**
   - Includes foods such as whole grains, nuts, legumes, fruits and vegetables.

2. **Limit sodium intake.**
   - Sifton feels that one reason why so many people feel connected to Polo for Heart is that they can see the concrete benefits of the proceeds. In the past, for instance, funds have gone to specific research projects, and to getting Automated External Defibrillators (AEDs) in place in communities throughout Ontario.

3. **Know how much activity to build into your day to achieve significant health benefits and reduce your risk of heart disease and stroke.**
   - For light activities (e.g. brisk walking, biking, swimming), you need 10-15 minutes. And for vigorous activities (e.g. aerobics, jogging, hiking), you need 20-30 minutes.

For more information on support for Polo for Heart, see www.poloforheart.com and look under “health information.”

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The Joys Of Juice

Oasis Health Break
Strawberry-Kiwi with omega-3 (rejuvenated, 1.75L)

Oasis brings a refreshing strawberry-kilow combination juice to the market. It’s refreshing in taste and refreshingly healthy; a great way to add vitamin C, potassium and magnesium to your diet. With no sugar added, you will only drink 100% juice. Complete with omega-3, an essential ingredient that is not produced by the body.

Oasis Health Break Strawberry juice will bring you closer to a balanced diet. Nutritious, delicious, no sugar added, and refreshing in taste, this beverage offers something for everyone to enjoy.

Oasis Nutrisource antioxidant (refrigerated, 1.75L)

Oasis Nutrisource antioxidants is the hearty choice. The vibrant red color of the juice matches its revitalizing. The rich blend of berries, adult fruits, and popular antioxidants that play a big role in preventing heart disease and cancer. Antioxidants save the body from the harm of free radicals. It’s a choice that doesn’t compromise taste for health.

Fruits etc.

Fruits etc. blends together fruits and vegetables in a delicious way that keeps you coming back for more. The benefit isn’t only a glass of thirst-quenching juice but also the health benefits. Providing the goodness of vegetables it not only satisfies your taste buds, but also the serving of veggies that you require in your diet.

Cardiovascular Risk and Disease: The Best Of Times Or The Worst Of Times?

We live in a world explosive with data, information, and knowledge about heart and blood vessel risks and disease, and their prevention and management.

Cardiovascular risk and disease: The best of times or the worst of times?

...private industries continue to fight against the environmental, behavioural and genetic factors...

Taking care

Time is of the essence—while Canada as a whole is doing well in the global context insofar as heart and vascular health is concerned, we have many especially-at-risk segments of our populations—Aboriginal peoples, South Asians, and rural communities. We need to work together and build on each other’s strengths and share knowledge of processes, of success stories and factors, since the challenges and burdens are too large to handle alone. The personally aging populations of men and women is imposing ever-increasing expectations for high-quality care. And then there is that awful reality that global burdens of cardiovascular diseases are oppressive and projected to further weigh on people, families, communities, governments and societies. Thus, while the World Health Organization is doing what it can, and a call for more substantive work in regards to the “Grand Challenges” of non-communicable diseases has been tabled, it will take all of us from all sectors and disciplines to match the awesome foe of heart and vascular diseases.

Bruce McManus
MB, PhD, FRSC, FCAMS
Director Providence Heart + Lung Institute

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June 25 - 27, 2010
For more information visit www.poloforheart.org or (416) 432-9735

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Heart Disease is the #1 Killer of Men & Women But it is Preventable – It is Reversible

Are you at risk?

High blood pressure High cholesterol

Heart Disease is the #1 Killer of Men & Women But it is Preventable – It is Reversible

How Old is Your Heart?

www.heartf.ca

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Question 1: How does diagnostic testing aid in prevention?

There are many people who lead a healthy lifestyle, but are still at risk for cardiovascular disease, especially those with a family history. Diagnostic testing, such as blood pressure measurement, diabetes tests and cholesterol profiles, provides information on a patient’s risk. If required, further testing such as an exercise stress test or echocardiogram (ultrasound of the heart) enables early disease detection and might lead to more aggressive preventative treatment. Ultimately, the earlier we identify a risk factor, the sooner we can intervene and help prevent cardiovascular disease.

Question 2: How important is it to focus on prevention for heart disease and stroke?

Prevention is absolutely vital. Health care costs are rising and every dollar spent on effective prevention saves several more by avoiding costly tests and treatments. Studies show that healthier populations have lower rates of disease, such as the West Coast, where active lifestyles are common and the rate of heart attacks are particularly low. Examples from Canada and around the world also show that public policies such as banning smoking from Canada and around the world also show that public policies such as banning smoking and exercise, quitting smoking, reducing stress and enjoying a nutritious diet, to name a few.

Cardiovascular prevention is a shared responsibility between patients and their family doctor, internists, cardiologists and other health professionals provides tools to organize better communication and exchange of knowledge between these groups. Prevention programs often associated with local hospitals, health authorities and community organizations to provide health education to people of all ages. We should also be sure to leverage the expertise of nurses and exercise specialists who are often the ideal people to provide these services.

Question 3: How can we improve patient access to cardiovascular care and prevention programs?

Prevention of heart disease and stroke should be at the top of the list. We do not know of any patient with heart disease/stroke who wouldn’t wish to go back in time to have the opportunity to prevent their disease. Prevention is a collective effort involving the individual as well as their care providers, physicians, healthcare professionals, community, society and government working together. If one of these assets is not fully engaged in prevention it can make it difficult for the rest to achieve.

