

Heart and Stroke Education Session

During class, we will spend some time discussing 2 key clinical targets that affect your risk for heart disease and stroke – Blood Pressure and Cholesterol

| Blood Pressure | Cholesterol |
|--|---|
| <ul style="list-style-type: none">• Chronic high blood pressure can cause damage to the inside lining of the artery walls• This increases the chance of plaque build-up which can lead to heart attack or stroke• Over time, high blood pressure can also weaken the heart muscle • My target: • My current BP readings: | <ul style="list-style-type: none">• Too much cholesterol can increase the chance of plaque build up in our arteries which can lead to heart attack or stroke• Target values depend on your risk profile however once you have had a heart event or stroke, the targets become much lower. • I am (circle one):<ul style="list-style-type: none">• High risk• Low risk• Unsure • My current cholesterol numbers are:<ul style="list-style-type: none">• LDL_____• HDL• Triglycerides• Non-HDL_____ |

*Blood glucose/HbA1C are also important clinical targets for those that have Diabetes or Pre-Diabetes.

There are several Non-Modifiable risk factors for Heart Disease and Stroke. While we cannot change these, it can be helpful to assess our overall risk. Circle any that you think apply to you:

Age (risk increase in men over 45 and women after menopause)

Gender (men are always at greater risk than men)

Heredity (if heart disease or stroke run in your family, your risk is greater, especially if mom, dad, or siblings had a heart event/stroke under age 55)

Ethnicity (African, Asian, South Asian and Indigenous people are at greater risk)

The good news is that there are many actions we can take to keep our blood pressure and cholesterol values in check to reduce our overall risk for heart disease and stroke. We will spend some time discussing these strategies. We encourage you to think about which of these risk factors might apply to you. For each question, circle the answer that is the most accurate for you at this moment.

Physical Activity

Physical activity helps reduce our risk of cardiovascular disease. Physical activity includes cardio, resistance (strength) exercises and stretching.

- How many days per week do you participate in moderate to vigorous physical activity? 0-2 days 3-4 days 5-6 days 7 days
- How many minutes per day (on average) do you spend doing moderate intensity physical activity? 0-10 min 10-20 min 30 min or more
- Is this a risk factor for me? Yes No Unsure

Nutrition

Healthy eating includes lots of fruit and vegetables, lean protein and whole grains and limits processed foods, foods high in sodium and foods high in saturated fats.

- Is this a risk factor for me? (circle one) Yes No Unsure

Strong Emotions/Mental Health

Depression, stress, anxiety and anger can raise your blood pressure and increase your risk for heart disease or another cardiac event.

- How would you rate your current overall stress level?
 Low stress Moderate Stress High stress
- Is this a risk factor for me? Yes No Unsure

Tobacco Use/Smoking

Use of tobacco (and second hand smoke) causes damage to the lining of the arteries both in the heart and the rest of the body.

- Have you used tobacco in the last 30 days?
- Is this a risk factor for me? Yes No Unsure

Alcohol

Canada's low risk drinking guidelines recommend no more than 2 drinks per day for women (no more than 10 per week) and no more than 3 drinks per day for men (no more than 13 per week). It is also recommended to plan non-drinking days within each week.

- How many days per week do you drink alcohol?
 0 days 1-3 days 4-6 days 7 days
- How many drinks do you consume on a typical day when you do drink alcohol?
 1-2 3-4 5-6 More than 6
- Is this a risk factor for me? (circle one) Yes No Unsure

Now it's time to choose where to start:



Which Risk Factor do you identify as most important to you right now?
What do you want to work on first?



Why is this important to you? How would managing this risk factor
improve your health?



My Goal:



Possible Strategies to meet my goal :



Pick one Strategy for your Action Plan:



Your Action Plan:

- What
- When
- How much
- Importance
- Confidence