

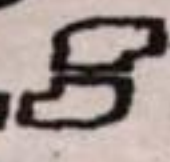



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**February is ...
 Heart and Stroke
 Month**



The Cold Heart Facts
 Heart disease and stroke remain the largest causes of death in Canada. Chances are you know someone, a relative, friend or colleague, who has suffered a heart attack or stroke.
 The numbers are expected to increase even further with the rapidly aging population. The Institute for Clinical Evaluative Sciences (ICES), based in Toronto, reports that cardiovascular diagnoses are now the second most common reason for admission to Ontario hospitals. Heart attack and stroke account for 7.2 million days of costly hospital care each year; 3 million of these days are due to stroke alone.
 The risk factors for heart disease or stroke include:
 • high blood pressure
 • a diagnosis of peripheral arterial disease or "PAD" (hardening of the arteries in the legs, causing pain on walking)
 • smoking
 • elevated blood cholesterol
 • physical inactivity/obesity
 • advanced age
 • family history of heart attack or stroke
 • diabetes
 • a previous transient ischemic attack (TIA) known as a "warning stroke," in which symptoms can last for up to 24 hours but generally subside without any permanent damage
 Life saving surgeries, lifestyle modification and innovative therapeutic interventions are being introduced to help preserve life and give thousands of people who have suffered a heart attack or stroke a second chance.
Heart & Stroke Foundation of Ontario
 1920 Yonge St., 4th floor, Toronto, ON M4S 3E2
 Phone: (416) 489-7111
 Toll Free (888) 473-4636
 Fax: (416) 489-6885
 Website: www.hsf.on.ca
 

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