

♥ HEALTHY HEARTS ♥

Issue No. 11 August 17th, 2020

Question of the week!

MEDICATION SAFETY

- ♥ Always carry an updated list on you (paper, electronic, I.C.E.)
- ♥ Take your medications exactly as prescribed
- ♥ Find ways that work for you to remember to take medications
- ♥ Try to use the same pharmacy
- ♥ Check with a Pharmacist before taking OTC, non-prescription medications or herbal supplements
- ♥ Get rid of old medications that you no longer use
- ♥ Plan ahead for STAT holidays or travel
- ♥ Avoid grapefruit & grapefruit juice with some cardiac medications
- ♥ Avoid NSAIDS for cardiac patients EXCEPT Aspirin



If in doubt ALWAYS ask your Pharmacist – they are the experts on all medications and combinations.

They are covered by MSP to provide medication advice – do not feel you are asking them to do something outside their role.



During the COVID-19 pandemic Pharmacists can provide a 1 month current supply without a new prescription...

Want to learn more about Medication Safety?

Join in one of the ZOOM EDUCATION classes
Invites will be sent out email by Julie and Mark this week!

Nutrition Tidbits



Up the "Anti"oxidants!

What are they?

- ♥ Compounds that help protect your body's cells from damage, and are naturally found in foods such as vegetables, fruits, whole grains, legumes, garlic, tea, wine and chocolate!
- ♥ Can be a vitamin (A, C, E), a plant chemical (flavonoids, carotenoids, resveratrol, catechins, phenols), or a mineral (selenium)
- ♥ Can lower the risk of heart disease, diabetes, and cancer

How can I get more?

- ♥ Stir fry coloured bell peppers, broccoli and carrots
- ♥ Sprinkle blueberries and pomegranate on oatmeal, yogurt and salads
- ♥ Mix beans into casseroles, salads and soups
- ♥ Add avocados or nut butter to salads, sandwiches and dips
- ♥ Enjoy a small square of 70% dark chocolate once in a while

What about supplements?

- ♥ Studies show that it is best to get antioxidants from food. A supplement cannot replace a healthy diet!

See attached salad recipe ideas in this newsletter to up the "Anti" Oxidants

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CARDIOLOGIST CORNER

CARDIAC MEDICATIONS DURING COVID-19 PANDEMIC

As clearly stated by experts, keep in mind that even during a pandemic, more people will die of cardiovascular disease than COVID-19.

Here are a few points that I would like to emphasize today:

Do not stop your blood pressure medications

According to the studies, there is no current evidence that taking heart medications increases your risk of getting COVID-19 or increases its severity. The benefits of taking these medications, which lower your blood pressure and/or strengthen your heart muscle, outweighs the possible risks of not taking them.

If you are worried about your medication, talk to your physician. Get verified information from a healthcare profession.

Do not stop low dose ASA

Confirmed or suspected COVID-19 infection is not an indication to stop low-dose ASA. This applies to children, adolescents and adults. Cessation of low dose ASA in stable patients with a clear indication for this therapy increases the risk of major cardiovascular events, including myocardial infarction, stroke or death which would require hospitalization.

Some medications need adjustment if you have been started on COVID-19 specific therapy

There are some treatments that may need to be adjusted when specific therapy for the COVID-19 disease is initiated. Your physician will check the possible interactions.

Keep a supply of your medications

Make sure you have enough supply for a few weeks, but do not stockpile them either.

References:

[CCS COVID and CV medications](#)

[ESC COVID-19-and-Cardiology](#)

[Heart and Stroke Foundation-a-cardiologist-wants-you-to-know](#)

GO PLAY OUTSIDE!

During the COVID-19 pandemic it is considered safer to be outside.



Our Exercise Physiologists want you to get outside and be active.

Why not contact your Exercise Physiologist for safe ways that you can exercise outdoors.

Try our 5 minute YouTube video:
[Outdoor Resistance Training - Virtual Healthy Heart](#)

Do you have specific needs from your Cardiac Rehab team?

You can contact us at:

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