



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

HEART HEALTHY LIVING

A Guide for Patients and Families



Phone Numbers

Use this page to keep track of the names and numbers of the health care professionals involved in your care.

Cardiologist: _____

Phone Number: _____

Family Doctor: _____

Phone Number: _____

Pharmacy: _____

Phone Number: _____

Cardiac Rehabilitation: _____

Phone Number: _____

Other: _____

© 2013 University of Ottawa Heart Institute

This Patient Guide and its contents are the property of the University of Ottawa Heart Institute (UOHI). They may not be modified, sectioned, copied, reproduced or republished without prior explicit permission from UOHI. For more information about customizing this guide for the particular needs of your institution, please contact the Department of Communications at 613-798-5555 x19058 or communications@ottawaheart.ca.

The content of the Patient Guide has been prepared for general information only and is not intended to provide medical or professional advice. There is no guarantee that the content is correct, complete, or up-to-date for any specific circumstances.

The Heart Institute logo and swirl are trademarks of the University of Ottawa Heart Institute.

All other trademarks and copyrighted material are the property of their respective owners.

Table of Contents

ACKNOWLEDGEMENTS	2
INTRODUCTION	3
STEP 1: KNOW AND MANAGE YOUR RISK FACTORS	4
Causes of Heart Disease.....	4
SMART Goals for Heart Healthy Changes.....	5
SMOKING	7
HEART HEALTHY NUTRITION	9
HIGH BLOOD PRESSURE	17
HIGH BLOOD CHOLESTEROL	18
PHYSICAL ACTIVITY	20
My Physical Activity Log.....	24
DIABETES	25
STRESS	27
DEPRESSION	29
ANXIETY	31
STEP 2: PARTICIPATE IN A CARDIAC REHABILITATION PROGRAM	33
About Cardiac Rehabilitation.....	33
University of Ottawa Heart Institute Cardiac Rehabilitation Programs.....	33
Where You Can Exercise after Cardiac Rehabilitation.....	36
STEP 3: LEARN TO LIVE AND WORK WITH HEART DISEASE	37
Expect an Adjustment Period.....	37
Manage Your Medications Safely.....	37
Get the Most from Your Follow Up Clinic Appointments.....	38
Plan Your Return to Work.....	39

THE LAST WORD	43
APPENDIX 1 - WHERE TO GO FOR MORE INFORMATION	44
Prevention & Wellness Centre	44
Available Workshops	44
Websites	46
Ottawa Heart Support Group	46
APPENDIX 2: RATE YOUR WEIGHT	47
THE OTTAWA HEART INSTITUTE ALUMNI INC.....	48

Acknowledgements

The Heart Healthy Living Guide was developed by a working committee of health professionals at the University of Ottawa Heart Institute. In order to create this guide, the committee reviewed the most current scientific evidence on heart healthy living and blended it with their extensive experience in caring for people with heart disease. A panel of current and former heart patients reviewed the information to make sure that it was easy to read and understand. We hope that this information helps you build a plan for heart healthy living that you can stick with over the long term.

The development of the Heart Healthy Living Guide was supported by the Heart Institute Alumni as part of their commitment to enhancing the service and care provided to people with heart disease.

Introduction

At the Ottawa Heart Institute you have received the best available cardiac care to treat and manage your heart condition; however, we have not cured your heart disease. Heart disease is a chronic health condition and, like any health problem, it can bring uncertainty and changes into your everyday life.

You can respond to these changes in different ways. Research tells us that learning about your risk factors, taking charge of your heart health, and staying involved in your health and health care will help you to continue to do the things that you wish to do. The purpose of this guide is to support you as you learn to take care of your heart and preserve your health.

We propose you follow a three-step plan:

Step 1

Get to know your own risk factors and plan how to manage them. Use the risk factor profile on page 4 to help you to identify your risk factors and think about how you might set some health goals.

Step 2

Participate in a Cardiac Rehabilitation Program. Work with specialists in nutrition, physical activity, stress management, return-to-work counselling, and other social and emotional services to develop a plan that is tailored to your specific needs.

Step 3

Learn how to live and work with heart disease. Use the information here to help you get through the normal bouts of anxiety and emotional ups and downs so that you can renew your sense of well being.

Step 1: Know and Manage Your Risk Factors

Causes of Heart Disease

Coronary artery disease is caused by a combination of genetic and lifestyle factors. These are called risk factors. You should be aware of the following risk factors but they are not under your control.

- **Your age**
 - As you get older, your risk of heart disease increases
- **Your gender**
 - Men over the age of 55 are at higher risk of heart disease
 - After menopause, a woman's risk of heart disease gradually becomes the same as a man's
- **Your heredity**
 - Your risk of heart disease is increased if close family members—a parent brother or sister—developed heart disease before age 55 or, in the case of female relatives, before menopause.
- **Your ethnicity**
 - First nations people and people of African or Asian descent are at higher risk of developing heart disease

The risk factors that you can control are:

- Smoking
- Excess body weight, especially around your waist
- High blood pressure (hypertension)
- Abnormal blood cholesterol levels
- Lack of regular exercise
- Diabetes
- Excessive stress levels
- Depression

These are referred to as modifiable risk factors.

The table on page 6 summarizes modifiable cardiac risk factors. As you look at the table, decide which controllable risk factors apply to you. Each risk factor will direct you to more information to help you learn more and take charge of your health.

SMART Goals for Heart Healthy Changes

When thinking about making heart healthy lifestyle changes, it's easier to get started if you set some S.M.A.R.T. goals.

Specific – Decide what you are going to do and how to do it.

Measurable – Keep track of how you are doing.

Achievable – Pick something you think you can do. Start with small changes.

Rewarding – Think of how good you will feel when you make small changes.

Time Frame – Give yourself a time limit to reach your goal.

Example of a SMART goal

Goal: I will eat at least 5 servings of fruit and vegetables a day

Specific

- Eat one piece of fruit at breakfast and one piece of fruit at 4:00 pm when I get hungry.
- Eat 1 cup (2 servings) of vegetables at lunch, and 1 cup (2 servings) at supper
- Buy at least 14 pieces of fruit and extra vegetables at the grocery store.

Measurable

- Write down how many vegetables and fruit I eat each day.
- Use a measuring cup to make sure I eat 1 cup of vegetables.

Achievable

- I am going to start by eating two pieces of fruit a day.

Rewarding

- When I eat two pieces of fruit a day I will feel like I have really done something to improve my health.

Time Frame

- This week I am going to eat more fruit.
- Next week I am going to eat more fruit and eat more vegetables.

