

♥ HEALTHY HEARTS ♥

Issue No.7

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.

Although medications and medical procedures can help to manage your heart disease you have a lot of power to lower your risk by knowing which risk factors apply to you and making positive changes.

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/triglycerides (non-medicated).
- ♥ High blood pressure (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:

<https://www.heartandstroke.ca/heart/risk-and-prevention>

IS CARDIAC REHAB SAFE?

All patients entering the St Paul's Hospital cardiac rehabilitation program undergo a "risk assessment", irrespective of whether the program is virtual or in-hospital.

Risk assessment occurs by the cardiologist reviewing your medical history and asking you important questions to designate your risk level of a heart related event.

Patients who are felt to be at high risk may be asked to do special testing or have additional restrictions with exercise.

Often, stress testing is additionally performed to provide data for exercise training and safety.

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

Please email or call your Case Manager

hhpcardiocrehab@providencehealth.bc.ca

604 806 6810

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CARDIOLOGIST CORNER

Participating in a cardiac rehabilitation program is associated with:

- 1) a lower risk of death from a heart cause
- 2) less chance of a repeat heart attack
- 3) lower hospitalisation rates

Exercise is associated with significant reductions in death and improvements in many health aspects, from reducing risk of cancer, improving mental health and more.

While there are risks with exercise, in the majority of people, the benefits far outweigh the risks. Studies show that individuals with low fitness are 2 to 5 times more likely to die early compared with more fit counterparts, regardless of the presence or absence of heart disease or risk factors.

Ways to reduce your risk of a heart related event with exercise include:

- 1) exercising at a low to moderate intensity.
- 2) performing a good warm up and good cool-down.
- 3) monitoring yourself for symptoms.
- 4) performing exercise regularly.

When it's challenging to find the time or space to exercise, keep this concept in mind and reap the health benefits.

Sit Less, Move More

Your Cardiac Rehab Exercise Team

Nutrition Tidbits



DID YOU KNOW?

- ♥ Too much **cholesterol** in the blood can lead to heart diseases and stroke.
- ♥ Losing excess weight, quitting smoking and regular exercise may increase **HDL** levels
- ♥ Too much saturated fats can raise **LDL** levels in your blood.
- ♥ Diabetes, increased body weight, alcohol, and sugar can increase **triglycerides** levels.

Check out our handout!