

♥ 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.

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 / 604 806 8610

GO PLAY OUTSIDE!

Our Exercise Physiologists want you to get outside and be active.

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.healtheuniversity.ca/EN/CardiacCollege/Disease/Heart_Medications/Pages/introduction.aspx