

Facts from the heart

- Heart disease and stroke continue to kill more Canadians than any other disease.
- More than 40 per cent of all female deaths are caused by heart disease and stroke as opposed to 38 per cent of all male deaths.
- Heart disease and stroke costs the Canadian economy \$18 billion a year in lost wages, medical care and disability pensions.
- There are approximately 50,000 strokes in Canada each year. About a quarter of stroke victims die, but up to 80 per cent of survivors return to their homes.
- The Heart and Stroke Foundation of Ontario supports two-thirds of all the heart and stroke research in the province.

Here are the warning signs of heart attack and stroke

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, shoulders, arm and back.
- Shortness of breath, paleness, sweating or weakness.

- Nausea, vomiting and/or indigestion.
- Feeling of extreme anxiety; fear and/or denial.
- Women may be more likely to have "atypical" symptoms such as vague chest discomfort, as opposed to the classic chesting chest pain.

and/or tingling of the face, arm and leg.

- Sudden, severe and unusual headaches.
- Temporary loss of speech or trouble understanding speech.
- Sudden loss of vision, particularly in one eye or double vision.
- Unsteadiness or sudden falls, especially with any of the above signs.

Stroke

- Sudden weakness, numbness

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DR. MARLENE TURNER WELCOMES A NEW CHIROPRACTOR TO THE HEALING CENTRE!



Dr. Anna Marie Fedosiewicz is a graduate of Western States Chiropractic College in Portland, Oregon with extensive diagnostic training and experience in care ranging from pediatrics to geriatrics. She also has a special interest in pre-natal health and athletic injuries. As an active participant in the International, Canadian and Ontario Chiropractic Associations, Dr. Anna continues to stay abreast of recent scientific research and therapeutic techniques in chiropractic. She looks forward to helping her patients and their families achieve optimum health and wellness through Chiropractic care!

