

February is Heart Month

Take good care of your heart. With the right health care, diet and exercise, you can keep your heart healthy and strong.

The answers to these common health questions will help put you on the path to a healthy heart.

Q How do I lower my cholesterol?

A Lifestyle modifications: The first step in lowering cholesterol is to modify your diet. You need to:

• **Reduce total fat consumption, especially saturated fat and trans fatty acids.**

Saturated fat is found mostly in foods of animal origin such as meats and dairy products. Trans fatty acids are found in foods that contain hydrogenated fats, such as some margarines, baked goods and processed foods.

• **Increase consumption of vegetables, fruits and whole grains.**

Aim for 5+ servings a day of vegetables and fruit and grains. You will be receiving vitamins, such as C and Folic Acid, fibre and more.

• **Be Physically Active.** It's also important to maintain a normal weight for your build and to be physically active. Physical activity can significantly raise HDL cholesterol ("good" cholesterol) levels.

"TO DO" LIST

Put this Activity "TO DO" list in your home. There are ways there are to stay ACTIVE.

- Meet friends for a walk each day.
- Organize a mall-walking group.
- Organize a community activity programme.
- Try a new activity every season.
- Exit the bus two stops early and walk home.
- Stop the car for a 10 minute walk.
- Walk or cycle to work.
- Park the car further away from the store and walk.

These concerned businesses.

"A Heart is Good for Life" TAKE CARE OF IT!



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Q Are the signs and symptoms of a heart attack in women different than in men?

A Many women have heart attack symptoms similar to those of men. These include sudden crushing chest pain and shortness of breath. However, some women may also have less obvious symptoms such as indigestion-like discomfort, vague chest discomfort or pressure, nausea or back pain. These symptoms seem to occur more often in women than in men and are easy to miss. They should not be ignored by women or their doctors.

Signs and Signals of a Heart Attack:

- Vague chest tightness, discomfort, pain or a crushing radiating chest pain;
- Heaviness, pressure, squeezing, fullness, burning or pain that may begin in the centre of the chest and spread to the neck, jaws and shoulders;
- Unusual pain that spreads down one or both arms;
- Shortness of breath, paleness, sweating or weakness;
- Nausea, vomiting and/or indigestion;
- Feeling of extreme anxiety, fear and/or denial.

Women can differ

- Women are more likely to experience "atypical" symptoms such as vague chest discomfort;
- Some risk factors such as hormones and diabetes significantly increase the risk of heart attack among women;
- Some diagnostic tests and treatments for heart attack may not work as well on women;
- Women's heart disease has not been treated as aggressively as heart disease among men. In the past, fewer women were referred for treatments such as bypass surgery and balloon angioplasty following heart attacks.



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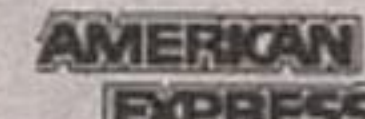
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