

FEBRUARY

Heart Care and Heart Disease

According to the Heart and Stroke Foundation, heart disease is a group of conditions, which affects the structure and functions of the heart. Coronary artery disease (CAD) is the most common type of heart disease and occurs when the heart's blood vessels are blocked or narrowed. CAD can result in a heart attack if left untreated. Other types of heart disease include rheumatic heart disease, Kawasaki disease, and infective endocarditis.

The majority of heart diseases are preventable.

Heart Attack Warning Signs



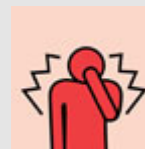
Sudden discomfort or pain that will not go away



Sweating or cool, clammy skin



Shortness of breath



Fear and anxiety



Nausea and indigestion

Tips for Preventing Heart Disease

- Maintain a healthy weight
- Eat healthy
- Exercise regularly
- Limit your alcohol consumption
- Do not smoke
- Reduce your stress level
- Know and control your blood pressure
- Visit your doctor regularly and follow his or her advice

Get Active! Get Involved! Free Activities in Sudbury

- Rainbow Routes Hiking Club
- Ramsey Lake Boardwalk
- Community Swim
- Best Start Hubs for children
- Public beaches and playgrounds
- Free practice run and walks at the Running Room every Sunday

February is Heart Month in Canada. Contact the Heart and Stroke Foundation to get involved!

HEALTH AND WELLNESS

Participation Form

Topic: Heart Care	
School/Facility:	Date:

Employee Name (Print):	Employee Signature: