

Lifestyle tips to help prevent heart-related diseases

Now more than ever, people are concerned about their hearts. It is not surprising, considering that heart attacks and other heart-related diseases have been the country's biggest killer. According to one expert, there are six main risk factors related to heart disease: age, family history, smoking, raised blood pressure, blood cholesterol level and diabetes. Dr. Gordon Jackson, a practicing heart specialist and consultant to a number of London hospitals, elaborates.

"People in their 50s and 60s are much more prone to problems. And if one of your parents or siblings has suffered a heart attack, then you have a greater than average risk."

Here are eight ways he suggests you can reduce personal heart attack risk:

1. Have your blood pressure checked regularly. Keeping slim, exercising

2. eating fruit and vegetables for their potassium content, and cutting down drastically on your salt intake will help to keep your blood pressure down.
2. Cut out all fried foods (grill them instead), avoid too much cheese and dairy food, and especially avoid very fat meat and meat products such as sausages, burgers, etc. Switch to less fatty fish and poultry instead of red meat wherever possible.
3. Use polyunsaturated vegetable fats and cook in oil instead of butter or animal fats.
4. Increase your intake of fiber in your diet. Increasing carbohydrates will automatically increase fiber.
5. Drink less alcohol. People who drink small amounts of alcohol are actually at lower risk of coronaries and strokes than even non-drinkers. But overdo it and all kinds of weight and

heart problems are activated.

6. Don't smoke. It not only damages the lungs, it makes the pulse beat faster, narrows the arteries, reduces vital oxygen to the blood and strains the heart.

Eighty per cent of the coronary death rate of men under the age of 50 can be blamed on smoking alone.

7. Do exercise, but nothing highly strenuous, especially if you are over 40 and haven't exercised in years. Do the kind of exercise that trains the lungs and the heart rather than that which increases muscle strength, i.e. walking, running, swimming and cycling.
8. Don't let yourself get overweight. You have a better life expectancy if you

are slim than significantly overweight. Tests have shown that in men, a waist measurement larger than the hip measurement implies an increased risk of a heart attack.

Michelle Fraser PHYSIOTHERAPY

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Springvale Baptist Church
Gormley - Stouffville Rd. at Kennedy Rd.
Pastor Rev. Bob Flemming
Associate Pastor Rev. Byron Stewart
887-5651

SUNDAY, JULY 23rd, 1995

9:45 a.m. - Bible School
11:00 a.m. - Pastor Byron Stewart
6:00 p.m. - Film "Power Play" Worldwide Pictures new release

Mid week services
Cancelled for summer months

For more info. call Church Office 887-5651
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Stouffville Baptist Church
A Fellowship Church
6273 Main Street
Pastor: Rev. Gordon Bickle

SUNDAY, JULY 23rd

Bible class for all ages - 9:45 a.m.
11:00 a.m. - Morning Worship
Message
"Telling What We Know"

WEDNESDAY
Prayer & Bible Study 7:30 p.m.

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254 Sunset Blvd., Stouffville
The Rev. Robert A. Shields
640-1461

SUNDAY, JULY 23rd, 1995

Seventh Sunday after Pentecost
10:00 a.m. - Morning Prayer
Children's Program Provided

Wideman Mennonite Church
10530 Hwy. 48 - North of Major Mackenzie
Phone: 640-6219
Pastor Lawrence Burkholder 294-0649

SUNDAY, JULY 23rd

9:30 a.m. - Adult Sunday School
10:30 a.m. - Worship Service
Speaker Sue Fallon
6:00 p.m. - Prayer & Praise
Everyone Welcome

Stouffville United Church
34 Church St. N.
640-1163

SUNDAY, JULY 23rd, 1995

10:30 a.m. - Morning Worship
Sunday School from Baby Fold to the grade 8 level

Everyone Welcome

Vivian Baptist Church
473-3543
On Hwy. 48 at Vivian Rd.
Pastor Robert Okum
Holding forth the doctrines of grace

9:45 a.m. - Sunday School
11:00 a.m. - Morning Worship
7:00 p.m. - Evening Service
Everyone is Welcome

Bloomington Gospel Church
13660 Ninth Line
(South of Bloomington Rd.)
Rev. Bryan Coker 640-4364

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9:45 a.m. - Sunday School
11:00 a.m. - Worship Service
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Stouffville
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