

THINK act be healthy



February is Heart Month

Nearly one-third of Canadian deaths are due to cardiovascular diseases (diseases of the heart and blood vessels). So how can you avoid being one of them?

Unfortunately, there is no magic bullet or wonder drug that will prevent cardiovascular disease, but there are some lifestyle habits you can adopt that will dramatically decrease your chances of developing it.

There are five simple habits that will not only help keep your heart healthy, they may also be able to help people who already have high blood pressure or high cholesterol to reverse their conditions. These five habits are:

- Eat a balanced diet
- Maintain a healthy weight
- Exercise regularly
- Do not smoke
- Drink moderately, if at all

If that sound too much like simple common sense and not scientific enough, consider this: Researchers at Harvard University studied 42,847 men between the ages of 40 and 75. At the beginning of the study, none of the men had heart disease; however, 16 years later 2,183 of them had either suffered from heart attacks or had died from heart disease. The scientists conducting the study believe that 62% of these heart attacks and deaths could have been prevented if the men had adopted healthy lifestyle habits.

Your PROfile Pharmacist will be happy to answer any questions you have about heart disease and how you can lower your risk.



Food for Thought

Sobeys Dietitians Have a World of Healthy Ideas for You

Foods for your heart.

Heart healthy eating does not mean giving up all of your favorite foods. It's about having more healthy foods while reducing saturated and trans fat.

Fired up about fibre. Eating high fibre foods may lower your cholesterol. Increase fibre slowly to 25-35 grams a day. Drink fluids to help fibre work in your body. Have water, milk or juice more often than empty calorie drinks such as pop or fruit punch.

Strive for at least five. Vegetables and fruit contain fibre and anti-oxidants (e.g., beta-carotene, vitamin C and vitamin E). Antioxidants can help lower your risk of heart disease. Eat 5-10 servings of vegetables and fruit each day. One serving of veggies and fruit is 1 medium; ½ cup fresh, frozen or canned; ½ cup juice or 1 cup salad.

Say yes to soy. Soy foods have been shown to lower cholesterol levels. Aim for 25 grams of soy protein per day. Read nutrition labels on soy products to get this amount of protein. If you have breast cancer or family history of breast cancer, talk to your doctor before having soy foods. You definitely need to avoid soy powders and supplements.

Omega-3 fats. Omega-3 fats have been shown to lower LDL and triglyceride levels. Omega-3 fats are found in fatty fish and also in some plant foods. Research shows that omega-3 from fish has more health benefits. For this reason, you should eat fatty fish two times a week.

What's your **PRO**file?



We have many programs and services to complement your prescription and help you manage your family's medication and health care needs

Talk to your PROfile Pharmacist for more details



“Balance is not better time management, but better boundary management. Balance means making choices and enjoying those choices.”

— Betsy Jacobson

Body & Mind

Business suffers when employees don't have work/life balance.

The Conference Board of Canada found that workers who reported a high degree of stress balancing their work and family life missed 7.2 days of work each year, while those who reported very little stress only missed an average of 3.6 days.

Source: www.cmha.ca

Completed Your Online Personal Health Risk Assessment Yet?
Go to www.mhcsibenefits.ca

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