

Sometimes medication is needed to control blood pressure. Your doctor will prescribe the appropriate medication and the pharmacist can provide you with further information and support.

Cholesterol

Cholesterol and other blood fats such as triglycerides are necessary to help your body function properly. Healthy cholesterol and triglyceride levels may be achieved through a healthy lifestyle. You may also be prescribed medication.

Stress

Stress is a normal part of life, but if left unmanaged, stress can lead to physical problems, including coronary artery disease, high blood pressure, chest pains, or even irregular heartbeats. Recognizing when you are stressed and managing your stress can greatly improve your life.



Stroke

Strokes, which happen because of a blood flow problem in the brain, are considered a form of cardiovascular disease as well. For more information, see your pharmacist.

Should you experience any of these symptoms, call 911 and follow up with your physician. Following a diagnosis from your physician, the pharmacist will be able to assist you in tracking and maintaining your blood pressure and cholesterol targets and can suggest lifestyle changes that promote healthy living.

Warning signs of a stroke

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

For more information

The following websites may provide useful information on cardiovascular disease:

Heart and Stroke Foundation of Canada

www.heartandstroke.com

Blood Pressure Canada

www.hypertension.ca

Public Health Agency of Canada

www.phac-aspc.gc.ca

Pavillon de prévention des maladies cardiaques (PPMC) de l'Hôpital Laval

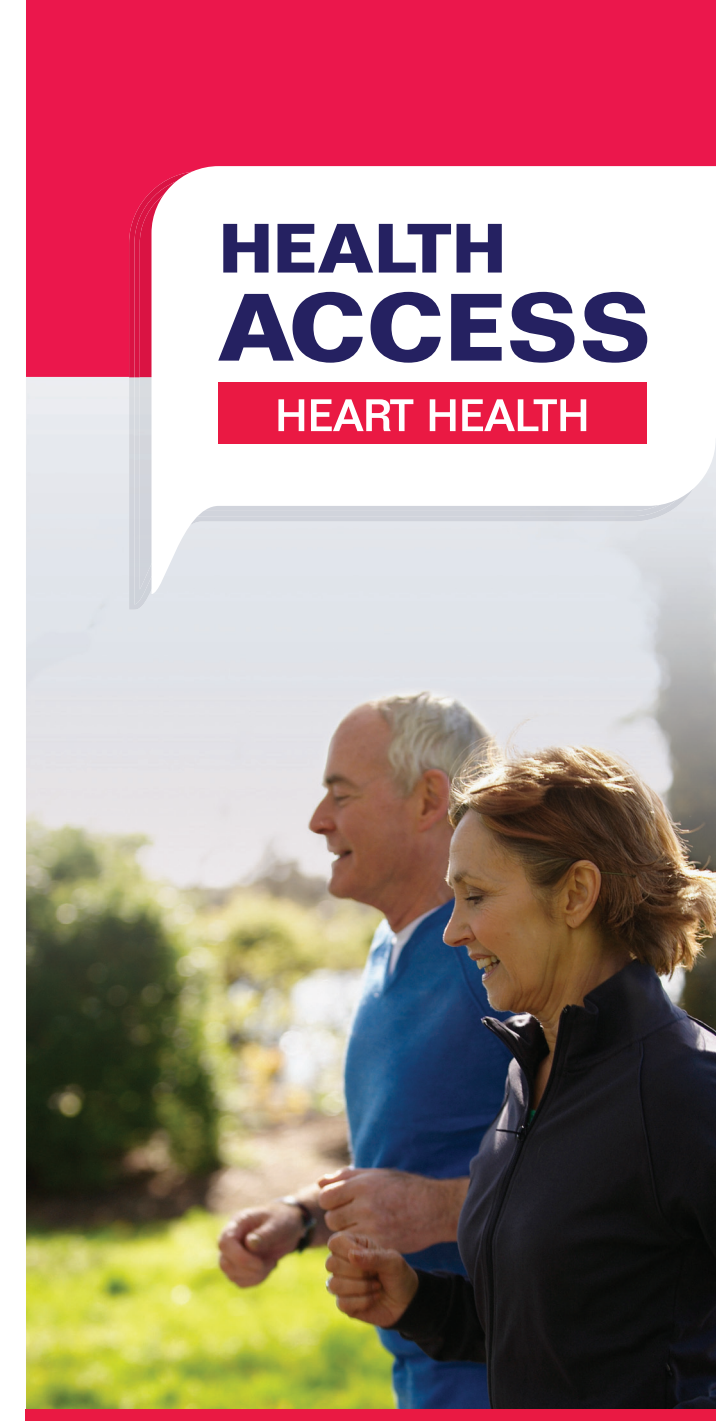
www.hopitallaval.qc.ca/ppmc-services.asp

