



TORONTO GENERAL HOSPITAL Patient & Family Library News

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February is Heart Health Month...are you doing all you can to keep your heart in good working order?

Heart health fact: Did you know...

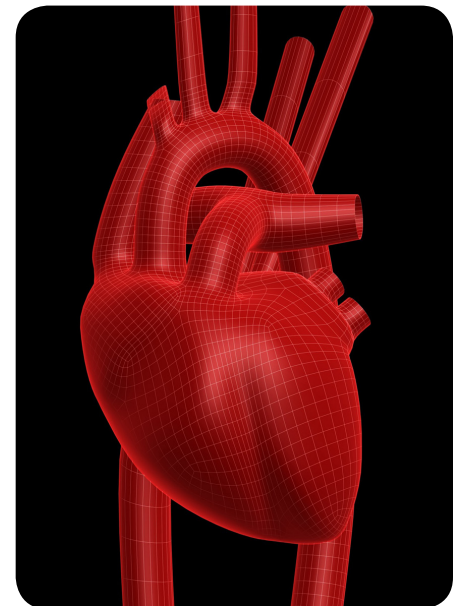
9 out of 10 Canadians (90%) have at least one risk factor for heart disease or stroke. These risk factors are smoking, alcohol, physical inactivity, obesity, high blood pressure, high blood cholesterol, and diabetes.

Heart and Stroke Foundation Canada

Your heart - the pump of your body

- Your heart acts as a two-way pump to move the blood around your body.
- The right side of your heart gets blood from your body and pumps it into your lungs, filling it with oxygen.
- The left side of your heart takes the blood from your lungs and pumps it around your body.
- The blood carries oxygen and nutrients that are needed to help your body work properly. The blood also carries away waste products that leave your body through your kidneys.

Your heart is very important to your health. Therefore, it is important for you to do all you can to keep your heart healthy and in good working order.



Some things that may help you to keep your heart healthy

1) Good nutrition

Eating a nutritious, balanced diet is very important to your well-being and to the prevention of heart disease. A healthy diet should include food from the four food groups:

- Vegetables and fruit
- Whole grain products
- Lower-fat milk products and alternatives
- Lower-fat meat and alternatives

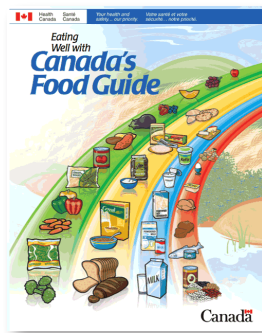
Use the “Eating well with Canada’s Food Guide” (see below) to get information on the types of food and the amount you should eat for overall health. This guide will also help you to plan nutritious meals and snacks using the variety of heart healthy foods.

Some benefits of good nutrition

Eating nutritious meals and snacks will:

- Help your general health
- Increase your energy level
- Make you feel better and look better
- Help you maintain a healthy weight
- Lower your blood pressure
- Help your blood sugar levels
- Lower your cholesterol levels

For more information on healthy eating, visit The Heart and Stroke Foundation at www.heartandstroke.on.ca/site/c.pvI3IeNWJwE/b.3581703/k.386E/Healthy_Living__Healthy_Eating.htm or call a registered dietician for free at EatRight Ontario 1-877-510-510-2



2) Regular physical exercise

According to the Public Health Agency of Canada, physical inactivity is as dangerous to our health as smoking.

Regular physical activity (in any form) can help lower your risk of heart disease and stroke and, can help to prevent and control risk factors of high blood pressure, high cholesterol and obesity.

Some changes you may notice after starting a regular physical activity plan

- Within the first week of increasing your activity level, your blood pressure may begin to come down; you may start to feel more energetic and more relaxed.
- After 3 months, your general health will improve leading to:
 - Better posture and balance
 - Stronger muscles and bones
 - Increase confidence and a better outlook on life

For more information on physical activity, see “Canada’s Physical Activity Guide to Healthy Living” at www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheets-adults-ENG.pdf

Note: If you have any health concerns, you should speak to your health care provider before starting a physical activity plan.

3) Getting to and maintaining a healthy weight

You can make a big difference to your heart health and your general health by keeping a healthy weight.