Modifiable Risk Factors for Heart Disease

Risk Factor	My Values	Target Goals	Information Page
Smoking	Smoker Non - smoker	Smoke Free	p. 7
Overweight Waist Circumference	Height: _____ Weight: _____ Body Mass Index (BMI): _____ Waist Circumference: _____ Use the Body Mass Index chart in Appendix A to calculate your Body Mass Index	<i>Ideal range: BMI of 18.5 – 25</i> If your BMI is above 25, aim for a 5 – 10% reduction of your total body weight. <i>Waist:</i> Women: below 35 in (88cm) Men: below 40 in (102 cm)	Heart Healthy Nutrition: p. 9 Weight management: p. 13
High Blood Pressure	BP: _____ mmHg	Less than 140/90 <i>If you have diabetes or kidney disease: less than 130/80</i>	Heart Healthy Nutrition: p. 9 Blood Pressure: p. 17 Safe medications: p. 37
High Cholesterol	Total Cholesterol: _____ mmol/L LDL-C: _____ mmol/L HDL-C: _____ mmol/L Ratio (TC/HDL-C): _____ Triglycerides: _____ mmol/L	LDL-C: below 2.0 mmol/L HDL-C/TC Ratio: less than 4.0 Triglycerides: below 1.7mmol/L	Heart Healthy Nutrition: p. 9 Cholesterol: p.18
Physical Inactivity	The average number of days per week that you exercise for at least 30 minutes _____ days	Aim for 30 to 60 minutes of moderate exercise (example: brisk walking) on most days of the week	Physical Activity: p 20
If you have Diabetes	Fasting blood sugar ___ mmol/L HgA1C: _____ %	Fasting blood sugar: between 4.0 and 7.0 mmol/L Two hours after eating: between 5.0 and 10.0 mmol/L HgA1C: below 7%	Heart Healthy Nutrition: p. 9 Diabetes: p.25
Stressed	<input type="checkbox"/> Yes <input type="checkbox"/> No	Manage stress	p. 27
Depressed	<input type="checkbox"/> Yes <input type="checkbox"/> No	Manage depression	p. 29

Smoking

How Smoking Affects Your Heart

The nicotine in smoke causes the arteries of the heart to narrow. The carbon monoxide released from cigarettes causes damage to the walls of the arteries encouraging the build up of fat on those walls.

Smoking also:

- Raises your LDL (lousy) cholesterol
- Lowers your HDL (healthy) cholesterol
- Speeds up your heart rate
- Increases your blood pressure

Smoking after a heart attack or angioplasty increases the chances of a second heart attack and/or re-stenosis (re-blocking) of the coronary arteries.

If You Smoke, Quit!

- Quitting smoking is the single most important thing you can do to positively affect your heart health!
- The benefits of quitting occur within 20 minutes of your last cigarette and after one year your risk of a heart attack is reduced by 50 per cent.



The Heart Institute's Quit Smoking Program is available to all smokers who are interested in quitting. We use proven techniques and individualized counselling to help people quit. To register for the Quit Smoking Program, please call 613-761-5464.

There are other options for quitting smoking in our region. It is up to you to decide which option is best.

Keep in mind this one important tip: most people find that the more support they get while trying to quit, the better!

More Information about Quitting Smoking

Books

- Quitting Smoking for Dummies. Brizier, D. (2003)
- How to Quit Smoking Without Gaining Weight. American Lung Association. (2004)

Websites

- Go Smoke Free: www.gosmokefree.ca
- Canadian Cancer Society Smokers Helpline Online: www.smokershelpline.ca

Heart Healthy Nutrition

How What You Eat Affects Your Heart

The food that you eat affects many of the important risk factors associated with heart disease for example:

- Your blood cholesterol
- Your blood pressure
- Your weight and waist circumference

Waist Circumference and Your Heart

It is not just how much you weigh that matters, but also where you carry your excess weight. People who store fat around their stomachs have a higher risk of having heart disease and diabetes than those who carry it around their hips.

Follow a Heart Healthy Nutrition Plan

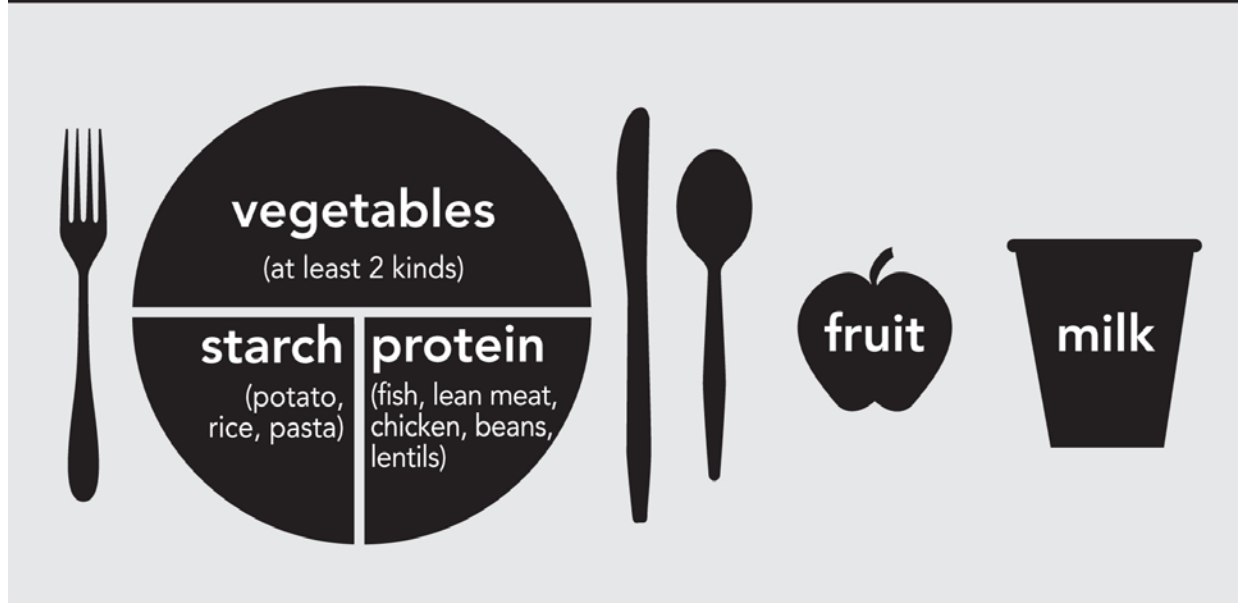
Eating Heart Healthy means:

- Limiting saturated and trans fats
- Choosing healthy fats and oils
- Increasing vegetables, fruit, fibre and whole grains
- Reducing salt and sugar

Top 5 Nutrition Tips

1. Eat regular meals. Aim to eat every 4 to 6 hours. Include a healthy snack if you need to.
2. Include vegetables or fruit at each meal
3. Include at least three food groups at each meal
4. Fresh is best...cook with fresh foods and limit salt
5. Choose healthy oils including canola oil, olive oil, or peanut oil more often

A CLOSER LOOK AT THE FOODS TO CHOOSE AND ENJOY!



Other Healthy Eating Tips



Tips for Eating More Vegetables & Fruit

If all of your vegetables and fruit are the same colour	✓ Try to include vegetables and fruit that are a variety of colours: red, orange, yellow
If you're having a hard time including vegetables and fruit	✓ Try to include vegetables or fruit at every meal for example berries for breakfast, veggie sticks for lunch, salad for supper
If you're finding it too time consuming to prepare vegetables and fruit	✓ Try frozen vegetables or fruit
If you're eating the same vegetables and fruit every day	✓ Try a new fruit or vegetable once a week

Remember!

Choose brightly coloured vegetables and fruit at all meals

Tips for Eating Healthy Grains



(Starch: aim to fill ¼ of your plate)

If you're eating low fibre cereals such as Special K, or Corn Flakes	✓ Try a high fibre cereal such as oatmeal, Shredded Wheat or All Bran Buds
If you're eating white bread or light rye bread	✓ Try a whole grain, multigrain, pumpernickel or dark rye bread instead
If you're eating white rice, or white pasta	✓ Try whole wheat pasta, brown rice, quinoa or bulgur
If you're eating commercial muffins	✓ Try baking your own

Remember!

