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# Heart Matters

## Why should I worry about cardiovascular disease?

Statistics tell the tale: throughout Canada, cardiovascular disease and stroke account for

40% of deaths

31% of medical drug use

22% of days spent in hospital

20% of all long-term disabilities

Together, cardiovascular (heart) and cerebrovascular (the brain and the blood vessels feeding it) disorders are the single most common cause of death, hospitalization and medical drug use in Canada.

Over the past several decades, great

strides have been made in the battle against heart disease and stroke. Despite improvements in treatment and prevention - and a considerable drop in the death rates - there's still a long way to go. Heart disease and stroke remain Canada's number one killers.

## Halton Hills Target:

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