

♥ HEALTHY HEARTS ♥

Issue No. 2

Question of the week!

Overview of the heart



The heart is a unique piece of mechanical, electrical, chemical engineering that works in partnership with our brain and all of the other organs in our body to keep us alive!

Here are two You Tube videos that might help you understand the important job that your heart carries out every second of your life:

<https://www.youtube.com/watch?v=oHMmtqKgs50>

<https://www.youtube.com/watch?v=CWFyxn0qDEU>

It only takes one of these systems to get damaged or begin to fail to have an effect on the rest of your heart and your body.

For example: If you have coronary artery disease it sticks to the linings of your arteries that supply the oxygenated blood to your heart muscle. Then the blood cannot squeeze through the narrowing to get to the muscle. As a result the heart muscle cannot pump as well with less oxygen. This can lead to symptoms such as shortness of breath, light-headedness, or chest pain; all warning signs that your heart might be struggling to work as well as it should be.

It is so important that you do all that is in your control to keep your heart healthy or able to repair.

This can be hard but you are not alone. Let us know where you need help & advice, or if you have specific questions about your heart.

Nutrition Tidbits



Eat a variety of heart healthy foods each day to support your immune system

Always have a supply of:

- Frozen/fresh vegetables & fruit
- Canned/fresh/frozen fish
- Skinless poultry & lean meat
- Dried/canned beans & lentils
- Whole grain breads, cereal, & pasta
- Skim/1%MF milk/yogurt/cottage cheese/unsweetened soy/nut milks
- Olive/canola/avocado/oil/nuts/nut butters/avocado

For more information see Canada's food guide:

<https://food-guide.canada.ca/en/>

and unlock food:

<https://www.unlockfood.ca/en/default.aspx>

Remember:

No specific food, supplement or natural health product will prevent you from catching COVID-19.

Check out this issue's handout!

Try out this fun quiz!

<https://www.webmd.com/heart-disease/rm-quiz-know-heart>

Let us know how well you scored!!

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CARDIOLOGIST CORNER

PLEASE REMEMBER THE IMPORTANCE OF STAYING ON YOUR HEART MEDICATIONS:

1. Heart disease is common in COVID-19 patients. High blood pressure is the most common risk factor in patients hospitalized with COVID-19.
2. There is no evidence that common heart medications such as ACEi (Ramipril, Perindopril, others), ARBs (Candesartan, Losartan, others) and low dose Aspirin increase the risk of COVID-19.
3. The Canadian Cardiovascular Society has recommended patients remain on their heart medications UNLESS specifically advised against it by their physician.

Do you have specific needs from your Cardiac Rehab team?

You can contact us at:

hhpcardiarehab@providencehealth.bc.ca / 604 806 8610

HOW ARE YOU DOING WITH YOUR EXERCISE PLAN?



NEED ADVICE ABOUT ACTIVITY TRACKERS?



WANT TO KNOW ABOUT GOOD COMMUNITY EXERCISE CENTRES?



Be sure to get in touch with your exercise team for suggestions or advice

We are here to help you 😊