Choose high fibre grain products and aim to eat 25-35 g of fibre/day

Tips for Eating Healthy Meat and Alternatives

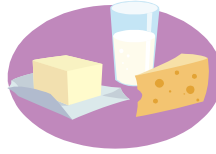


(Protein: aim to fill ¼ of your plate)

If you're eating poultry with the skin on	✓ Remove the skin before eating
If you're eating red meat more than once or twice a week	✓ Choose lean cuts of pork, poultry and fish more often, or try a vegetarian meal once a week
If you're avoiding fish	✓ Choose fresh, frozen or canned fish two to four times/week or consider an omega-3 supplement
If you're using deli meats for sandwiches	✓ Try cooking extra meat the night before for sandwiches or use alternatives such as tuna, salmon or egg

Remember!

Choose lean cuts of meat, poultry and fish more often.
Try a vegetarian meal once or twice a week. Limit whole eggs to two to three per week.



Tips for Eating Healthy Dairy Products

If you're choosing homogenized or 2% milk	✓ Choose skim or 1% milk instead
If you're eating regular yogurt	✓ Choose yogurt with 1% of M.F. (milk fat) or less
If you're eating ice cream	✓ Choose frozen yogurt or ice milk.
If you're eating regular cheese	✓ Try low fat cheese with 15% M.F (milk fat) or less

Remember!

Choose low fat dairy products more often



Tips for Using Healthy Fats & Oils

If you're deep frying or pan frying foods	✓ Try baking, broiling, steaming, stir-frying or grilling instead
If you're using hard fats such as butter or lard for cooking	✓ Try using liquid fats such as olive oil, canola oil, safflower, sesame or corn oil instead
if you're using mayonnaise, salad dressings or sour cream	✓ Try the low fat version. Make your own salad dressings with oil and vinegar at home
If you eat nuts as a snack	✓ Limit your portion size to 2 tbsp (a handful)
If you use butter	✓ Try non-hydrogenated margarine instead

Remember!

Choose unsaturated fats more often. Limit your intake of saturated and trans fats.

Tips for Consuming Less Salt*



If you buy packaged frozen meals	✓ Read the Nutrition Facts Table and choose the product with the lowest % Daily Value for Sodium. (try for less than 10%)
If you're thinking of going out for dinner for the third time this week	✓ Make a simple dinner at home. Try scrambled eggs with vegetables and toast instead.
Are you using canned peas or beans	✓ Rinse and drain them first
Using deli meat for sandwiches	✓ Use meat alternatives such as egg or tuna for filling
If you add salt when you cook	✓ Try using herbs and spices or garlic when cooking instead
Remember! Read the food label and choose foods that have less than 200 mg or 10% DV per serving.	

* Adapted from Champlain Cardiovascular Prevention Network "Give Your Head a Shake"

A Word about Alcohol

Limit alcohol to two servings a day (maximum of 14 servings a week) for men and one serving a day (maximum nine servings a week) for women.

One serving is:

- 125 ml (4 oz) wine or
- 355 ml (12 oz) beer or
- 45 ml (1.5 oz) liquor

Top 5 Tips for Healthy Weight Management

- **Set S.M.A.R.T. weight loss goals (see page 20 of this guide)**
 - Post your goals where you can look at them often
 - Aim to lose weight slowly—½ to 2 lbs (1/4 to 1 kg) per week—because then you will be more likely to keep it off
 - Remember: even if losing 5 to 10 per cent of your present weight does not get you to your ideal weight, it is still enough to help your heart

- **Eat regular meals**
 - Aim to eat three meals a day
 - Space your meals no more than four to six hours apart
 - Include healthy snacks

- **Reduce portions**
 - Remember that how much you eat counts
 - Choose smaller servings at your meals and snacks
 - But, don't cut back too much. That can make you hungry and more likely to over-eat

- **Keep a food journal**
 - Keeping track of what you eat will help you to find your problem habits
 - Use this information to set S.M.A.R.T. goals for making small changes in your eating patterns

- **Get active**
 - Aim for 30 to 60 minutes most days of the week
 - For example, brisk walking will help you lose weight, sleep better, increase your energy, and improve your overall heart health

My Personal Weight Loss Goal

What do I want to do:
(Example: Eat breakfast)

How often:
(Example: Eat breakfast daily)

How long:
(Example: I will continue for one month and then re-check my progress)

Signature:

I, _____, commit to doing the work necessary to reach my goal.

Date: _____

Signed: _____

More Information about Heart Health Nutrition

Heart Delicious Nutrition Workshops

- The dietician at the University of Ottawa Heart Institute offers an interactive workshop series that covers a range of topics to help you:
 - Develop the skills for heart healthy eating
 - Get the facts on fat, cholesterol, fiber, and salt
 - Learn how to read and understand food labels
 - Plan healthy meals
 - Manage your diabetes
 - Set realistic goals for healthy weight management
- The workshops are appropriate for patients, families, and members of the public who are interested in learning about heart healthy eating.
- Workshops are 60 minutes in length and weekday and weekend options are available.
- The workshops are free of charge.
- Pick up your Workshops Schedule at the Heart Institute or check our website for updated dates and times: http://www.ottawaheart.ca/patients_family/cardiac-rehabilitation.htm.

Books and Cookbooks

- Light Hearted at Home: The Very Best of Ann Lindsay. Lindsay, Ann. (2010)
- HeartSmart: The Best of HeartSmart Cooking. Stern, Bonnie. (2006)
- 500 Best Healthy Recipes. Roblin, Lynn. (2006)
- American Heart Association Low-Salt Cook Book. American Heart Association. (2006)
- Hold the Salt. Tilley, Maureen. (2009)
- Choice Menus Presents: Meal Planning with Recipes for One or Two People. Hollands, Margorie. (2004)
- Coping with Cholesterol.* Mansfield, Beth and Ruth McPherson. (2005)
- Healthy Habits, Healthy Weights. Heart and Stroke Foundation. (2005)
- Anne Lindsay's Light Kitchen. Lindsay, Anne. (2002)
- Low Salt Dash Dinners. Nowlan, Sandra. (2010)

Web Sites

- Dietitians of Canada: www.dietitians.ca
- Heart and Stroke Foundation: www.heartandstroke.ca
- Health Canada: www.hc-sc.gc.ca
- Canadian Diabetes Association: www.diabetes.ca
- American Heart Association: www.americanheart.org
- Eat Right Ontario: www.eatrightontario.ca

High Blood Pressure

How High Blood Pressure Affects Your Heart

High blood pressure makes your heart work harder, damages your blood vessels, and can also cause greater plaque build up. All these factors eventually lead to heart damage. Controlling your blood pressure can reduce the progression of your heart disease and may reduce your risk of having a stroke.

What You Can Do to Control Your Blood Pressure

- Follow your Heart Health Nutrition Plan
- Achieve and maintain a healthy body weight
- Be active every day and follow your physical activity plan
- Practise stress management techniques that work for you
- Take your medications as prescribed
- Become smoke free



More Information about High Blood Pressure

Websites

- Blood Pressure Canada: www.hypertension.ca/bpc
- Healthy Ontario: www.healthyontario.com

High Blood Cholesterol

How Cholesterol Affects Your Heart

Cholesterol is fat-like substance that is produced mostly in your liver, although some of the cholesterol in your blood comes from the foods you eat.

