

HEART DISEASE

AN INFOGRAPHIC FOR

OLDER ADULTS

BROUGHT TO YOU BY:



OHANA CARE
HEALTH SERVICES



DID YOU KNOW?

1 IN 6

Canadian older adults (65+) are diagnosed with Chronic Heart Disease

SEE YOUR DOCTOR IMMEDIATELY IF YOU...

SUDDENLY FEEL ANXIOUS

ARE EASILY TIRED

FEEL DIZZY OR WEAK

ARE CONSTANTLY SHORT OF BREATH

RAPIDLY BECOME PALE

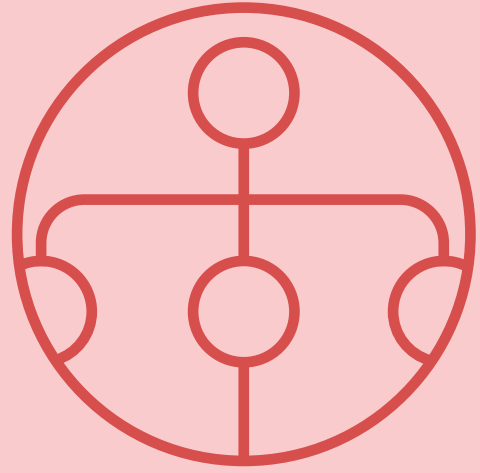
QUICKLY GAIN WEIGHT

COUGH / WHEEZE WHEN LAYING DOWN

EXPERIENCE HEART PALPITATIONS

RISKS

THOSE YOU CAN'T CHANGE, BUT SHOULD BE AWARE OF...



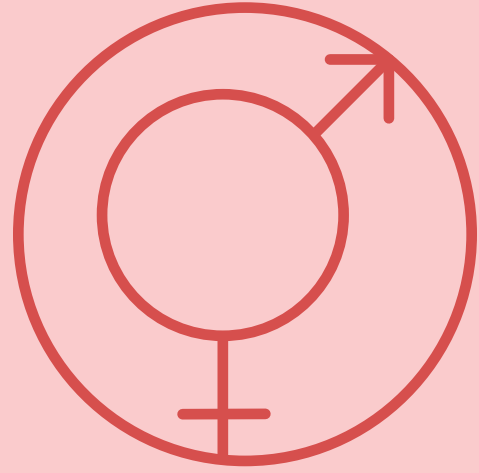
FAMILY HISTORY

Your genetic makeup and family history can be an indicator your doctor will ask about.



AGE

Just like the rest of your body, your heart will sustain wear and tear as you age.



GENDER

Men over 45 and women who are over 55 or are postmenopausal are at a greater risk.



ETHNICITY

Certain ethnicities such as First Nations, African, and South Asian are at an increased risk.

THOSE YOU CAN CHANGE, TREAT, OR ADJUST...



BAD DIET

Diets high in fat and cholesterol increase the risk of fatty buildup in the arteries.



INACTIVITY

People who are not active have double the risk of heart disease, and more risk of diabetes.



OBESITY

Obesity increases your blood pressure, causing your heart to work too hard on less oxygen.



SMOKING

Smoking reduces the blood's oxygen level, injures artery walls, and raises your heart rate.



OVER-DRINKING

Excessive alcohol consumption can dangerously increase your blood pressure.



DRUG USE

The risk of having a stroke is six times higher in drug users than non-drug users.



STRESS

Stress increases your heart rate and blood pressure, thus damaging your arteries and heart.



HORMONES (HRT)

Estrogen, usually prescribed for symptoms of menopause, increase your risk of stroke.

DID YOU KNOW?

UP TO 80%

of premature heart disease and stroke can be prevented through your life habits, such as eating a healthy diet and being physically active.

PREVENTION IS KEY

LIFESTYLE CHANGES YOU CAN MAKE...



EAT HEALTHY

Eat lots of veggies, cook at home, and limit processed foods.



STAY ACTIVE

Move! Walk or play a sport. Find ways to be active in your daily life.



REDUCE STRESS

Know your stressors and get expert strategies to manage them effectively.



CUT BAD HABITS

There are resources to help you quit harmful habits such as smoking.

ASK YOUR DOCTOR

GET INFORMED ABOUT YOUR HEART HEALTH...

Do I need to lose or gain weight for my health?

What are my risk factors based on my health and my family history?

What are the possible heart-related side effects of the medications I am currently taking?

To monitor my risk factors, what tests should I take and how often?

How do the warning signs and symptoms for heart disease differ between men and women?

Can you recommend a diet and exercise plan for me to lower my risk?

RESOURCES

<https://www.heartandstroke.ca/heart/risk-and-prevention>
<https://myhealth.alberta.ca/health/AfterCareInformation/pages/conditions>

<https://bodyandhealth.canada.com/channel/seniors-health/heart-disease/heart-disease-risk-factors>
<https://www150.statcan.gc.ca/n1/pub/11-631-x/11-631-x2016001-eng.htm>