

A Healthy Makeover

Ask a typical group of thirty-something Canadians their top concerns in life and most would say kids, careers, mortgages and finding time for themselves.

"Heart disease, one of the leading causes of death among Canadians, would not make most lists, and that is a mistake," says Heart and Stroke Foundation spokesperson Dr. Beth Abramson. "Women and men in their 30s must realize they're not immortal," says Dr. Abramson, a cardiologist. "They need to practice a heart-healthy lifestyle early to prevent problems later."

For starters, exercise at least three times weekly - 30 minutes per session - and hard enough to work up a sweat. Smokers should quit, and everyone should watch what they eat. Rosie Schwartz, a consulting dietitian to the Heart and Stroke Foundation, suggests lots of fruit, vegetables and whole grains and fewer fast foods and supermarket prepared foods.

Once they've hit 40, men's risk for heart disease starts to increase significantly - on average seven to 10 years ahead of women, says Dr. Abramson. Visits to the family doctor

for medical checkups should include tests for cholesterol levels and blood pressure and men should "know the numbers" used to measure both. "Don't forget exercise and proper diet," Schwartz says. Both are very important in those years when men are losing muscle mass, their metabolisms are slowing down and they tend to gain weight around the mid-section, a factor in heart disease.

"For women, the 50s are crucial years due partly to menopause and hormonal changes associated with it. Regular exercise and a low cholesterol diet are very important," says Schwartz, who offers two other pieces of advice: read food labels for the contents; and try to avoid fried foods, prepared snacks and commercially baked products. They all contain hydrogenated fats, which contribute to the buildup of cholesterol.

But for both men and women, the best advice is: develop a healthy lifestyle early and stick with it. "Heart disease is a major health threat as we age," says Dr. Abramson. "One of the best ways to prevent it is with good lifestyle habits."

To help you reach and maintain a healthy weight, log onto

www.heartandstroke.ca/healthy-weight for strategies, tools, tips and practical advice. You can also contact your local Heart and Stroke Foundation office or toll free 1-888-HSF-INFO (473-4636) for a FREE copy of the newly launched Healthy Habits, Healthy Weight - A Practical Guide to Weight Management.

Join us for an Exciting Series!

Hosted by well-known Canadian TV personality, Dini Petty, the Heart & Stroke Health Show is a lively and entertaining half-hour television program that gives you valuable insights into heart disease and stroke. You'll learn about the latest advances and breakthroughs in heart and stroke research. Most importantly, you can pick up valuable tips on how to reduce the risk - for you or a loved one. Don't miss the Heart & Stroke Health Show Sunday afternoons on Global, starting on February 2nd! Check your local listings for times.

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Volunteer canvassers out now

The Heart and Stroke Foundation has taken steps to ensure easy recognition of their volunteer canvassers during February, Heart Month. Last year, these volunteers raised \$4 million in donations. The goal this year is to match that total.

If you miss the visit by your Heart and Stroke Foundation canvasser, you'll find some materials they have left for you, including a donation envelope with information on heart disease and stroke, all with the familiar Foundation logo. As an alternative, you may also make a donation by logging onto the Foundation's website www.heartandstroke.ca, and completing the secure online donation form.

For further information, please contact your local Heart and Stroke Foundation office. The Foundation logo prominently displayed on the canvasser kit and on materials distributed by the Foundation volunteer.

February is Heart Month

The Heart & Stroke Foundation needs canvassers for the February 2003 Person to Person Campaign.

Time commitment required is 1 - 2 hours or one evening of your choice in February.

Other volunteer duties are available.
Students welcome.

