

# ♥ HEALTHY HEARTS ♥

Issue No. 5

## Question of the week!

### MEDICATION SAFETY

- ♥ Always carry an updated list on you (paper, electronic, I.C.E.)
- ♥ Take your medications exactly as prescribed
- ♥ Find ways that work for you to remember to take medications
- ♥ Try to use the same pharmacy
- ♥ Check with a Pharmacist before taking OTC, non-prescription medications or herbal supplements
- ♥ Get rid of old medications that you no longer use
- ♥ Plan ahead for STAT holidays or travel
- ♥ Avoid grapefruit & grapefruit juice with some cardiac medications
- ♥ Avoid NSAIDS for cardiac patients EXCEPT Aspirin



If in doubt ALWAYS ask your Pharmacist – they are the experts on all medications and combinations.

They are covered by MSP to provide medication advice – do not feel you are asking them to do something outside their role.



During the COVID-19 pandemic Pharmacists can provide a 1 month current supply without a new prescription...

Want to learn more? Join the ZOOM RN education classA!

Do you have specific needs from your Cardiac Rehab team?

You can contact us at:

[hhpcardiarehab@providencehealth.bc.ca](mailto:hhpcardiarehab@providencehealth.bc.ca) / 604 806 8610

### GO PLAY OUTSIDE!

Our Exercise Physiologists want you to get outside and be active. Even Dr. Bonnie Henry agrees:

<https://www.cbc.ca/news/canada/british-columbia/please-go-outside-dr-bonnie-henry-says-covid-19-much-less-likely-to-spread-outdoors-1.5550191?cmp=rss>

Why not check out our 5 minute YouTube video: [Outdoor Resistance Training - Virtual Healthy Heart](#)

### Nutrition Tidbits



#### Benefits of eating Vegetables & Fruit

- ✓ Help protect against chronic diseases such as heart disease and cancer
- ✓ Great source of fibre
- ✓ Contain vitamins, minerals and antioxidants
- ✓ Low in calories
- ✓ Best of all – they taste great!

#### How much do we recommend?

Aim for at least 7 servings per day

1 serving equals:

- 1 cup leafy greens
- ½ cup vegetables
- 1 medium size fruit
- ½ cup of fruit/salad

#### How to get more in your diet

See [attached handout](#) for ideas to get more vegetables and fruit in your diet!

### CARDIOLOGIST CORNER

It is important to learn and understand your medications

Check out Cardiac College:

[https://www.healthuniversity.ca/EN/CardiacCollege/Disease/Heart\\_Medications/Pages/introduction.aspx](https://www.healthuniversity.ca/EN/CardiacCollege/Disease/Heart_Medications/Pages/introduction.aspx)