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*Quality & Vision In Sight*

# Common myths about cardiovascular disease

**MYTH:** I don't need to worry about developing cardiovascular disease because I follow a healthy diet and I am physically active.

Even if you exercise and eat right, you could still be at risk for developing cardiovascular disease. Although being physically active and following a well-balanced diet are important, you may have other risk factors that increase your overall risk for cardiovascular disease. These could include smoking, alcohol drinking, diabetes, and even mild-to-moderately elevated blood pressure and cholesterol.

**MYTH:** Cardiovascular disease already runs in my family so there really is nothing I can do to prevent it from developing.

While it is true that you cannot control genetics, you may have other risk factors that can be controlled. These might include diabetes, extra weight, cholesterol, elevated blood pressure levels, and smoking. By managing these risk factors, you can help lower your overall risk of developing cardiovascular disease. Also, most heart attacks and strokes are preventable if treatment is focused on all risk factors.

**MYTH:** Lifestyle changes, such as exercise, a proper diet and stopping smoking, are enough to lower the risk of developing cardiovascular disease. I don't need medicine.

Only your doctor can say whether or not you need medicine to help lower your risk of developing cardiovascular



disease. While eating right and exercising are important, these lifestyle changes alone may not be enough to help manage cardiovascular disease risk factors. That is why you should talk to your doctor to make sure you are doing everything possible to prevent developing cardiovascular disease.

**MYTH:** When I reach my cholesterol and blood pressure goals, I no longer need to worry about developing cardiovascular disease and can even stop taking medicine.

Unfortunately, high cholesterol and blood pressure cannot be cured — they can only be controlled through lifestyle changes and, for some many, drug treatment. So, when you have reached the treatment targets for cholesterol, blood pressure, and other cardiovascular disease risk factors, you must continue to eat right, get regular exercise, and take your medication as directed by your doctor.

—News Canada

**"I FEEL NAUSEOUS."  
"MY HEAD IS THROBBING."  
"THE ROOM IS SPINNING."  
"I'M GONNA BE SICK."  
SOUND LIKE FUN?  
KNOW YOUR ALCOHOL LIMIT.**

## McDonald's Lighter Choices™ Menu

There's a little effort in everyone to live a more balanced lifestyle. But it isn't always easy. So at McDonald's, we're trying to make it easier with our new Lighter Choices™ Menu. A collection of delicious salads, sandwiches and a great tasting snack for you to enjoy. [www.mcdonalds.ca](http://www.mcdonalds.ca)



For complete nutritional information see our Lighter Choices™ Menu Food Facts brochure in restaurant.

185 Guelph St. - Georgetown  
280 Guelph St. - Georgetown  
374 Queen St. E. - Acton



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## Spring Session Starts the week of APRIL 10th



Core Essentials  
pilates & movement studio

Core Essentials pilates & movement studio offers a unique blend of mind-body exercises based on the STOTT Pilates Method ...

Small Group Pilates  
Private & Semi-private Pilates  
(Mat & Reformer)

Core Essentials also offers the following classes taught by certified and experienced instructors ...

Pre-natal Yoga  
Power & Hatha Yoga Classes  
Nutritional Counselling

### NEW - 4 Week Specialty Classes

Introduction to Pilates ... Saturdays 9:30 am (April 15-May 6)  
The Golfer's Edge ... Wednesdays 8:10 pm (April 12-May 3)  
Balance - For Healthy Living ... Thursdays 8:10 pm (April 13-May 4)  
(touches on the components of living well - nutrition, exercise & stress reduction)

**FREE CLASS!**  
SATURDAY APRIL 1<sup>ST</sup> - 12 p.m.

**Call now to register. Spaces are limited.**

**Open for Registration**  
Saturday, March 25<sup>th</sup>  
noon to 3 pm  
Saturday, April 1<sup>st</sup>  
9 am to 1 p m

Please call 905-702-2744 or email [coreessentialspilates@bellnet.ca](mailto:coreessentialspilates@bellnet.ca)