



Health *capsule*



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June : Stroke Awareness Month

The Heart Truth campaign

The face of heart disease is changing. Once considered “a man’s disease,” the number of deaths from heart disease and stroke are now virtually the same for men and women in Canada. The Heart Truth campaign aims to raise awareness among women of ways to reduce their risk of heart disease and stroke, and give them the tools they need to protect themselves.

The Heart Truth is a national public health education campaign to raise awareness that heart disease and stroke is the #1 killer of women in Canada.



Prevention

Because heart attack and stroke share many of the same root causes, many of your prevention efforts will give you double the health benefits by protecting you against both heart disease and stroke. Making lifestyle changes and taking action to improve your health can reduce your risk of these diseases by as much as 80 per cent!

Don't smoke : Smokers have nearly double the risk of certain types of stroke.

Lower your cholesterol : You can lower your cholesterol with a healthy eating plan, including substituting saturated and trans fats for unsaturated fat, and lowering your fat intake overall.

Manage your weight : Women who are 30 per cent over their healthy body weight are two to three times more likely to develop heart disease.

Keep physically active : Your risk of heart disease increases two fold if you lead a sedentary lifestyle.

Monitor your blood pressure : Monitoring and controlling your blood pressure can reduce your risk of stroke by up to 40 per cent, your risk of heart disease by 50 per cent and your risk of heart failure by up to 25 per cent.

Reduce stress : Taking the time to relax, unwind and enjoy life is actually an important way to reduce your risk of heart disease and stroke.

Manage your diabetes : Women with diabetes are three times more likely to get heart disease than women who don't.

Limit alcohol consumption : If you drink alcohol, limit yourself to one or two standard drinks a day.

Visit the Website thehearttruth.ca and take the quiz to learn more about your risk profile.

Get involved

Women can show their support by purchasing a Red Dress pin, at your local Heart and Stroke Foundation Office (1-800-567-8563). Red Dress pins are striking conversation-starters that help women to share the truth with others. For every pin sold, 100 per cent of net proceeds are contributed to the campaign.

(Source : www.thehearttruth.ca)

June 14 : World Blood Donor Day

The World Health Organisation chose 14 June as the day to recognize the millions of people who save lives and improve the health of others by donating blood. The Day highlights the need to regularly give blood to prevent shortages in hospitals and clinics, particularly in developing countries where quantities are very limited.

Why should I donate blood?

Safe blood saves lives and improves health. Blood transfusion is needed for:

- women with complications of pregnancy;
- children with severe anaemia often resulting from malaria or malnutrition;
- people with severe trauma following accidents; and
- many surgical and cancer patients.

It is also needed for regular transfusions for people with conditions such as thalassaemia and sickle cell disease and is used to make products such as clotting factors for people with haemophilia.

There is a constant need for regular blood supply because blood can be stored for only a limited time before use. Blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life.

(Source : www.who.int)