To maintain a healthy weight, it is important to:

- Eat when you are hungry and to stop when you are full
- Include foods from the four food groups in your meals and snacks
- Control your portion size
- Eat regularly; three meals a day

You can find out if you are at a healthy weight by using the Body Mass Index (BMI) Chart. Drop by the TGH Patient & Family Library (TGHPFL) today to pick up a free copy or visit The National Heart and Lung Institute at www.nhlbi.nih.gov for more information on the BMI.

Healthy weight resources

Drop by the TGHPFL to pick up a free copy



Healthy tips

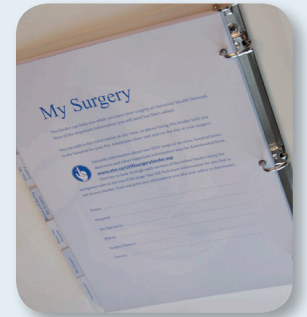
Make a difference to your overall health in the year 2012 ...Start today and follow these tips to help you keep healthy

- Add vegetables and fruit to your meals and snacks, aiming for 5 to 10 servings a day, as recommended by Canada's Food Guide
- Eat whole grain breads and cereals whenever possible to help you feel full
- Stay away from fried foods – they are high in unhealthy fats and calories
- Choose a wide variety of healthy foods to nourish your body with essential nutrients, from colorful red peppers and dark green leafy lettuce to beans and nuts
- Read the Nutrition Facts table on all food labels to assess the amount of calories, saturated fats, trans-fats, sugar and salt a product may contain
- Look for The Heart & Stroke Foundation Health Check symbol on food packages (Health Check is the Foundation's food program based on Canada's Food Guide to help Canadians make wise food choices at the grocery store and in some restaurants)
- Drink lots of water daily
- Choose lower fat milks
- Drink less pop, juices and alcohol
- Avoid eating for the sake of eating

University Health Network (UHN) Patient Education Tools

The Surgery Patient Education Binder

This is a free tool for patients to record information about their surgical process, as well as keep general pre-operative, intra-operative and discharge care information in one place. For more information on how to get your free copy, talk to your health care provider. You can also view our online copy at www.uhn.ca/UHNSurgeryBinder.asp



Four free Patient Education TV channels

Patient Education is proud to offer our UHN patients access to health information via 4 free TV channels. You do not need a cable TV subscription to access these channels.



Tune into

Channel 76 for custom videos for some patients at TGH

Channel 78 for health information videos

Channel 80 for health information videos in different languages

Channel 82 for soothing pain management music

Patient Education Website

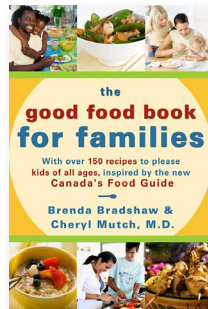
Need reliable consumer health information, visit our Patient Education Network website at www.uhnpatienteducation.ca

Your health is wealth...do your part and become an active partner in your health care.

Library picks (items for loan)

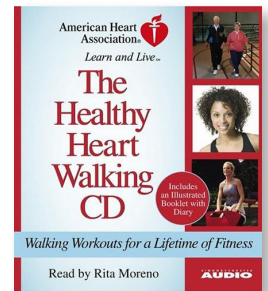
The good food book for families Brenda Bradshaw & Cheryl Mutch

This book is the only book based on the new Canada's Food Guide, published in 2007. The Good Food Book for families will help Canadians understand and use the guide to its fullest. Also included are sidebars with latest medical and scientific information on food and nutrition. There is no better time to get your family eating and living healthier, and no better book to inspire you.



The healthy heart walking CD Read by Rita Moreno

Regardless of your level of fitness, you can improve your cardiovascular health, weight control, stress management, and overall well-being through a simple walking program. In the American Heart Association's Healthy Heart Walking CD, the leading crusader in the fight against heart disease and stroke presents two complete walking workouts to help you get started.



Newsletter

Our TGHPLF newsletter is issued monthly. If you have any comments about the content, we would love to hear from you. If you would like to receive a free monthly e-newsletter, you can email us at tgpen@uhn.ca

Information websites

The Heart and Stroke Foundation of Canada
www.heartandstroke.com/site/c.iklQLcMWJtE/b.2796497/k.BF8B/Home.htm

The National Heart and Lung Institute
www.nhlbi.nih.gov

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