This information should not be used as a substitute for the medical care and advice of your doctor. There may be variations in treatment that your physician may recommend based on individual facts and circumstances. If you have questions about your symptoms, ask the pharmacist affiliated with Accès pharma chez Walmart for more information, and/or contact your doctor.

Only pharmacists are responsible for pharmacy practice. They only provide related services acting under a pharmacist owner's name and use different tools including Health Access tools.

HEALTH ACCESS

HEART HEALTH



The heart is a vital organ that provides oxygen and pumps blood to other parts of the body. It is important to keep your heart healthy.

According to Health Canada, cardiovascular disease (disease related to the heart and its blood vessels) is the leading cause of death in Canada. Heart disease is the narrowing or blockage of the arteries and vessels that provide oxygen and nutrient-rich blood to the heart. When the blood flow to the heart is completely cut off, the heart is starved of oxygen, resulting in a heart attack.

First consider the risk factors that may make you susceptible to heart disease:

- Poor food choices (e.g., high-fat foods, salty foods)
- Lack of regular physical activity
- Smoking
- Excess weight or obesity (Body Mass)
- Poor blood pressure (BP) control (BP greater than 140/90)
- Poor cholesterol levels (e.g., high LDL cholesterol; low HDL cholesterol)
- Diabetes
- High stress level

Warning signs of a heart attack

Should you experience any of the following symptoms, call **911**, or the emergency response number in your area, and rest comfortably until emergency services arrive:

Discomfort or pain in the chest, neck, jaw, shoulders, arms, or back

Stomach or abdominal pain that feels like indigestion

Shortness of breath

Light-headedness

Anxiety

Sweating

Nausea and vomiting



Tips to control risk factors

Healthy diet

According to *Health Canada's Eating Well with Canada's Food Guide*, you should try to consume:

- 7 to 10 servings of vegetables and fruit per day.
- 6 to 8 servings of grains (oats, barley, brown rice, buckwheat, whole wheat) per day.

In addition:

1. **CUT DOWN ON FAT**
2. **CUT BACK ON MEAT**

Don't make meat the focus of every meal. Concentrate on high-fibre foods, especially vegetables.

3. **CHOOSE CHICKEN AND FISH**

Remove skin from chicken, as this is where the most fat is found.

Fish is an excellent source of omega-3 fat. However, avoid breaded, fried, or deep-fried fish.

4. **CHOOSE NON-FAT OR LOW-FAT DAIRY PRODUCTS**

Drink skim or 1 % milk instead of whole or 2 % milk. Cut down on full-fat cheese and cream cheese; choose lower-fat cheeses with 15 % milk fat or lower.

5. **CUT DOWN ON SUGAR**

Avoid store-bought baked goods such as donuts and brownies.

Avoid snack foods such as chips and candy bars.

6. KEEP A FOOD RECORD

Record everything you eat and check your food record against the recommendations listed above. Make adjustments accordingly.

Physical activity

Being active is essential for maintaining a healthy weight and strengthening your heart. Canada's *Physical Activity Guide to Healthy Active Living* can provide you with physical activity guidelines.

It can be found at:

www.phac-aspc.gc.ca/pau-uap/paguide

Smoking

Quitting smoking is the most important thing you can do for your heart health. There are many smoking cessation products available to assist you with your attempt to quit. The pharmacist is knowledgeable about smoking cessation and familiar with the products that may be safe and effective for you.

Overweight/obesity

Following a healthy diet and participating in regular physical activity will help you achieve your healthy weight goals.

Blood pressure

When your blood pressure is elevated, your heart must work harder to pump blood. This puts a strain on your heart and increases your risk of heart attack and stroke. Your doctor will tell you what your "target" blood pressure should be.