

FEBRUARY IS HEART and STROKE AWARENESS MONTH

February is Heart and Stroke awareness month in Canada. It is important to know the signs and symptoms of heart attacks, strokes, prevention tips and the risk factors that are associated with heart disease. Now is the time to assess your personal health status in order to determine if you need to make adjustments to your lifestyle, to maintain a healthy heart.

The [Canadian Heart & Stroke Foundation's 2010 Annual Report on Canadian's Health](#) cites *"In a very short time, the face of heart disease in Canada has changed to include groups that have historically been immune to the threats of heart disease,"* says Dr. Beth Abramson, cardiologist and spokesperson for the Heart and Stroke Foundation. *The at-risk and disadvantaged populations in Canada include: the unprecedented growing number of young Canadian adults who are obese and overweight; the largest cohort of Boomers (50 – 64 years) in Canada's history entering a stage where they are at a higher risk for heart disease; our Aboriginal peoples who are experiencing a full-blown cardiovascular crises; more women entering their young adult years; and, some of Canada's fastest growing ethno-cultural communities who are pre-disposed to a heavier burden of risk factors and heart disease".*



WARNING SIGNALS, RISK FACTORS AND PREVENTION

Heart disease *is* preventable and manageable. Take some time to read more about protecting the health of yourself and your loved ones. Your best defense is controlling the risk factors that could lead to coronary artery disease such as high blood pressure, diabetes, smoking, stress, excessive alcohol consumption, physical inactivity and being overweight.

Learn more about the warning signals of heart attacks and strokes, and prevention of risk factors for heart disease and stroke: [Heart Attack Symptoms](#) [Stroke Symptoms](#)

HEALTH LIVING

Integrate healthy eating, regular physical activity and other healthy habits into your lifestyle. Try the heart-healthy recipes ([recipe index](#)) on this website which include easy and tasty meals for singles, families, and seniors, featuring healthy child-friendly meals. Take a quiz to find your healthy physical activity levels and encourage the children and seniors in your life to eat healthy and keep active! [Healthy Living Tips](#)

By starting a health-wise action plan, you can begin a life-long healthy lifestyle. [Heart & Stroke Action Plans](#)

Occupational Health & Safety Office,

Released: February 7, 2011