

♥ HEALTHY HEARTS ♥

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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.

Although medications and medical procedures can help to manage your heart disease you have a lot of power to lower your risk by knowing which risk factors apply to you and making positive changes.

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/triglycerides (non-medicated).
- ♥ High blood pressure (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:

<https://www.heartandstroke.ca/heart/risk-and-prevention>

IS CARDIAC REHAB SAFE?

All patients entering the St Paul's Hospital cardiac rehabilitation program undergo a "risk assessment", irrespective of whether the program is virtual or in-hospital.

Risk assessment occurs by the cardiologist reviewing your medical history and asking you important questions to designate your risk level of a heart related event.

Patients who are felt to be at high risk may be asked to do special testing or have additional restrictions with exercise.

Often, stress testing is additionally performed to provide data for exercise training and safety.

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

Please email or call your Case Manager
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