

Heart disease strikes both women and men

During Heart and Stroke Month, it's especially important to recognize that heart disease and strokes, the number one killer of Canadians, should be of equal concern to both women and men. Figures released by Statistics Canada in 1992 show that 41 per cent of all female deaths are the result of heart disease, diseases of the blood vessels and strokes. As well, the percentage of related deaths among women is actually higher than that of men (37 per cent). Furthermore, heart disease and strokes account for eight times more female deaths than breast

cancer. Part of the reason for such high fatality rates is that women are slow to react to initial warning signs. Women who experience symptoms of heart disease or stroke tend to wait too long before seeking help, according to Dr. Lorretta Daniel, a cardiologist and member of the Women's Heart Disease and Stroke committee. "Dismissing symptoms as not important or not worth bothering the doctor about means that many females are much sicker and older than their male counterparts by the time they arrive

for treatment." Both men and women should also be aware that the symptoms of heart disease are often more difficult to pinpoint and diagnose in women than in men, she stressed. Signs of heart attacks in women include: vague chest discomfort; a heaviness, pressure, squeezing, fullness or burning sensation; a crushing, radiating pain that may begin in the centre of the chest and spread to the neck, jaw or shoulders; nausea and vomiting and/or indigestion; shortness of breath; paleness, sweating or weakness; feelings of anxiety or

fear. Signs and symptoms of strokes include: sudden weakness, numbness and/or tingling of the face, arm or leg; temporary difficulty or loss of speech or trouble understanding speech; sudden loss of vision, particularly in one eye, or double vision; sudden, severe, unusual headaches; dizziness, unsteadiness or sudden falls, especially with any of the above signs. Among the contributing risk factors are high blood pressure, smoking, age, physical inactivity, diabetes, family history, previous heart problems and race.

A major goal of the Heart and Stroke Foundation of Ontario is to reduce the risks of a premature death and disability by raising funds for research and education. 60 per cent of financial donations are used directly for research into cardiovascular disease. The Heart and Stroke Foundation of Ontario funds two-thirds of research in the province, yet it can provide only one-third of the dollars requested. Please give generously when the canvasser comes to your door this month. You could be helping to save someone you love.

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Mealtyme White Sliced Bread .69 675 g loaf

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Kraft **Dinners** 4/1.99 156 g / 227 g box

Imported from Italy La Molisana Assorted Cuts **Pasta** .99 500 g pkg.

Black Diamond **Process Cheese Slices** 2.99 Pkg. of 24 / 500 g pkg.

Hunt's Thick & Rich **Pasta Sauce** .99 725 mL tin

Sealtest Chilled **Orange Juice** 1.49 2L carton

Hunt's **Tomato Sauce** .99 725 mL tin

Welchde **Grape Drink** .99 48 oz. tin

Hunt's **Tomato Paste** 1.29 13 oz. tin

Red Rose **Orange Pekoe Tea** 4.99 Box of 160's

Hunt's **Pudding Cups** 1.69 4 x 113 g pkg.

Maxwell House **Instant Coffee** 6.99 200 g jar

Nutella Hazelnut Chocolate **Spread** 2.69 400 g jar

Lipton **Chicken Noodle Soup Mix** 2.49 338 g family pack

Over-Back Bakery

In Store Baked **Pumpnickle Bread** 1.29 loaf

Delicious **Garlic Bread** .99 300 g

Delicious **Sugar Donettes** 1.29 pack of 20

Quality Tender Meats

Family Pack Pork Loin Chops 1.99 lb. (4.39 kg)

Centre Cut **Pork Loin Chops** 3.49 lb. (7.69 kg)

Tenderloin or Rib End **Pork Loin Roasts** 1.99 lb. (4.39 kg)

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Cut from U.S.D.A. select **Boneless Sirloin Tip Steaks** 3.49 lb. (7.69 kg)

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The Butcher Shop
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The Delicatessen

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From Our Deli **Medium Cheddar Cheese** 3.99 lb. (8.80 kg)

Maple Leaf **Sliced Bacon** 1.99 500 g pkg.

From Our Deli **Swedish Fontina** 4.49 lb. (9.90 kg)

Clearview **Turkey Bologna** 2.49 lb. (5.49 kg)

Danish **Cream Cheese** 4.49 lb. (9.90 kg) All Flavours

* We reserve the right to limit quantities. No refunds or savings based on regular prices at conventional Sunkist Food Markets. Although we strive for accuracy in both copy and illustrations, errors may occur. We reserve the right to correct any errors. Specials only available while quantities last.

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