

# ♥ HEALTHY HEARTS ♥

Issue No.1

## *Question of the week!*

### **WHAT ARE CARDIAC RISK FACTORS?**

These factors are the underlying reason that you have heart disease, or at increased risk of getting heart disease.

#### **Ones that you cannot change:**

- ♥ Aged over 45 (men) or 55 (women)
- ♥ A family or personal history of heart disease
- ♥ Male, or female post menopause
- ♥ African, South Asian, Chinese or First Nation ethnicity

#### **Ones that you can change:**

- ♥ Smoking
- ♥ High blood cholesterol or triglycerides (non-medicated)
- ♥ High blood pressure/hypertension (non-medicated)
- ♥ Diabetes mellitus
- ♥ Physically inactivity
- ♥ Overweight/BMI above 27
- ♥ Alcohol intake
- ♥ Stress
- ♥ Obstructive Sleep Apnea (OSA)

### **Which risk factors apply to you?**

Check out this link to find ways to control your risk factors:

<https://www.heartandstroke.ca/heart/risk-and-prevention>  
or ask us for more information.

## **EXERCISE TIP**

Boost your immune system



with regular exercise

## **Nutrition Tidbits**



### **SNACKING 101**

#### **Why is it important?**

- Helps to fit in the foods you need to stay healthy
- Satisfies hunger throughout the day
- Maintains energy & blood sugar levels
- Prevents overeating at meal times

**Check out our recipe attachment!**

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## CARDIOLOGIST CORNER

Dear patients,

We are all working together to battle COVID-19.

Please know that although your rehab cardiologists may be working in other areas of the hospital to help tackle this virus, we are still here for you and your hearts!

Please remember these important tips at this time:

**WASH YOUR HANDS**

**STAY HOME IF YOU ARE SICK**

**KEEP PHYSICAL DISTANCE**

**WEAR A MASK IF YOU CANNOT MAINTAIN PHYSICAL DISTANCE**

Use this self-assessment tool if you think you have symptoms: <https://covid19.thrive.health/>

Check out the BC Centre for Disease Control webpage for up to date information:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>



**HAVE YOU CHECKED OUT  
OUR WEBPAGE?**

<http://www.heartcentre.ca/services/virtual-cardiac-rehab>

Why not scroll down and click on **Heart Healthy Nursing Support** tab and take a look at:  
**Favourite on-line resources**

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You can also find all 12 issues of the Healthy Hearts Newsletter

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We are always updating the information so check us out!

Do you have questions or specific needs from your Cardiac Rehab team?

Please email or call your Case Manager  
[hhpcardiocrehab@providencehealth.bc.ca](mailto:hhpcardiocrehab@providencehealth.bc.ca)

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