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Why should I worry about

cardiovascular disease?

Statistics tell the tale: throughout Canada,

cardiovascular disease and stroke account for

22% of days spent in hospital

20% of all long-term disabilities

31% of medical drug use

40% of deaths

Together, cardiovascular (heart) and

most common cause of death, hospitalization

cerebrovascular (the brain and the blood

and medical drug use in Canada.

vessels feeding it) disorders are the single

Over the past several decades, great



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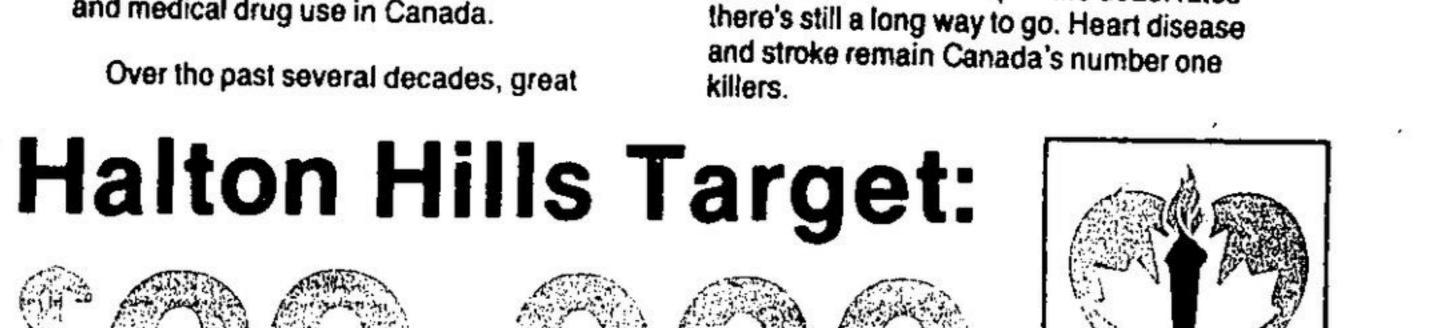
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strides have been made in the battle against

improvements in treatment and prevention -

and a considerable drop in the death rates -

heart disease and stroke. Despite

HEART AND STROKE **FOUNDATION OF ONTARIO**



Can you nan

death in Can

it's not canc

of death is he

The Ticker Test is designed to hel Go ahead. The test is easy to comple This may be the best 10 minutes you

Before you begin, it's important to une

- a) There are many risk factors such lack of physical activity that incr factors are linked to each other. you finish the test, look back at t
- b) This is not a scientific test. It is chances of having a heart attack

DIRECTIONS

In the plus (+) or minus (-) column, put a mark next to the following questions. At of the test, you will add up your check my the positive column and then add up you marks in the negative column. If you his marks in the negative column than in the tive column, you may be at risk of a heart or stroke.

- 1. What is your age? Below the age of 60 60 years of age or older
- 2. Your sex? Male Female
- 3. Has anyone in your immediate family (parent, grandparent, sister, brother) ever had a heart attack or stroke befor the age of 65?
- 4. Have you ever had a heart attack or # before the age of 65? Yes

A Spec

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