

Living Well with AIMGA

VOL. 2: LET'S HAVE A HEART TO HEART!



Heart Disease, also known as ischemic heart disease or coronary heart disease, refers to the buildup of plaque in the heart's arteries that could lead to one of the following: heart attack, heart failure, or death. Heart disease is quite common, as it is the 2nd leading cause of death in Canada ([Health Canada, 2022](#)). This month is Heart Month, which is an opportunity to highlight the importance of cardiovascular health as well educate ourselves and others to reduce our risk of cardiovascular disease. February's newsletter will focus on this education and awareness, providing you with essential information and tips to take care of your cardiovascular health.

GET INVOLVED!

- Volunteer with Heart and Stroke Foundation by visiting www.heartandstroke.ca.
- Volunteer with St. John Ambulance where there is 15,000+ dedicated front-line volunteers from across Canada (<https://sja.ca/en>)
- Join the conversation - follow #HeartMonth on social media
- Try googling some of these sources!
 - All in for Heart Month - University of Ottawa Heart Institute
 - Feb 13, 2023 | Wear Red Canada: Ask the Experts! Together, Overcoming Barriers in Women's Heart Health
 - Happy Hearts Vancouver, Alberta Blue Cross, Centre for Cardiovascular Innovation, Canadian Women's Heart Health Alliance

RED FLAGS

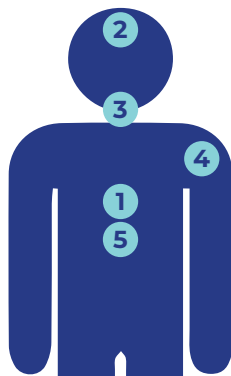
The discomfort is often described as a "pressure or chest heaviness", but some people don't have chest pain or pressure at all. Women tend to have more vague symptoms (e.g., nausea, back or jaw pain)

Sources: [American Heart Association](#), [Mayo Clinic](#), [Health Canada](#), [American Heart Association](#)



HEART ATTACK WARNING SIGNS

- 1 Pain or discomfort in chest
- 2 Lightheadedness, nausea, or vomiting
- 3 Jaw, neck or back pain
- 4 Discomfort or pain in arm or shoulder
- 5 Shortness of breath



Learn more at Heart.org/HeartAttack

Source: [American Heart Association, 2021](#)

TIPS & RESOURCES



- Heart disease is a sequence of events, which begins from numerous risk factors, such as obesity, diabetes, and high blood pressure. If left untreated, it can progress to stroke, heart attack, or coronary artery disease ([Health Canada, 2017](#)).
- **Do you know what an AED is?** Automated external defibrillators (AEDs) are electronic devices used to restart a person's heart if it has stopped beating. When cardiac arrest happens, the heart needs to be shocked into beating properly again; this procedure is called defibrillation. AEDs are small portable machines that analyze the person's heart rhythm, determine whether a shock is needed, and use voice or screen prompts to guide the rescuer through the process. AEDs can help save lives.



HEALTH REMINDERS!

- Have you exercised today? The W.H.O. recommends at least 150 minutes/per week of exercise. Why not add a balanced diet to it while you're at it? Your heart will thank you.
- Maintaining regular clinic checkups (at least once a year) is helpful for the early detection of heart diseases. Book an appointment with your primary care physician today.
- De-stressing is heart love. Find ways to relax daily like listening to music, journaling, meditating, or yoga.
- Save a life today. Update your First Aid and Basic Life Support (BLS) skills and always be aware of the location of an Automated External Defibrillator (AED) around you and make sure it works.
- Do you have a family history of high blood pressure, or are you simply concerned about your blood pressure levels? If yes, purchase a blood pressure monitor today and/or monitor your levels regularly.
- If you have previously suffered from a heart attack, have essential health information close by so that medical staff can treat you in the event of another medical emergency. Carry personal health information with you at all times and have it posted somewhere visible, as you may not be able to tell first responders this information yourself.

Sources: [Health Canada, 2017](#); [WHO, 2022](#); [Red Cross, 2022](#)

ABOUT 1 IN 12 (or 2.6 million)

Canadian Adults age 20+ live with diagnosed heart disease

The early detection and management of medical conditions such as high blood pressure, diabetes and high cholesterol can help you reduce your risk of heart disease.

HEART DISEASE AFFECTS MEN AND WOMEN DIFFERENTLY

MEN are 2x more likely to suffer a heart attack than women

Men (55 to 64 years) are often diagnosed with heart disease about 10 years younger than women (65 to 74 years)

DID YOU KNOW?



AIMGA experts are available to speak to your organization on this topic.

Book your presentation today by emailing drew@aimga.ca

For more information, check out the full version of the "Living Well With AIMGA" Newsletter by scanning the QR code below with your phone!

