

♥ 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,

High cholesterol is among the strongest cardiovascular risk factors.

High levels of 'Bad Cholesterol' such as LDL correlate directly with risk of having a heart attack.

The good news is that high levels of LDL cholesterol is highly treatable with a group of medications called 'Statins'.

Statins work by reducing cholesterol production in the liver, and can reduce LDL cholesterol 40-60%.

Multiple studies have shown that for each 1mmol/L reduction in LDL cholesterol, risk of a heart attack is reduced by 25%

Statins are amongst the most widely prescribed medication in the world and have proven to be quite safe. Compared to placebo (sugar pills) in large trials, there is a:
-1/100 chance of reversible muscle pain
-1/10 000 chance of severe side effects

For most of our patients, the benefits far outweigh the risks!

References:

-JAMA. 2016 Sep 27;316(12):1289-97

-Lancet.2022 Sep 10;400(10355):832-845.



**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
hhpcardiacrehab@providencehealth.bc.ca

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