The most important types of cholesterol in your blood are:

- Low density lipoprotein cholesterol or LDL
- High density lipoprotein cholesterol or HDL

L Is for “Lousy”

- LDL Cholesterol carries fats to your body organs to be stored away for future use.
- It causes a build-up of cholesterol (plaque) on the walls of the arteries in your heart.
- High levels of LDL can damage artery walls.
- Eating heart healthy and maintaining a healthy weight can help to lower your LDL.

H Is for “Healthy”

- HDL Cholesterol is good because it carries excess fats away from your body organs for elimination.
- The more HDL you have in your blood, the better protected you are against the build-up of plaque in your arteries.
- Regular exercise and quitting smoking can help increase HDL.

How You Can Improve Your Cholesterol

- Be aware of your cholesterol levels
- Follow your heart health nutrition plan
- Achieve a healthy body weight (page 13)
- If you smoke, stop (page 7)
- Be active every day and follow your Physical Activity Plan (page 24)
- Attend a nutrition workshop (page 15)
- Take your cholesterol medications as prescribed by your doctor

More information about high blood cholesterol

Books

- Coping with Cholesterol. Elizabeth Mansfield. (2006)

Websites

- Healthy Ontario: www.healthyontario.com
- Eat Right Ontario: www.eatrightontario.ca

Physical Activity

How a Lack of Regular Exercise Affects Your Heart

Physical inactivity or lack of regular exercise is clearly shown to be a risk factor for heart disease. People who do not exercise regularly have twice the risk for heart disease compared to those who exercise regularly. In fact, the amount of risk to your heart caused by lack of regular exercise is comparable to having high cholesterol, high blood pressure, and cigarette smoking.

Start and Maintain a Regular Exercise Program

Physical activity will:

- Improve the efficiency of your heart and lungs
- Improve your HDL (good) cholesterol and triglycerides
- Lower your blood pressure
- Help you achieve healthier body weight
- Improve your blood sugar
- Improve your muscle tone and bone density
- Increase your stamina and improve your confidence
- Improve your ability to cope with stress and decrease anxiety and depression



Set a S.M.A.R.T. Exercise Goal (see page 5 of this guide).

Aim to:

- Exercise on most days of the week.
- Start with a gentle warm-up.
- Work towards 30 minutes of continuous exercise with your heart rate elevated.
- Finish off with a gentle cool down.
- Work towards getting 200 to 400 minutes of aerobic exercise weekly. That's about 30 to 60 minutes of exercise per day on most days of the week.

Aerobic exercise is continuous exercise that uses large muscle groups and increases your heart rate. Examples of recommended aerobic exercises include walking at a moderate to brisk pace, swimming, cycling or skating.

If you have had a procedure that may limit your physical activity, make sure you follow the exercise instructions in your procedure guide.

Remember!

Even exercise sessions that last as little as 10 minutes at a time are beneficial and can be added up throughout the day!

Helpful Physical Activity Tips

Breathing

- Breathe steadily and in a relaxed manner while you exercise.
- Avoid straining and never hold your breath.

Pace & Intensity

- You should be able to carry on a conversation while you exercise.
- This is known as the “talk test.”
- Once you can comfortably walk for 30 minutes, try gradually increasing your speed or arm swing.

Terrain

- Walk on flat ground initially, until 30 minutes of walking is comfortable.
- If hills are unavoidable, walk more slowly when going uphill.

Eating

- Wait up to one hour after a meal before you exercise (the larger the meal, the longer the wait time).

Weather

- Avoid exercising in very hot or very cold temperatures.
- If it is very hot and humid, walk during the cooler part of the day, such as in the morning and later at night.
- If it is extremely cold or windy, exercise indoors using stationary equipment or walk in the hallways of your house/apartment or in a mall.
- If you do choose to exercise outdoors in colder weather, walk during warmer times of the day and cover your face with a scarf to help warm the air before it reaches your lungs.

Posture

- It is important that you maintain good posture. Keep your shoulders back and relaxed.

Stretching

- After your walks, stretch your calf muscles.
- Stand straight, close to a solid surface on which you can use your hands for balance.
- Place one leg behind the other, shoulder width apart, with both feet pointing forward.
 - Bend the knee that is forward while keeping the back knee straight until you feel a stretch in the back leg keep both heels on the ground.
 - Hold for 30 to 60 seconds. Repeat with the other leg. Repeat exercise two to three times.



Abnormal responses to exercise may include:

- Nausea, headaches, dizziness, chest pain or palpitations.
- If you notice any of these, stop and rest until the symptoms decrease.

If these symptoms persist, **call 911** or go to your nearest emergency room

Keep Track of Your Progress

Use the Rating of Perceived Exertion (RPE) scale to guide your progression with your exercise program.

The idea behind the RPE scale is for you to choose a number based on how you feel during your physical activity sessions. The number you choose should reflect your overall level of effort including your breathing. There is no right or wrong answer. For aerobic exercise, you should be between 3 and 5 on the scale.

As your recovery and fitness improves, so too will your perceived level of effort. The change in effort that you feel over time is a measure of your improvement.

RPE Scale	
0	= Nothing at all
1	= Very easy
2	= Easy
3	= Moderate
4	= Somewhat difficult
5	= Difficult
6	= More difficult
7	= Very difficult
8	= +
9	= ++
10	= Very, very difficult (almost maximal)

Additional Tips for Keeping Physically Active

1. Choose an activity that you enjoy and that fits with your lifestyle.
2. Exercise with a buddy.
3. Keep an exercise log like the example on the next page. This way you can see your progress and keep track of how you are feeling.
4. Set realistic goals or objectives you would like to achieve and talk openly about them with important people in your life.
5. Reward yourself when you have achieved your goals.
6. Remember to evaluate your progress; consider the effort rather than the end result.
7. Be prepared for lapses; knowing they will happen may prevent the feeling of failure. "Get back on the horse" right away and start from where you fell off.

My Physical Activity Log

Date	Activity	Minutes	Rate of Perceived Exertion (RPE)	Unusual Events e.g., Chest pain Dizziness or Other

Diabetes

How Diabetes Affects Your Heart

Diabetes increases your risk of developing high blood pressure, heart disease and stroke, especially if your blood sugars are not well controlled.

How to Keep Your Blood Sugar Levels Healthy

- Take your medications as prescribed
- Learn about managing diabetes by attending a Diabetes Education Program (p.26)
- Monitor and keep track of your blood sugars
- Target: blood sugar before meals between 4.0 and 7.0 mmol/L
- Target: blood sugar 2 hours after meals between 5.0 and 10 mmol/L
- Make heart healthy food choices
- Be active every day and follow your Physical Activity Plan
- Achieve and maintain a healthy body weight
- Visit to your family doctor or diabetes specialist regularly

Additional Meal Planning Tips

1. Eat regular meals. Aim to eat every four to six hours. Include a healthy snack if meals are more than four to six hours apart.
2. Eat breakfast every day.
3. Limit sugars and sweets such as sugar, regular soft drinks, fruit drinks, juice, desserts, candies, jam, syrup and honey.
4. If you are thirsty, drink water or sugar free drinks. Drinking regular soft drinks, sweetened drinks or fruit juices will raise your blood sugar level. If you have a condition requiring fluid restriction, follow your personalized recommendations.
5. Choose portion sizes that will help you reach or maintain a healthy body weight. See information on Weight Management.

More Information about Diabetes

It's natural to have questions about what food to eat. A registered dietitian can help personalize your meal plan.

If you have diabetes and are taking insulin, speak with your family doctor. You may need to see an endocrinologist (a doctor specializing in diabetes).

