

F E B R U A R Y I S H E A

What if We Could Stop a Heart Attack Before it Even Starts?

Each year, right across the province, the Heart and Stroke Foundation funds over 250 research teams in the understanding of the root causes of heart disease and stroke. Here are just a few of the many types of research that will ultimately benefit Ontarians right across the province.

Guelph women heart healthier with omega-3s

In a Guelph research study, women aged 45-70 received

dietary supplements of omega-3 fatty acids – like those found in mackerel, salmon, sardines and tuna.

Early results show a decrease in harmful blood lipids which is good heart news for menopausal women, says Foundation researcher Dr. Bruce Holub.

Green and leafy in Hamilton

It's time to test for homocysteine, says Heart and Stroke Foundation researcher, Dr. Richard Austin. Homocysteine is an amino acid that, when present at abnormally high levels, has been implicated in heart disease. Dr. Austin is studying homocysteine's role in the development and progression of atherosclerosis (plaque buildup in the arteries), the primary cause of heart attack and stroke. Folic acid found in green leafy vegetables helps control homocysteine levels.

Kingston: take your medicine

Nearly 22,000 adults in Kingston are going about their daily lives unaware that they are ticking time bombs, warns Heart and Stroke Foundation researchers

They have high blood pressure and, as a result, have quadrupled their risk for stroke, while their risk for heart attack has gone up 50%.

Treatment is available and effective but people are not following their doctor's advice.

With Heart and Stroke Foundation funding, researchers have turned Kingston into a world-leading research centre, studying the root causes of blood pressure and why it is so poorly controlled.

Kitchener/Waterloo: sets the pace in big "butt-out"

Kitchener-Waterloo, the first municipality in Ontario to go completely smoke-free, is showing the rest of the province how to quit smoking – effectively and inexpensively.

Heart and Stroke Foundation researchers are developing a simple tool that will match individual smokers with the quit aid that is right for them.

The funding is also being used towards improving the public's awareness of available aids, such as nicotine gum or hypnosis to help smokers quit more effectively.

London: when the fast lane is a killer

Frustration on the drive to work can be a real killer, say Heart and Stroke Foundation researchers.

Using the latest brain imaging techniques, this research has pinpointed the brain's mental stress centres.

A substantial minority of Canadians, when they feel under pressure, experience a gathering storm of cardiovascular stress that can be a risk factor for sudden heart attacks or stroke.

The research found that people who have excessive cardiovascular reactions to stress and frustration seem to have brains that are wired up differently than most of us.

Finding ways to help these people is vitally important, he says.

