

♥ HEALTHY HEARTS ♥

Issue No.1 September 14th, 2020

Question of the week!

WHAT ARE CARDIAC RISK FACTORS?

These factors are the underlying reason that you have heart disease, or at increased risk of getting heart disease.

Ones that you cannot change:

- ♥ Aged over 45 (men) or 55 (women)
- ♥ A family or personal history of heart disease
- ♥ Male, or female post menopause
- ♥ African, South Asian, Chinese or First Nation ethnicity

Ones that you can change:

- ♥ Smoking
- ♥ High blood cholesterol or triglycerides (non-medicated)
- ♥ High blood pressure/hypertension (non-medicated)
- ♥ Diabetes mellitus
- ♥ Physically inactivity
- ♥ Overweight/BMI above 27
- ♥ Alcohol intake
- ♥ Stress
- ♥ Obstructive Sleep Apnea (OSA)

Which risk factors apply to you?

Check out this link to find ways to control your risk factors:

<https://www.heartandstroke.ca/heart/risk-and-prevention>
or ask us for more information

EXERCISE TIP

Boost your immune system



with regular exercise

Nutrition Tidbits



SNACKING 101

Why is it important?

- Helps to fit in the foods you need to stay healthy
- Satisfies hunger throughout the day
- Maintains energy & blood sugar levels
- Prevents overeating at meal times

Check out our recipe attachment!

♥ HEALTHY HEARTS ♥

Issue No.1 September 14th, 2020



CARDIOLOGIST CORNER

Dear patients,

We are all working together to battle COVID-19.

Please know that although your rehab cardiologists may be working in other areas of the hospital to help tackle this virus, we are still here for you and your hearts!

Please remember these important tips at this time:

WASH YOUR HANDS

STAY HOME IF YOU ARE SICK

KEEP PHYSICAL DISTANCE

WEAR A MASK IF YOU CANNOT MAINTAIN PHYSICAL DISTANCE!

Use this self-assessment tool if you have symptoms: <https://covid19.thrive.health/>



HAVE YOU CHECKED OUT OUR WEBPAGE?

<http://www.heartcentre.ca/services/virtual-cardiac-rehab>

Why not scroll down and click on the ***Question of the week*** tab and take a look at:

Favourite on- line resources

Do you have questions or specific needs from your Cardiac Rehab team?

Please email or call your Case Manager

phccardiarehab@providencehealth.bc.ca /604

806 6810