Community Diabetes Education Programs

Champlain Diabetes Regional Coordination Centre (DRCC): www.champlaindrcc.ca
DRCC is a resource for both people living with diabetes and healthcare providers in the Champlain region. The DRCC website has lists of services, tools and resources, along with links to regional partners in the prevention and management of diabetes.

To locate a community diabetes education program nearest you, contact:

- Champlain Diabetes Regional Coordination Centre (DRCC) website: www.champlaindrcc.ca (Ottawa and surrounding area)
- Diabète Québec: www.diabete.qc.ca (province of Quebec)
- Or Diabetes Ontario at www.diabetesontario.org
- Or Canadian Diabetes Association at 1-800-BANTING (226-8464) or e-mail at info@diabetes.ca

Books

- The Essential Diabetes Book. Mayo Clinic. (2009)
- Diabetes for Canadians for Dummies. (2009)
- Choice Menus Presents: Meal Planning with Recipes for One or Two People. Hollands, Margorie. (2004)
- Diabetes: Meals for Good Health. Graham, Karen. (2012)
- Complete Canadian Diabetes Cookbook. (2005)

Websites

- Canadian Diabetes Association: www.diabetes.ca, 1-800-BANTING (226-8464)
- Eat Right Ontario: www.eatrightontario.ca
- Dieticians of Canada: www.dietitians.ca
- Champlain Diabetes Regional Coordination Centre: www.champlaindrcc.ca
- Diabète Québec: www.diabete.qc.ca

Stress

How Stress Affects Your Heart

In situations that are perceived as stressful, your body reacts by releasing stress hormones. In response, your heart rate and blood pressure increase, your breathing becomes faster and shallow, you start to sweat, and your entire body enters high gear.

In the short term, these reactions make you more alert and able to deal with the stressful situation. However, if you are under stress for a long time, negative changes occur. Fat cells that were released into the bloodstream for extra energy are converted into cholesterol. Platelets circulating in the blood become more “sticky”, putting you at risk of blockages. Patterns of daily life may change which makes it more difficult to eat well, exercise regularly, and get enough rest.

How You Can Manage Your Stress

How we think about an event determines its impact on our health.

- Attend a stress management program (see below) and learn how to identify what causes your stress and how it affects you. These programs can teach you stress management skills like breathing and relaxation exercises.
- Be physically active every day as this will play a role in reducing the effects of stress.
- Identify and use your support networks, talk to friends and family.
- Get a “Coping with Stress” booklet from the Prevention & Wellness Centre Library.
- Consider speaking to a health professional if you feel anxious or depressed, or if you feel so overwhelmed that you are having difficulty doing your daily activities. Some of the options that might be available to help you are:
 - Books or websites
 - A stress management program
 - A referral to counseling services

Where to Find More Information about Stress

Stress Management Program

The University of Ottawa Heart Institute Minto Prevention and Rehabilitation Centre provides a skills-oriented Stress Management program that teaches a variety of techniques to better manage stress. There are five 90-minute sessions in a group format and each of the sessions covers different topics including:

- Breathing and muscle relaxation techniques
- Improving assertive communication
- Uncovering and changing negative thoughts
- Using humour as a coping strategy

The courses take place at the University of Ottawa Heart Institute, 40 Ruskin St., Ottawa. To register call 613-761- 4558. There is a materials cost of \$30

More Information about Stress

Books

- Don't Sweat the Small Stuff...and It's All Small Stuff. R. Carlson. (1997)
- Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain and Illness. J. Kabat-Zinn. (1990)
- Stress, Sanity and Survival. R. Woolfolk, F.C. Richardson. (1979)
- The Relaxation & Stress Reduction Workbook. M. Davis, M. McKay, E. Robbins-Eshelman. (2000)

Depression

Depression is common in people with heart problems; about one in five patients (20 per cent) experience clinical (or major) depression. If you are experiencing at least five of the symptoms listed below for a two-week period, you may be developing depression and you may need to speak to a health professional.

These symptoms may include:

- Sad feelings
- Loss of interest in activities that you usually enjoy
- Changes in appetite
- Significant unplanned weight loss or weight gain
- Sleep problems
- Loss of energy
- Difficulties with concentration or memory
- Decrease in your normal social activities or withdrawal from friends and family
- Feelings of worthlessness, helplessness, or hopelessness
- Changes in sexual desire
- Thoughts about death or suicide

How Depression Affects Your Heart

Depression may affect your heart directly and indirectly. Depression affects your heart directly by increasing the risk of blood clotting, plaque build up and atherosclerosis. Depression also negatively affects your immune system, so you are less able to fight off germs and viruses.

Depression may affect your heart indirectly by influencing some of the decisions you make. People with depression often find it difficult to make healthy choices about quitting smoking, exercise, eating, or taking medications safely. They find it difficult to find the drive or energy to make healthy lifestyle changes.

What You Can Do If You Are Feeling Depressed

Negative thinking is often involved in depression. Getting help to learn new ways of thinking and stopping the negative thinking can be beneficial. Seek support by talking with your family and friends and/or from support groups. You can also talk to your doctor or a mental health professional (social worker, psychologist, or psychiatrist) about proven treatments and strategies for coping with depression.

Do more pleasant activities—even when you don't feel like it. They can help to improve your mood. Regular exercise can also improve your mood. Set realistic goals for yourself and celebrate when you achieve them. You may need to record your daily activities to prove to yourself that you are making gains.

Make sure to take time for yourself away from daily stresses. Consider participating in a Cardiac Rehabilitation Program to educate yourself and gain confidence about your recovery.

More Information about Depression

Books

- Feeling Good: The New Mood Therapy. Burns, D. (1990)
- Mind Over Mood: Change How You Feel by Changing the Way You Think. Greenberger & Padesky. (1995)

Websites

- Canadian Mental Health Association: www.cmha.ca
- Canadian Psychological Association : www.cpa.ca

Anxiety

Anxiety is one of the most distressing emotions that people feel. At some point in time, most cardiac patients will experience varying degrees of fear or nervousness related to their health condition. Anxiety describes a number of problems including generalized anxiety (a mixture of worries experienced most of the time), panic attacks (intense feelings of anxiety; sometimes people feel like they are going to die), and posttraumatic stress disorder (repeated memories of terrible experiences with high levels of fear. Like depression, about one in five cardiac patients experience significant anxiety symptoms.

Anxiety symptoms may include:

- Uncontrollable worry
- Feeling “on edge” or restless
- Feeling irritable
- Muscle tension
- Light-headedness
- Sleep problems
- Being easily fatigued
- Difficulty breathing
- Increased heart rate
- Headaches
- Sweating

How Anxiety Affects Your Heart

Anxiety may play a role in cardiac problems by increasing the risk of an irregular heart beat and triggering spasms; both of these responses may lead to cardiac complications. Anxiety may also lead to unhealthy behaviours such as: smoking, overeating, poor sleep and decreased physical activity.

What You Can Do If You Are Feeling Anxious

- Learn to recognize when you are starting to feel anxious and plan ways to manage your feelings. Learn new coping strategies to handle anxious situations instead of avoiding them. For example: practise slow and deep breathing.
- Imagine scenes that are relaxing and pleasant for you.
- Learn relaxation skills (e.g., tense and release the muscles throughout your body).
- Distract yourself from the thoughts or physical symptoms that contribute to your anxiety (e.g., count backwards from 100 in three's).

- Do something pleasurable like reading a funny book or getting a back rub.
- Share your fears and worries with someone you trust.