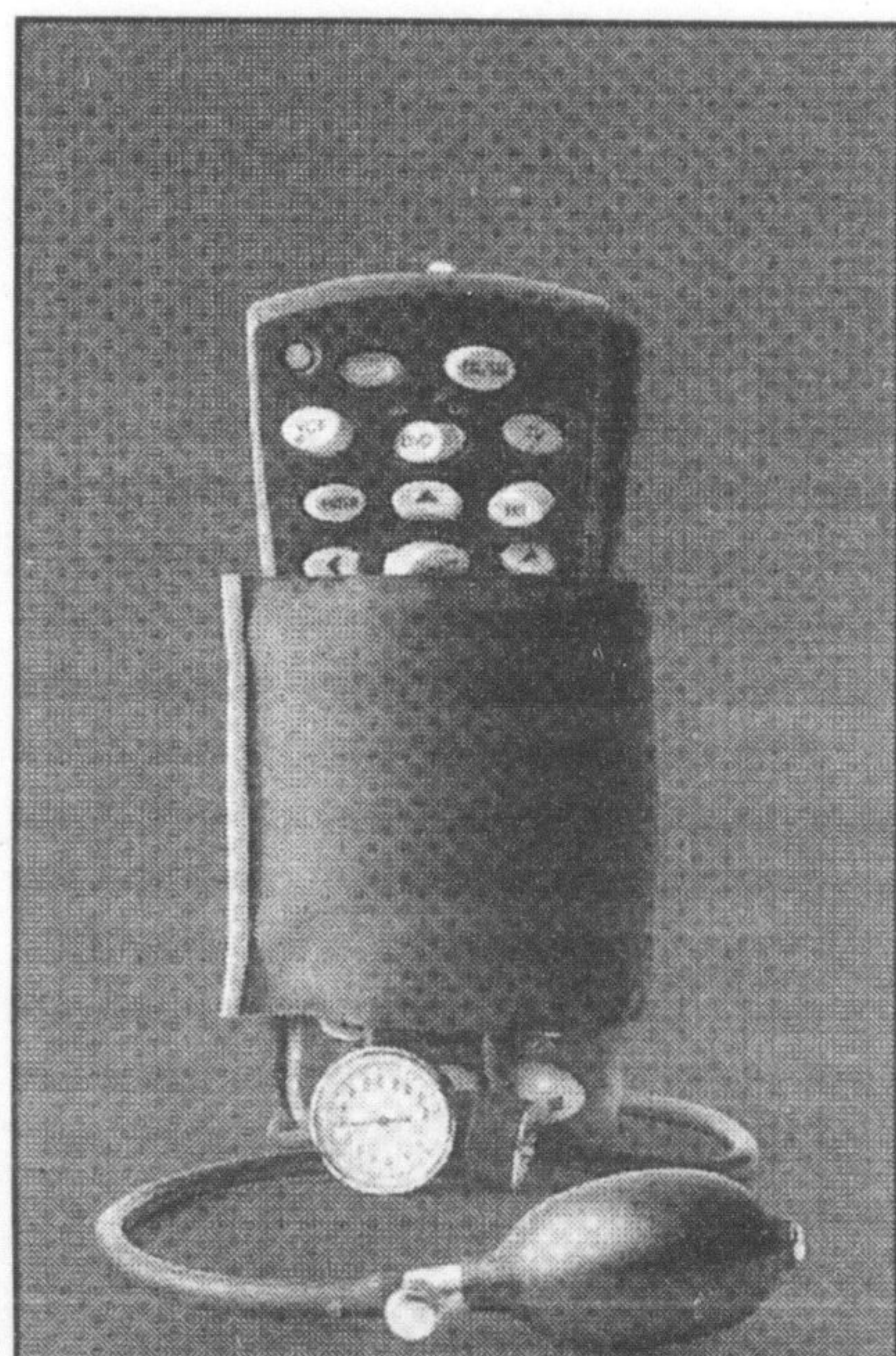
New silent killer stalks Canadians

Heart and Stroke Foundation researchers are appealing to family doctors to help battle a new silent killer that is stalking Canadians.

It is called Metabolic Syndrome and it is drastically increasing the number of heart attacks and strokes in Canada.

Metabolic Syndrome is defined as the presence of three out of five key risk factors for heart disease and stroke, says Foundation researcher Dr. Alexander Sorisky.

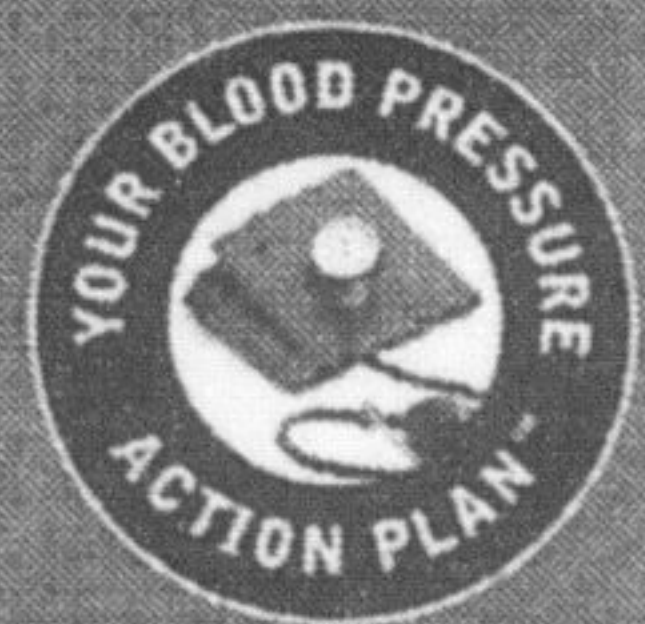
Each risk factor, on its own, may require treatment but may not appear to be life threatening. Put three out of five of these "low-grade" symptoms together and you have a recipe for potential heart attack and stroke.



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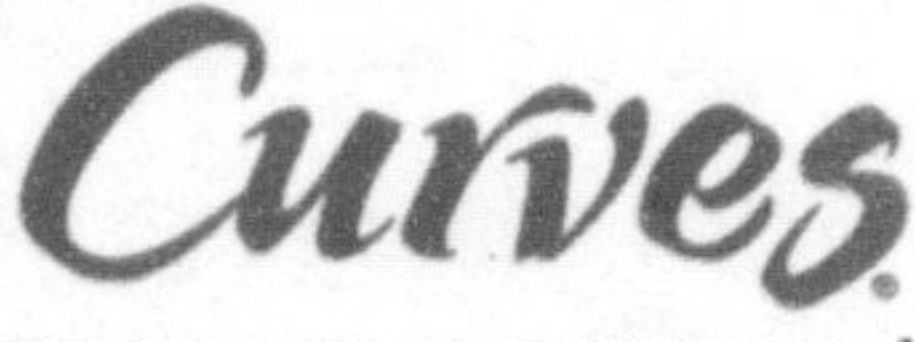


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