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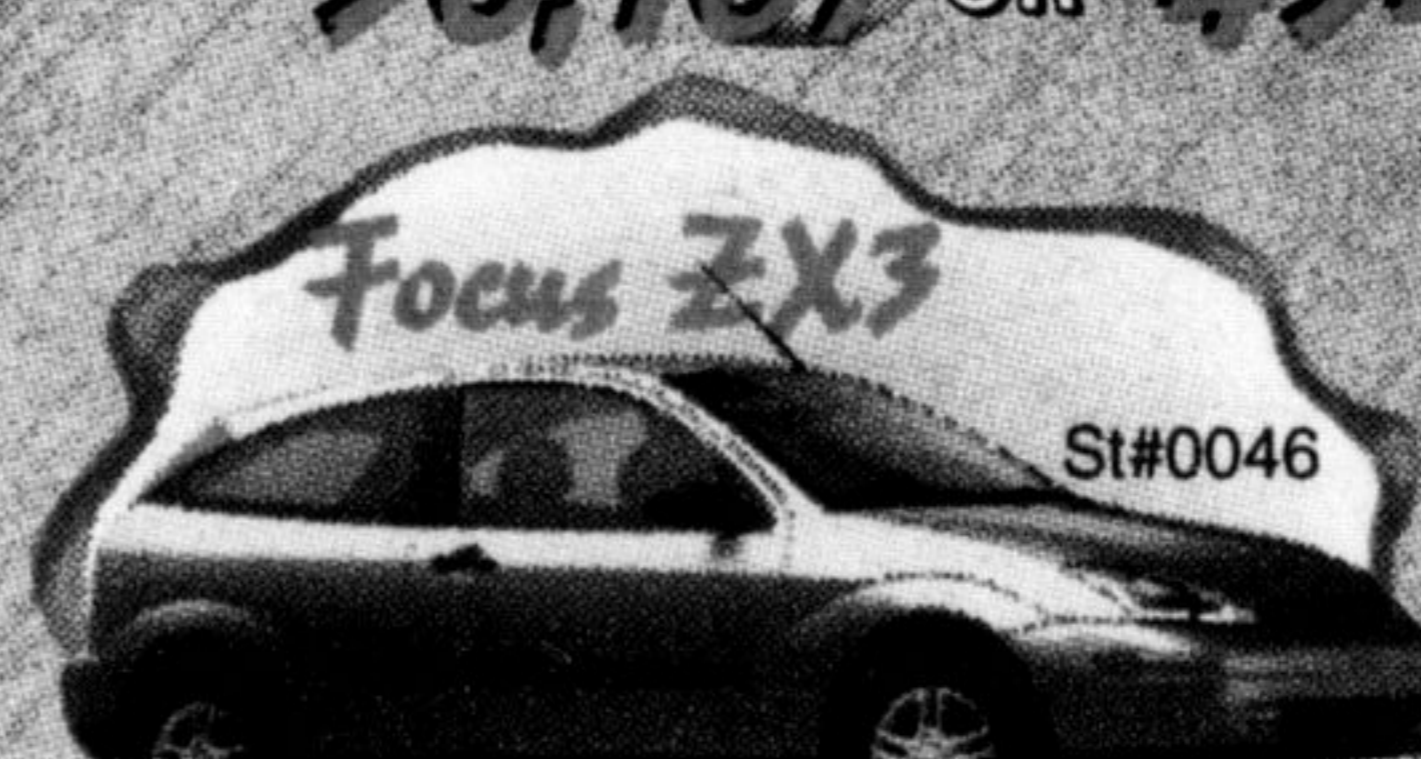
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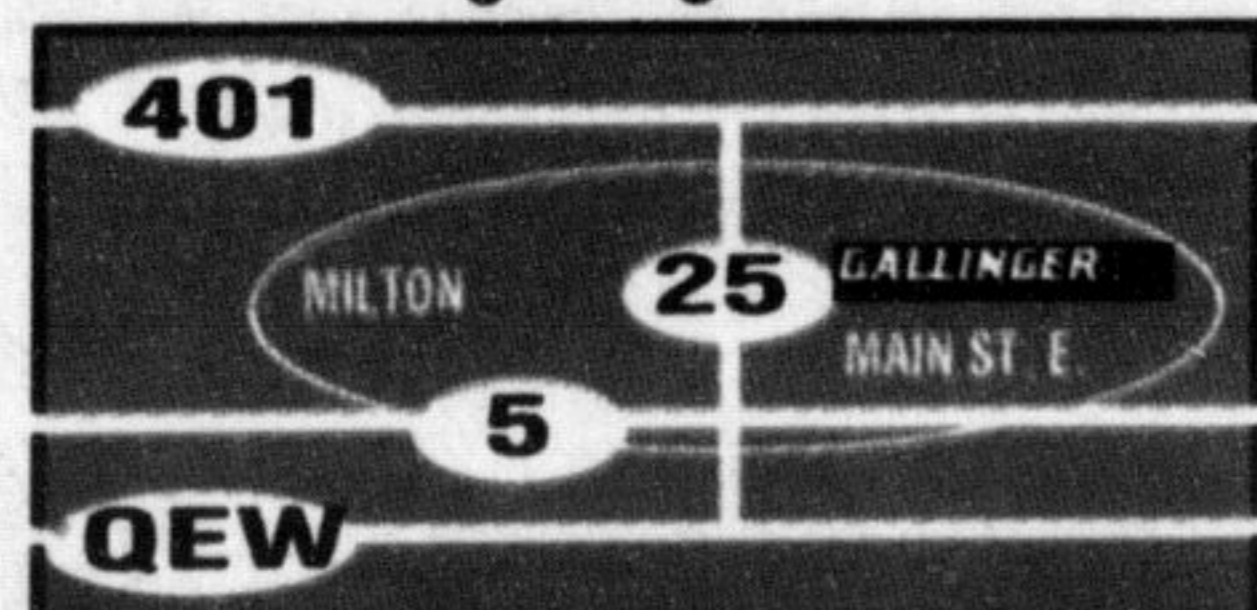
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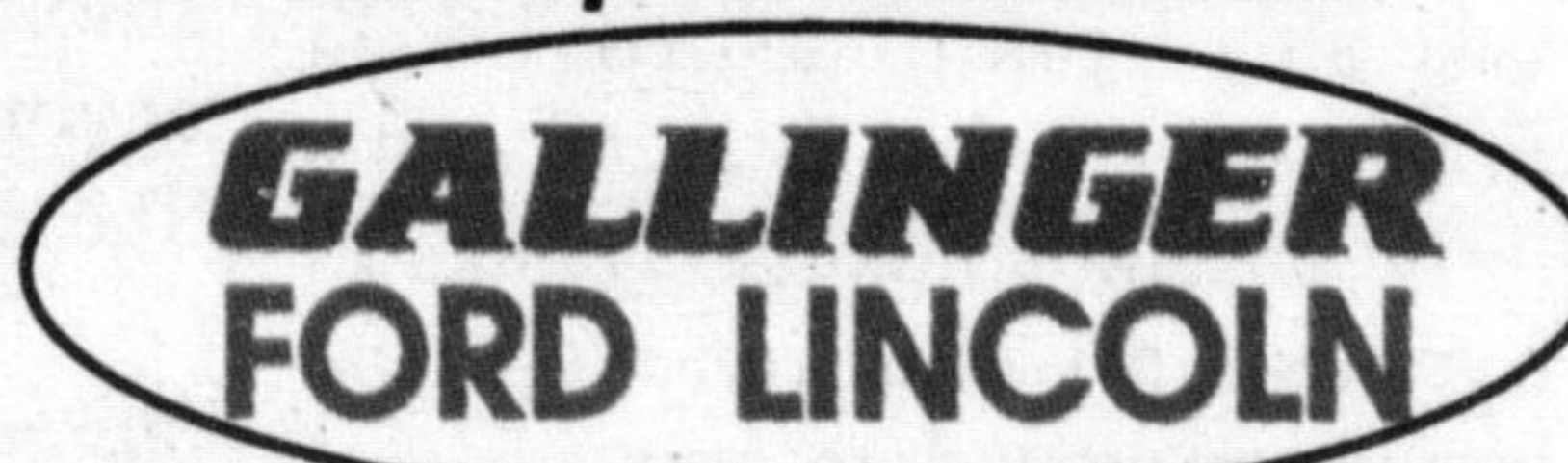
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