Challenge yourself to change the way you are thinking about a problem. For example, tell yourself “I can handle this, I’ve done it before” or “I’m not going to die, it is normal for my heart to pump harder when I am exercising”.

When facing stressful situations, it helps to be prepared. Think of solutions to problems that cause you anxiety, so you are ready in advance when the problems come up. When you’re in a stressful situation, try and let go of the things that are beyond your control.

Considering participating in the Cardiac Rehabilitation Program so you can educate yourself, alleviate some worries and get answers to your questions and concerns. If you need to, talk to your doctor or a mental health professional (social worker, psychologist, or psychiatrist) about proven treatments for anxiety.

More Information about Anxiety

Books

- The Anxiety and Phobia Workbook (4th Ed.). Bourne, E. (2005)

Websites

- Canadian Mental Health Association: www.cmha.ca
- Canadian Psychological Association: www.cpa.ca
- Anxiety Disorders Association of Canada: www.anxietycanada.ca

Step 2: Participate in a Cardiac Rehabilitation Program

About Cardiac Rehabilitation

Cardiac rehabilitation is a program of exercise, education, and counselling that is designed to help you learn how to make heart healthy living a part of your everyday life. Research demonstrates that people who participate in a cardiac rehabilitation program are more successful at managing their risk factors compared to those who do not.

Participating in a cardiac rehabilitation program will dramatically reduce your risk of future heart problems. There are a variety of programs available for you to choose from. Your program will be personalized to meet your needs. We will measure your risk factors at different time points to watch your progress and improvement.

In most cases, your cardiologist or cardiac surgeon will automatically refer you to a cardiac rehabilitation program. If you have not received your cardiac rehabilitation appointment within a few weeks of being discharged from the hospital, you should contact your doctor and discuss whether cardiac rehabilitation is right for you.

Cardiac rehabilitation programs are designed to assist you in achieving and maintaining a heart healthy lifestyle and to help you return to everyday life. There are a number of program options available to residents living in the Ottawa-Carleton and surrounding regions. There is no cost for participation in these programs.

University of Ottawa Heart Institute Cardiac Rehabilitation Programs

On-Site Supervised Program

Phone: 613-761-4572

This program consists of supervised, on site, twice weekly exercise sessions over the course of two to three months. Medical assessments by a cardiac rehabilitation physician and follow-up evaluations at three and twelve months monitor your progress. This program also includes nutrition workshops and if required, referrals to services such as stress management, smoking cessation, and psychological counselling and vocational counselling.



Case-Managed Home Program

Phone: 613-761-4572

The home program offers flexibility for those unable to participate in hospital-based program. Consisting of a total of 15 appointments (30 minutes each), it is tailored to focus on your personal health goals. It includes a coronary risk factor assessment and a follow-up evaluation scheduled after three and twelve months. The exercise program is carried out at home; there are no supervised exercise sessions.

Brief Program

Phone: 613-761-4572

The Brief Program consists of a home exercise program tailored to your health goals. It includes a coronary risk factor assessment, three appointments at Heart Institute and one by phone, and nutrition education sessions. There is a follow-up evaluation after three and twelve months to monitor your progress.

FrancoForme (French Case-Managed Home Program)

Phone: 613-761-4572

This is a three month program offered in French and is open to Franco-Ontarians only. Consisting of a total of 15 appointments (30 minutes each), it is tailored to focus on your personal health goals. It includes a coronary risk factor assessment and a follow-up evaluation scheduled after three and twelve months. There are no supervised exercise sessions; you work on your own exercise program at home. This ensures flexibility for those unable to participate in a hospital-based program.

Community and Regional Cardiac Rehabilitation Programs

Pembroke Regional Hospital Cardiac Rehabilitation Program

Phone: 613-732-2811 x8091



This program is carried out over three to six months and is modelled after the Heart Institute's on-site cardiac rehab program. It consists of supervised on-site exercise sessions twice weekly. Also included are heart education sessions and medical assessments to monitor your progress. If needed, you will also receive a referral to a dietician or social worker. A case-managed home program is also available.

Hawkesbury and District General Hospital Supervised Program

Phone: 613-632-1111 x177
(Contact: Nathalie Aupin)



Carried out over a period of 12 weeks, this program consists of supervised on-site, twice-weekly exercise sessions and education sessions. Bilingual staff are available.

Brockville Cardiovascular Program

Phone: 613-345-5645 x1414
Fax: 613-345-8348



A 12-week program that focuses on your personal heart health goals. It consists of supervised on-site, twice weekly exercise sessions. It also includes a risk factor assessment, a medical assessment and education sessions. Referrals to specific services are available. A case-managed home program is also available for those that cannot participate in on-site programs.

Programme de Réadaptation Cardiaque de l'Outaouais

Phone : 819-966-6214

This program, based on the Heart and Stroke Foundation of Quebec program, is a personalized one-year case managed home program. A personalized physical exercise program is developed and five meetings with a case manager help you to meet your personal health goals. Nutrition management and stress management workshops are included plus four optional information sessions.

Where You Can Exercise After Cardiac Rehabilitation

Heart Wise Exercise

Phone: 613-798-5555, x18691

Email: HeartWise@ottawaheart.ca

www.heartwiseexercise.ca



The Heart Wise Exercise program was developed to help individuals with heart problems exercise safely. It is a model for cardiac safe exercise developed by the University of Ottawa Heart Institute in partnership with many community agencies to address the barriers to exercise experienced by cardiac clients. Ideally, this program supplements a formal Cardiac Rehabilitation program. It could also be an alternative if no Cardiac Rehabilitation programs are accessible.

There are a variety of Heart Wise Exercise program options allowing patients and their families to choose one that is best suited to their needs and location. Free walking programs are offered in Ottawa shopping malls and in local high schools in Leeds, Lanark and Grenville County, Renfrew County and Prescott- Russell County. All programs must work with the Heart Institute, including attending a training workshop, to meet program criteria and become designated as a Heart Wise site.

Step 3: Learn to Live and Work with Heart Disease

Expect an Adjustment Period

It is normal, throughout your recovery and in the coming months to feel uncertain, anxious, or depressed about your health; to wonder whether you should return to work or change other aspects of your life; and to wonder if there are ways that you can decrease stress and increase your quality of life.

Most people will regain their confidence over the next few months as they recover and begin to be more active.

Manage Your Medications Safely

When you were discharged, you probably received a new medication prescription. Make sure your doctor knows all the medications and supplements that you were taking previously so you can both feel confident that you are getting the right prescription.

When you receive your prescription, make sure that you ask your doctor:

- What is the name of the medication?
- Why is it being prescribed?
- When and how should it be taken?
- How long will you need to take it?
- What side effects should you expect to have?
- What should you do about the side effects?

Use the same pharmacy for all your prescriptions. Your pharmacist can keep a complete and updated list of all your medications and make sure that your medications can be safely taken together. When you pick up your prescription, ask your pharmacist:

- To explain the best way to take the medication
- To explain what is written on the labels
- To provide written information about the medication

Make a list of your medications and carry it with you always. Make sure the list includes **all** of your medications, as well as any vitamins, supplements, and herbals. Also list any of your allergies, immunizations, and your pharmacy phone number. Review the list regularly with your doctor or pharmacist. Take the medication as it is prescribed by your doctor. If you have concerns about taking medications, discuss them openly and honestly with your

doctor. Discuss troublesome side effects with your doctor- you may be able to take a different kind of medication.

