

HealthWATCH

Are You At Risk?

“HEART TRUTH FOR WOMEN”

Many people think of heart disease as a man’s disease, however, women are more likely than men to die of a heart attack or stroke. The best way to take charge of your heart health is to know your risks and learn to manage them. Your Shoppers Drug Mart Pharmacist can help provide you with the information and support that you need to be proactive.

Risk factor	What can I do?
<p>Older age For women, there is an increase in cardiovascular risk from age 50 and older or after menopause.</p>	<p>This risk factor is not within your control; however, you can adopt a healthy lifestyle at any age to improve your heart health. See “My Heart Truth Action Plan” on the back of this form for more information.</p>
<p>High blood pressure (hypertension) Optimal blood pressure is less than 120/80 mmHg. If your blood pressure is considered “high normal” (between 130/85mmHg and 139/89mmHg) you are more likely to develop hypertension.</p>	<ul style="list-style-type: none">• If you are not sure, use the HealthWATCH Blood Pressure Machine at Shoppers Drug Mart to get a reading. Share your readings with your doctor and pharmacist.• Monitoring your blood pressure regularly at home is especially important if you have high normal blood pressure, diabetes or kidney disease.• If you take medications for hypertension, be sure to take them regularly. You won’t usually feel different if your blood pressure is high.
<p>High cholesterol If your “total cholesterol” measurement is high or your “HDL cholesterol” measurement is considered low, your risk of heart disease and stroke is increased.</p>	<ul style="list-style-type: none">• If you are not sure, ask your doctor about your cholesterol levels.• To manage cholesterol, adopt a healthy diet low in fat and rich in fibre, lose weight if you are overweight, exercise regularly, and quit smoking.• Medications, such as “statins” may be required to control your cholesterol. You need to take these medications regularly to maintain healthy cholesterol levels.
<p>Diabetes Women with diabetes are at higher risk of heart disease and stroke than men with diabetes.</p>	<ul style="list-style-type: none">• If you have diabetes, maintain good control of your blood glucose and monitor regularly.• Ask your Shoppers Drug Mart Pharmacist for advice on managing diabetes and pick up a HealthWATCH Blood Glucose Logbook to help you track your progress.
<p>Cigarette smoking If you smoke, you are at higher risk of heart disease and stroke. Even regular exposure to second hand smoke can increase your risk.</p>	<ul style="list-style-type: none">• If you smoke, consider quitting when you are ready.• By setting a quit date and finding a good support person, you can start to make this change.• Your Shoppers Drug Mart Pharmacist can provide you with support and information about smoking cessation products (e.g. nicotine replacement) and prescription medications to help you quit.• Don’t smoke if you are over 35 and take oral contraceptives – this puts you at higher risk of heart disease and stroke.

For more information about how to reduce your risk, speak to your Shoppers Drug Mart Pharmacist or fill out the **Heart Truth Action Plan** today.