

# THINK act be healthy

June 2010



## June is **Stroke** **Awareness** Month

**Stroke** is a medical emergency that can be treated. Recognizing and responding immediately to the warning signs of stroke by calling 9-1-1 or your local emergency number can significantly improve survival and recovery.

### 5 Warning Signs:

- Weakness** - Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.
- Trouble speaking** - Sudden difficulty speaking or understanding or sudden confusion, even if temporary.
- Vision problems** - Sudden trouble with vision, even if temporary.
- Headache** - Sudden severe and unusual headache.
- Dizziness** - Sudden loss of balance, especially with any of the above signs.

Source: <http://www.heartandstroke.ns.ca>

If you have any questions about your stroke risk factors talk to your **PROfile** Pharmacist today. For more information on stroke visit our Think Act Be Healthy Library at [www.mhcsibenefits.ca](http://www.mhcsibenefits.ca)

### Food for Thought...

### Sobeys Dietitians Have a World of Healthy Ideas for You

#### What's on your Plate?

Balance your plate - include 3 of the 4 groups from Canada's Food Guide at each meal.

#### Eat More Vegetables and Fruit

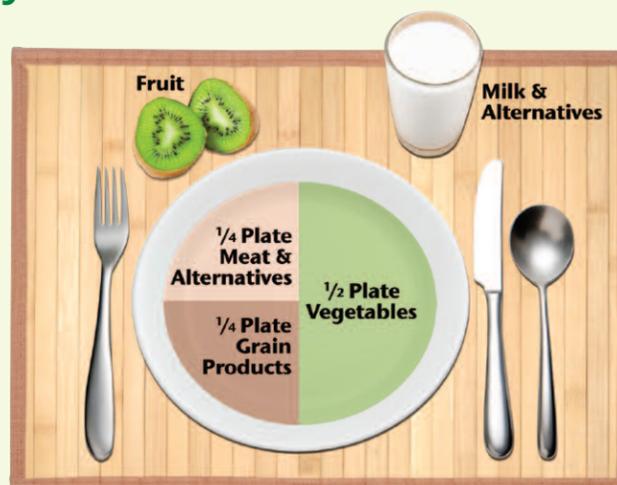
- Eat Less Fat – High fat diets have been linked to cancer
- Fill half your plate with vegetables and fruit (7-10 servings daily)
- Choose brightly colored vegetables and fruit more often.

#### Make the Most of Meat and Alternatives

- Limit the amount to  $\frac{1}{4}$  of your plate, choosing lean meats to reduce saturated fats.
- Have at least two Food Guide servings of fish each week.

#### Great Grains

- Limit the amount to  $\frac{1}{4}$  of your plate, choosing whole grains or higher fibre grains.
- Try grains you haven't eaten before such as barley, quinoa, millet or flax.



## Body & Mind

### Be Less Stressed!

Too much stress can actually harm your health and increase your risk of heart disease and stroke. So, whether you're dealing with good (ie. weddings) or bad (ie. loss of a loved one) stress we can all benefit from learning effective stress-management techniques. Reduce your stress by being physically active today. It can be a great stress-buster and boost your heart health too!

Source: <http://www.heartandstroke.ns.ca>

Your **PROfile** Pharmacist has many health education resources and is always available to discuss your health concerns!

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