If you have trouble remembering to take your medications, the following tips are “tried and true”:

- Take your medications at regular times each day
- Associate your medications with daily activities like brushing your teeth, eating a meal or bedtime
- Use a pill organizer (dosette) with different compartments for different times of the day or ask your pharmacy if they can organize your pills in blister packs
- Keep a one day supply of your medications in your handbag or at the office
- If your medications are too complicated, ask your doctor if something simpler can be prescribed
- Put a note on your calendar to remind you to pick up your prescription refills. Some pharmacies will call you when your refills are ready, ask your pharmacist.

Do not store your medication in hot or humid areas, such as the bathroom or glove compartment of your car. These conditions will accelerate the expiry of your drugs.

If you are worried about the cost of your medication, ask your doctor if a less expensive medication can be substituted, or check with the Ontario Trillium Program for possible assistance.

Phone: 1-800-575-5386

Website: www.health.gov.on.ca/english/public/pub/drugs/trillium.html

Get the Most from Your Follow-up Clinic Appointments

- Bring your updated medication list and plan to review it with your doctor
- Make a list of your questions and concerns
- Bring a family member or friend with you and ask them to take notes
- Ask questions if you are not sure you understand the information

When thinking about questions to ask your doctor, consider:

- Your return to work or driving
- Unusual symptoms you have had
- Changes in medication or medication side effects
- Recommended limitations to your activity
- Follow up appointment plans

Questions for the doctor about your recovery/progress:

1. _____
2. _____
3. _____
4. _____
5. _____

Plan Your Return to Work

In order to help you understand whether you can return to work, you and your doctor will consider:

- How stable your condition is
- How safe you are to do your job
- What the licensing requirements are (for example: truck drivers or pilots)
- What the demands of your job are—both physically and mentally

A vocational counsellor who specializes in work-related issues will be available through your Cardiac Rehabilitation program. Talk to your family physician as well.

Through your workplace, ask whether help is available through a human resources staff member, an occupational health nurse, company doctor or union representative.

What Your Doctor Needs to Know about Your Job

Take a copy of your job description to your doctor. Your doctor will need to know about:

- The physical work that you do such as lifting or carrying
- Whether you use heavy tools like jackhammers
- The conditions that you work under such as temperature, fumes, shift work, or frequent deadlines
- The amount of job stress you have

Papers You Need to Return to Work

You require a letter from your doctor or a medical certificate or form stating when you can return to work and the activities you can or cannot do. If your doctor writes "light duty" in this letter, it needs to be explained. This letter should also include a list of duties you can perform, what hours you can work, and how long light duty is to continue.

Sexual Health and Heart Disease

Sexual activity is an important part of quality of life and is often a great concern for both patients and their partners after a cardiac event. Fears and concerns may temporarily interfere with sexual spontaneity and response. Feel free to talk about your questions and concerns with your health provider. He or she is used to discussing these matters and will answer your questions in a professional and understanding way.

A few factors may interfere with your sexual health after your discharge from the hospital. You might temporarily suffer from mild depression which will affect your sexual desire. Some medications may also impact sexual function. You might fear that sexual activity will cause another heart attack or your spouse might silently think the same. For the majority of patients, this will last a short period of time and life will pick up where it left you before you had a cardiac event.

Sexual Activity after a Heart Attack

If you have recently had a heart attack, your doctor might ask you to wait up to 6 weeks before resuming sexual activity. After this healing period, the risk of having a heart attack during sex is actually quite low. The risk is comparable to that of getting angry and is reduced if you exercise regularly and take your medication.

From a cardiac standpoint, sexual intercourse is like any other physical activity; your heart rate and your blood pressure increase. The activity is often compared to walking at three to six kilometres per hour on a level surface, or climbing 20 stairs in 10 seconds.

Recommendations for Engaging in Sexual Activity

- These past few weeks have been very stressful on your partner and yourself. Both of you might still be tired. Plan sexual activity for the time of day when you have the most energy and are least bothered by other health issues.
- Avoid having sex after a large meal. Give yourself a few hours to digest.
- The effort on your heart is about the same regardless of your position.
- Limit the amount of alcohol you drink and avoid using tobacco as both of these may affect sexual function.
- If you have chest pain or shortness of breath, speak to your doctor.

If You Had Erectile Dysfunction before Your Heart Attack

Erectile dysfunction (ED) is often associated with heart disease. The same factors that contributed to blocking the arteries of your heart can block arteries elsewhere in your body. Some medications may also contribute to ED. A healthy lifestyle that incorporates a heart healthy diet, exercise and reaching a healthy weight will correct ED in 30 per cent of obese patients.

Speak to your doctor if you suspect your medications are a contributing factor.

Use of ED Medication After a Heart Attack

Check with your doctor before starting or resuming ED medications (Viagra[®], Cialis[®] or Levitra[®]). These medications are usually safe but can be devastating on your blood pressure if taken with any form of nitroglycerin (spray under the tongue, pills or the patches).

You should not take any form of nitroglycerin within 24 hours after taking Viagra[®] or Levitra[®], or within 48 hours if you take Cialis[®].

If you do experience chest pain within 24 hours of taking any of the above medications please call 911 and let the paramedics and emergency physician know you have taken these drugs.

ED Treatment Options for Nitroglycerin Users Not Eligible for ED Medication

If you have been told you are not a candidate for ED medication, there are other options. These involve treating the penis by inserting or injecting medications or using vacuums devices. Finally, penile prosthesis may be surgically implanted. These more specialized approaches require a referral to an urologist.

Hormone Replacement Therapy for Postmenopausal Women

For years, women were prescribed HRT (estrogen and progesterone) to relieve postmenopausal symptoms. Several studies have shown no protective effect on the heart, and one study reported an increase in the risk of heart disease. In women taking HRT for menopausal symptoms, treatment should be discontinued if they experience angina or a heart attack. There is also evidence that HRT may increase the risk of stroke, blood clots and breast cancer.

Treatments for Sexual Dysfunction in Women with Heart Disease

There are a few options for women but the problem is often more complicated than with men. Women respond more to touch and verbal stimuli and will present with sexual dysfunction involving several of the sexual response cycles (desire, arousal and orgasm).

Certain medications may improve low sexual desire in women taking antidepressants and there is a small category of woman that will benefit from Viagra®. A clitoral suction vacuum device, EROS CTD, is FDA approved for female sexual dysfunction. Its mechanism is similar to vacuum devices used for male erectile dysfunction. It may improve local arousal and response and is safe to use. Speak to your doctor about your concerns.

Suggestions for Maintaining Your Sex Life

Sex is not always about intercourse. Explore your senses: hold hands, hug and touch your partner. Create a bit of romance with music, candles and special scents. Agree to have honest discussions and tell each other what you like and don't like.

The Last Word



Our experience shows you can enhance your return to well-being by setting some personal goals for your health and sticking with them. Like all things worthwhile in life, it will require continuous effort on your part to stick with your plan.

Remember that you are not alone. Sometimes, making changes in your life requires help. Get your family involved; enrol in a cardiac rehabilitation program; keep in touch with your family doctor. There are many options available to provide you with support, information, and help along the way.

If you have any questions, please contact the Heart Institute Prevention and Rehabilitation Centre. Best wishes for your continued journey back to health.

Appendix 1 – Where to Go for More Information

Prevention & Wellness Centre

The University of Ottawa Heart Institute's Prevention & Wellness Centre is open to patients, family members, and the public.

