

February is Heart Month

Four out of 10 Canadians suffer from some form of heart disease

It's a sobering thought: almost four out of ten Canadians will develop some form of heart disease or stroke.

Most people also know someone close who has succumbed to the disease.

With Canada's aging population, it is even more critical that we understand the root causes of these diseases. This knowledge allows for earlier diagnoses and better treatments, while providing Canadians with critical information on how to protect their health.

What if we could stop a heart attack or stroke before it starts? Impossible? Not necessarily.

The solution can be summed up in two words: Research and you.

Research: Finding answers. For life.

The Heart and Stroke Foundation leads the way in protecting the health of Canadians at risk of developing heart disease and stroke, through research, health promotion and advocacy efforts.

Through the generosity of its donors, they are a leading funder of heart and stroke research in Canada. Last year alone the Foundation contributed \$51 million to hundreds



of hospital and university-based research teams who depend on our support.

...but we're only half-way there.

More Canadians today are recovering from a first heart attack. Yet half of them still have a high risk of a second one. There's more work to be done.

The good news is that we can expect to reap the benefits of more life-saving advances in the next decade or two than in the last century. But the cost of this research continues to balloon. Finding even more funds to support critical research is a challenge.

Thanks to research and new treatments, odds of

survival from a heart attack today are much better than they were just a generation ago.

Take a moment and think of someone you know who has had a heart attack or stroke. Then consider making a donation to a canvasser.

Your gift will go to work right away to help researchers continue their work of finding answers – and helping save lives.

If a canvasser doesn't come to your door call 1-888-HSF-INFO (473-4636).

Warning signals of a heart attack

The risk for heart disease in men begins to increase in their 40's, whereas, on average, women may be protected for another seven to 10 years. But women with a close relative – parent, sibling, or child – who develops heart disease before age 55 (men) or 65 (women) are at increased risk even earlier. The same applies to women with diabetes, high cholesterol, high blood pressure or those who smoke.

Physical activity:

Women are less likely to protect themselves with exercise. More women (66%) than men (54%) are inactive – and an inactive woman has twice the risk of developing heart disease.

Diabetes:

Women are more prone to diabetes. Younger women with diabetes have a greater risk of

heart disease, and diabetes typically has worse outcomes for women.

Warning signals of a heart attack

Pain

- *Sudden discomfort or pain that does not go away with rest
- *Pain may be in the chest, neck, jaw, shoulder, arms or back
- *Pain may feel like burning, squeezing, heaviness, tightness or pressure
- *In women, pain may be more vague

Shortness of Breath

- *Difficulty breathing

Nausea

- *Indigestion

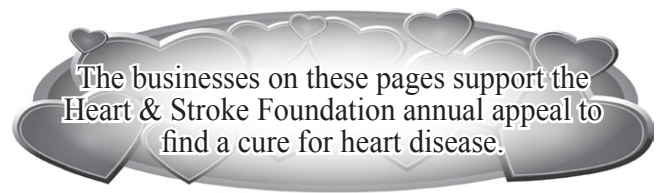
- *Vomiting

Sweating

- *Cool, clammy skin

Fear

- *Anxiety
- *Denial




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