



HEART AND STROKE FOUNDATION

Heart disease and stroke remain the #1 killer of Canadians



HEART AND STROKE FOUNDATION



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While heart and stroke-related deaths have declined significantly over the past 10 years, these diseases still remain the single largest cause of mortality among Canadians. In 1995, heart disease and stroke accounted for 39% or 79,000 of all deaths among Canadians. In comparison, cancer, which is the second leading cause of death, accounted for 29%. It is not only a 'man's disease', it is also the #1 killer of Canadian women.

To raise the public awareness about these diseases, February has been chosen as National Heart Month. The subsequent focus on strokes will be in June. The theme for this year will be 'Surviving with Heart Disease and Stroke'. Because heart attacks are currently more curable than in the past, there is no longer the same amount of attention put on avoidance and prevention. In the majority of cases, most victims do not die from a first heart attack. However, when an attack does occur, the heart muscle deteriorates and subsequently creates other problems for the victim such as not being able to function properly or having chronic pain.

Throughout February, volunteers will be going door-to-door in support of the Heart and Stroke Foundation of Canada. Other fundraising events will also be held across the country. The Foundation is a national voluntary non-profit organization whose mission is to further the study, prevention and reduction of disability and death from heart disease and stroke through research, education and the promotion of healthy lifestyles.



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