The Centre provides:

- Resources and workshops to help prevent, detect, and manage heart disease
- Someone who is always available to help you find information
- Prevention program to help lower the risk of heart disease in those who do not have known cardiovascular disease.

Location: 2nd Floor of the Heart Institute, H-2342

Hours of Operation: 8:30 a.m. to 5:00 p.m.

Phone: 613-761-4753 or 1-866-399-4432

Email: hearthealth@ottawaheart.ca

Website: www.ottawaheart.ca/pwc

Prevention Program

CardioPrevent Program

CardioPrevent helps people with risk factors to lower their chances of having cardiovascular disease. We create a tailored lifestyle program based on your personal risk factor profile. *CardioPrevent* is free of charge. You need a referral from your doctor or nurse practitioner. Call 613-761-4753 for more information.

Available Workshops

Pick up your Workshops Schedule or check our calendar online at:

http://www.ottawaheart.ca/patients_family/cardiac-rehabilitation.htm

Weekday Options

Free workshops are 60 minutes in length and are available both days and evenings, English and French options.

ABCs to Heart Healthy Eating: Develop the skills for heart healthy eating and get the facts on fat, fibre, and salt.

Nutrition Tips for Weight Management: Learn to set realistic goals, understand healthy portions and plan meals for weight management.

Eating Well with Diabetes: For people wishing to control or prevent diabetes. Learn about meal planning, sweeteners, carbohydrates and glycemic index.

Bien s'alimenter de A à Z: Une session de deux heures, offerte en français seulement, qui résume les deux ateliers « La base d'une alimentation saine pour le Coeur » et « L'achat de denrées alimentaires saines pour le Coeur ». Session offerte une fois par mois.

Saturday options

- 9:30 a.m.–12:30 p.m. or 1:00 p.m.–4:00 p.m.
- Each workshop costs between \$25.00 and \$45.00 per person.
- Call 613-738-2384 to register

Eat Smart! (\$25): Get intelligent advice about sensible eating to lower LDL-cholesterol and triglycerides. Learn the principles of heart healthy eating to achieve your peak health.

Get moving (\$25): Start where you are and go wherever your goals take you. Develop a physical activity plan of action to lower LDL-cholesterol and triglycerides and increase HDL-cholesterol levels. Learn how to safely begin your own physical activity program based on your health goals.

Shape Up (\$45): Develop a weight loss plan of action for increasing HDL-cholesterol and lowering LDL-cholesterol and triglyceride levels. Get an individual body composition/resting metabolic rate test and learn how to adjust your energy balance to achieve a healthy weight goal.

Power Fuel Nutrition (\$30): Learn how to select the best foods and fluids to have more energy to train better, recover more quickly, avoid injuries, and achieve your peak health and sport performance goals.

Websites

**University of Ottawa Heart Institute,
Prevention & Wellness Centre**
www.ottawaheart.ca/pwc

Dietitians of Canada
www.dietitians.ca

Heart and Stroke Foundation
www.heartandstroke.ca

Health Canada
www.hc-sc.gc.ca

Canadian Diabetes Association
www.diabetes.ca

American Heart Association
www.americanheart.org

Heart Disease Support Groups

Heart Institute Alumni Association Inc.
Alumni Office: 613-761-4370
E-mail: info@ottawaheartalumni.ca

Ottawa Heart Support Group
Website: ottheartsupport.bravehost.com
E-mail: OttawaHeartSupport@bigfoot.com
William Holland: 613-824-9563
Cheryl Drain: 613-839-1331
George Power: 613-830-9822

Appendix 2: Rate Your Weight

All rights reserved by Ottawa Public Health, City of Ottawa. Permission is granted to print and copy this document for educational and non-commercial purposes. No part of this information may be reproduced for any other purpose without the prior written permission of Ottawa Public Health, City of Ottawa.



Rate Your Weight

Tools to help you rate your weight:

Body mass index (BMI) and waist circumference (WC) are two ways to help determine if your current weight is putting you at risk for developing health problems. They:

- should be used together
- are for healthy men and women over 18 years old
- should not be used for pregnant or breastfeeding women

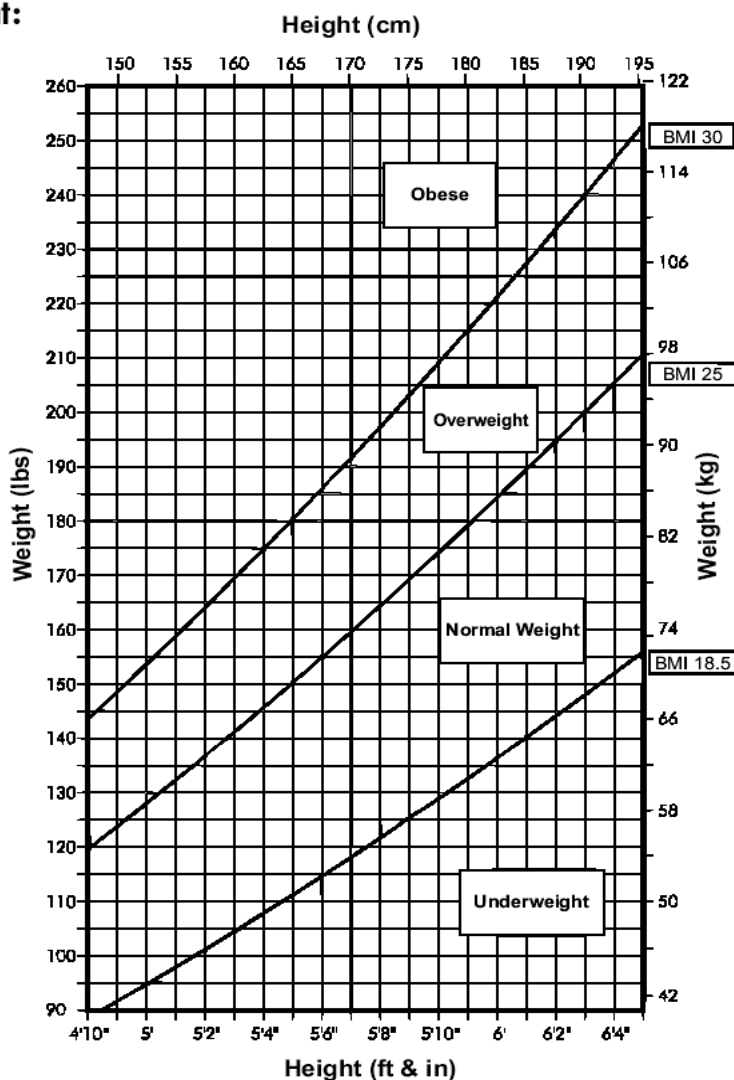
BMI is a measure of your weight related to your height (kg/m²).

Find your BMI by using the chart:

1. Find your current weight and draw a horizontal line across the chart.
2. Find your height and draw a vertical line from the top to the bottom of the chart.
3. Your current BMI is where the two lines cross. Compare this to the chart below:

BMI	Risk of developing health problems
less than 18.5	Increased
18.5 - 24.9	Least
25.0 - 29.9	Increased
30.0 - 34.9	High
35.0 - 39.9	Very High
40.0 or more	Extremely High

Note: For persons 65 years and older the "normal" range may begin slightly above BMI 18.5 and extend into the "overweight" range.



© Nutrition, City of Ottawa, Public Health and Long Term Care, 2003