

ASK YOUR PHARMACIST

Your pharmacist is your medication expert and can provide advice and information on a wide range of health issues.

Reduce Your Risk of Heart Disease

Heart disease is the number one cause of death for Canadians. To reduce your risk of having a heart attack or stroke, you need to control your risk factors.

Stop Smoking

Why?

- ◆ Smoking dramatically increases your risk. If you smoke, your heart has to work harder to push blood through your arteries.
- ◆ The carbon monoxide in smoke makes your blood less able to carry oxygen.
- ◆ Nicotine makes your heart beat faster and causes your blood vessels to narrow.
- ◆ Smoking increases the build-up of deposits in your arteries, which can lead to blood clots.

How?

- ◆ Talk to your pharmacist or doctor about the steps you need to take to quit.

Control Your Blood Cholesterol

Why?

- ◆ Your liver makes cholesterol from the fat you eat. Too much can cause fatty deposits to build up on your arteries and block blood flow. If arteries are blocked, a heart attack or stroke can occur.

How?

- ◆ Eat a low-fat diet — less meat and saturated fats. Eat more fruit, vegetables, whole grains and legumes.
- ◆ Control your weight, don't smoke and take medication if prescribed.

Be More Active

Why?

- ◆ Inactive people have double the chance of having heart disease than active people.

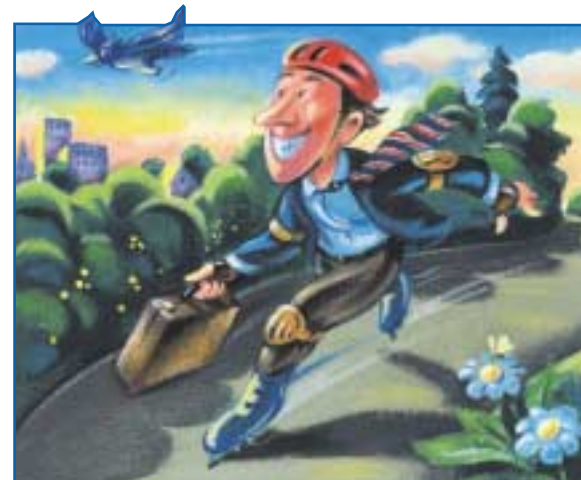
How?

- ◆ Do 30 to 60 minutes of moderate activity most days. This does not have to be done all at once but should be for at least 10 minutes each time.

Control Your Blood Pressure

Why?

- ◆ High blood pressure makes your heart work harder to push the blood through your arteries.
- ◆ There are no signs or symptoms of high blood pressure; one out of four people with high blood pressure do not know they have it.



How?

- ◆ Control your weight, stop smoking, take time to relax and be more active.

Control Your Weight

Why?

- ◆ Being overweight can raise blood pressure and blood cholesterol and lead to diabetes, all of which increase the risk of heart disease.

How?

- ◆ Be more active.
- ◆ Change your eating habits to decrease fats and calories. Eat more fruits, vegetables and whole grains.

Controlling these risk factors not only reduces your chance of having heart disease but also contributes to healthy living.

***For more information
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