For more information please contact David La Thangue
905 634-7732
(Fax) 905 634-1353
E-mail: dlathangue@hsf.on.ca
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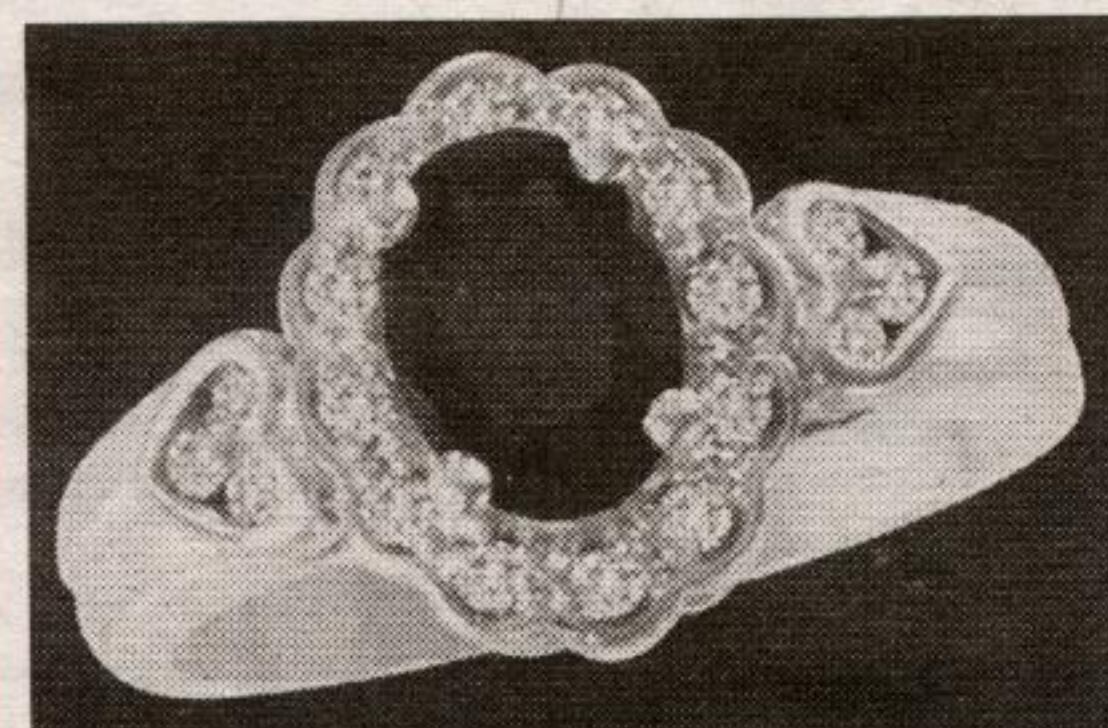
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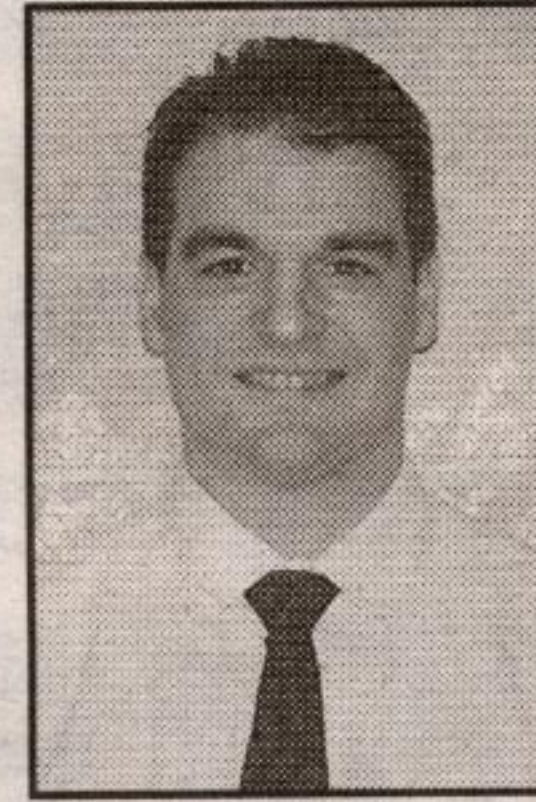
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