

# February is Heart & Stroke Month

The businesses on this page urge you to give generously to The Heart & Stroke Foundation

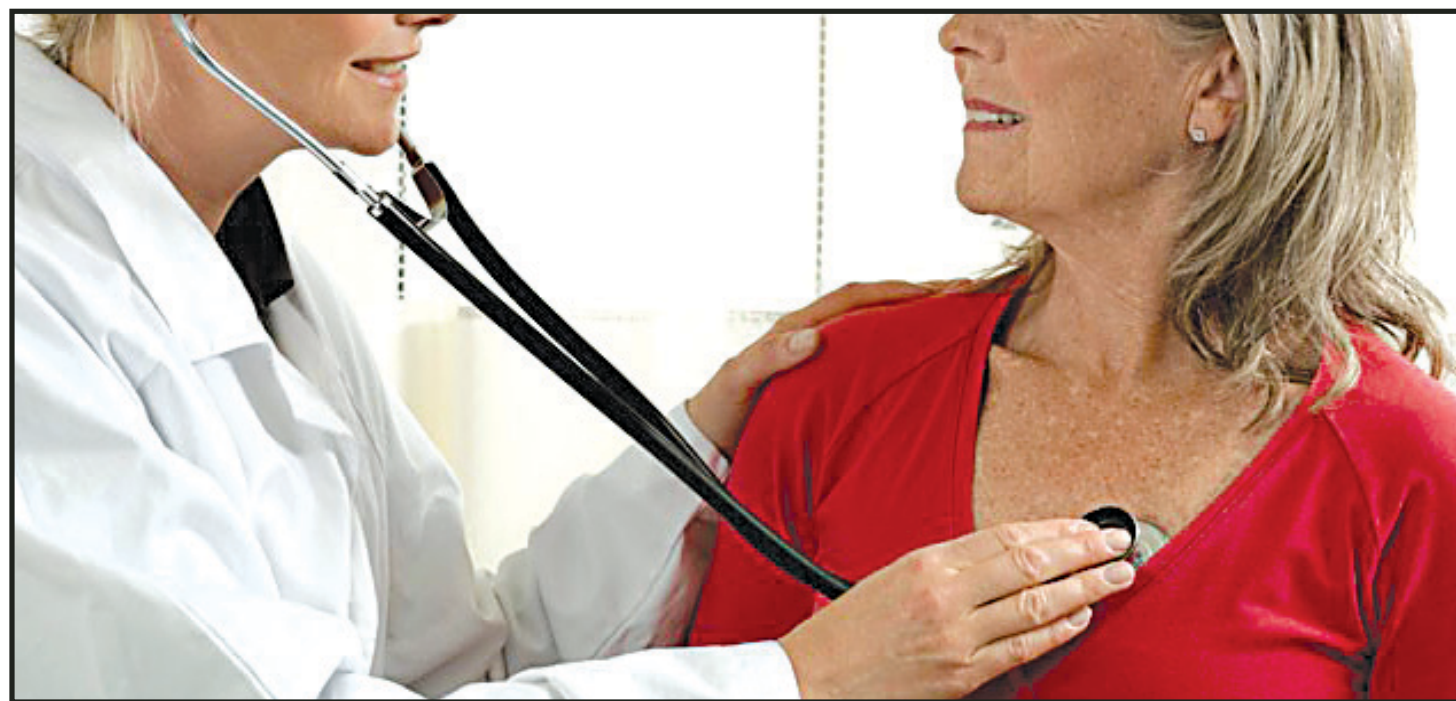
## Did you know...

There are two types of cholesterol, one that can make the arteries less flexible and therefore make a person more susceptible to heart attack or stroke; and the other that actually protects against heart attack. Cholesterol cannot dissolve in the blood, which means it has to be transported to and from the

cells by carriers known as lipoproteins.

Low-density lipoproteins, or LDL, are considered "bad" cholesterol. When too much bad cholesterol is circulating in the blood, LDL can slowly build up on the inner walls of the arteries, possibly even teaming with other substances to form plaque, a thick, hard deposit that narrows the arteries and makes them less flexible. High-density lipoprotein, or HDL, is what's considered "good" cholesterol. That's because medical experts feel HDL carries chole-

sterol away from the arteries and back to the liver, where cholesterol is then passed from the body. In addition, some experts also feel HDL removes excess cholesterol from arterial plaque, slowing its build up as a result. And though cholesterol is commonly, and falsely, considered a dirty word, low levels of HDL actually increase a person's risk of heart disease. A simple blood test can help men and women learn their HDL and LDL levels, and if they need to make any changes to get on the right track.



## Make death wait

Are you or your loved ones at risk?

Millions of Canadians are still at risk of heart attacks and strokes, and will be, for generations to come. More than 50,000 strokes, 70,000 heart attacks and up to 45,000 cardiac arrests occur every year

- The incidence of stroke is expected to double in the next 10 years
- Canadian children are the first generation

poised for shorter lives than their parents

- \$20.9 billion is spent annually on heart disease and stroke

The Heart & Stroke Foundation's short-term goal is to have Canadians take 1,000,000 actions by the end of February 2012 to Make Death Wait. These range from simple lifestyle changes like preparing a heart-healthy meal or going for a walk to quitting smoking.

The long-term goal is to reduce deaths due to heart disease and stroke by 25% by

2020. That represents almost 25,000 lives saved each and every year.

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