In some cases, improving access may simply be an issue of better communication or an existing program. In other cases it may require building new programs in communities without them. However, we must be mindful of the expertise of the technology that creates the potential for everyone to access these programs through telehealth. Telehealth programs can be an option for communities without access to these services – before it’s too late.

People need to know that they have the power to reduce any risk factors, you have the power to reduce those risk factors and prevent the disease from occurring.

What inspired our lifesaving innovation? Putting a save the power in your hands.

Cardiac arrest can happen anywhere – and within reach of almost anyone. That’s why the Philips HeartStart automated external defibrillator (AED) features simple, intuitive, and rapid defibrillation therapy. And because it’s highly compact and portable, every workplace has room for a HeartStart AED. From the boardroom to the factory floor and every stop along the way, Philips has you covered. To learn how to provide the power to save a life in your hands, please visit us at www.phils.com/workplace or call 1-800-291-6743.

*Because our innovations are inspired by you.

Family Meatloaf

PREP TIME: 15 min.
TOTAL TIME: 40 min.
MAKES: 4 servings

INGREDIENTS
225 g (1/2 lb) extra lean ground beef
460 g (1 lb) extra lean ground turkey
250 mL (1 cup) bread crumbs
250 mL (1 cup) prepared mustard (any variety)
250 mL (1 cup) brown sugar
15 mL (1 tbsp) salt
25 mL (2 tbsp) black pepper
30 mL (2 tbsp) prepared mustard (any variety)
175 mL (¾ cup) chopped onion
250 mL (1 cup) bread crumbs
454 g (1 lb) extra lean ground turkey
250 mL (1 cup) bread crumbs
375 mL (1-1/2 cups) low-sodium tomato sauce
30 mL (2 tbsp) prepared mustard (any variety)
1 egg, beaten
30 mL (2 tbsp) chopped onion
30 mL (2 tbsp) chopped celery
250 mL (1 cup) bread crumbs
454 g (1 lb) extra lean ground turkey
250 mL (1 cup) bread crumbs
375 mL (1-1/2 cups) low-sodium tomato sauce
2 mL (1/4 tsp) salt
2 mL (1/4 tsp) black pepper
3 mL (1/2 tbsp) mustard

DIRECTIONS
1. Mix the tomato sauce. Shape into a loaf and place in a 9 X 13 pan.
2. Mix the remaining tomato sauce with the water, brown sugar, mustard and vinegar and pour over the loaf. Sprinkle with parsley and bake.
3. Bake the loaf with sauce at least twice while baking.

NUTRITION FACTS PER SERVING
Calories: 210 cal
Calories from fat: 102 cal
Calories from saturated fat: 34 cal
Calories from trans fat: 11 cal
Protein: 23 g
Cholesterol: 72 mg
Carbohydrates: 4 g
Sodium: 570 mg

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Re-activate your life

For some, a major incident like a heart attack can be viewed as a re-awakening or a new lease on life. For many through, the stress of the event can lead to feelings of anxiety, sadness and helplessness.

“Living with a health problem is stressful,” says Dr. Sarah Cockell a health psychologist in the Heart Centre at St. Paul’s Hospital. “People experience this stress in a variety of ways: some feel low or depressed, others experience a lot of anxiety while others become irritable or angry in addition, many withdraw and isolate themselves from others.”

Those are all normal responses to stress, Dr. Cockell says, but sometimes if the stress continues, these responses can impact patients’ functioning and relationships with others.

Make some changes

Lifestyle changes are often required following a heart attack or stroke, such as quitting smoking, adopting a healthy diet, and learning to stress. Some people will restrict their activities more than necessary to avoid pain or triggering another incident, but by becoming inactive, patients could actually be avoiding activities that may be helpful in dealing with their condition. Instead, patients should work with their healthcare provider to understand the limitations or risks for their health condition to determine an appropriate level of activity.

“A key part of rehabilitation is helping people activate their lives by becoming more physically and socially involved,” says Dr. Cockell, who is in the process of training nurse educators and nurse specialists in the Heart Centre on this topic.

“It helps maintain a level that is good for their health, improve their mood and keep them connected with other people.”

Dr. Cockell helps patients develop positive coping skills to deal with the stress they can experience. She also teaches patients a tool she frequently uses in a workbook created by scientist-practitioners Elliot Goldner, titled Positive Coping with Health Conditions. The workbook focuses on skills to cope with stress-related symptoms and provide additional tools that patients can use when they are feeling stress.

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“Positive Coping with Health Conditions” is available free online at www.comh.ca/pchc.

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According to the Heart and Stroke Foundation, about 250,000 Canadians have atrial fibrillation (AF or A Fib), a heart rhythm disorder including six percent of people aged 65-plus. What causes it, how serious is it, and what can be done about it?

With a regular heartbeat, the two chambers of the heart—the atria—act as electrical signals that make the heart pump blood. AF is a rhythm disorder causing the electrical signals to become irregular, leading to chaotic and rapid contractions of the atria. As a result, the heart may not pump as efficiently.

“If it’s otherwise healthy, the Public Health Agency of Canada notes, AF usually isn’t life-threatening. But it can be due to you have diabetes, high blood pressure, or other heart conditions. The Heart and Stroke Foundation says AF causes up to 15 percent of all strokes—and one-third of those over 65.”

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For those at risk for AF, the Public Health Agency of Canada notes, AF is a risk factor for heart disease that is manageable, but knowing how to handle stress and learning to positively cope with it is important.

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In addition, the Heart and Stroke Foundation says AF can cause problems if treated properly.

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