

FEBRUARY IS NATIONAL
Heart Month

Cardiovascular disease: are you at risk?

Make the most of National Heart Month: take to heart the health of your heart. Nearly 1.5 million Canadians suffer from cardiovascular disease and strokes, which are responsible for 30 percent of deaths in Canada. Prevention is preferable to healing, so it is important to evaluate your risk factors for developing heart disease.

RISK FACTORS YOU CAN DO SOMETHING ABOUT

Some risk factors for developing heart disease are relatively easy to minimize, usually by changing lifestyle habits such as diet and exercise. Eating fat-rich foods encourages high cholesterol levels, which leads to an ac-



cumulation of plaque in the artery walls. This narrows arteries and impedes blood flow to the heart. Smoking also contributes to the build up of plaque in the arteries and increases the risk of blood clots. High blood pressure, or hypertension, can damage the walls of blood vessels if the condition is left untreated. This can lead to blocked arteries and can even cause blood vessels to rupture in the brain. Other serious but controllable risk factors include diabetes, a sedentary lifestyle, excessive alcohol consumption, stress, and excess weight.

Some risk factors cannot be

RISK FACTORS YOU CANNOT CONTROL

Some risk factors cannot be

controlled, but it is important to take them into consideration. As our bodies age, they are more likely to suffer from heart disease or stroke.

Women are less at risk than men of

developing heart disease, but only until they reach menopause. Risk also increases if a member of your immediate family suffered from heart disease before age 55 or a stroke before age 65.



Halton Healthcare
This FREE public education seminar is presented by Halton Healthcare Services in partnership with:



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Living Healthy
**Advances in Cardiac Care
In our Community**

Dr. M. Heffernan, Cardiologist
Halton Healthcare Services

Wednesday, February 16, 2011
6:30 pm Displays/refreshments
7:00 pm Presentation

Southside Community Church
7480 Derry Rd., Milton, L9T 4Y9
Free Parking

To reserve a seat contact
905.878.2383 (4379) or
healthpromotion@haltonhealthcare.on.ca

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