



# February is Heart Month

Can you hear what your heart is telling you?

## Six tips for preventing heart disease and stroke

Do you know the rate at which heart disease and stroke kills Canadian citizens? Every seven minutes!

Heart disease and stroke is the number-one cause of death in women worldwide and claims the lives of 33,000 women each year in Canada alone. All in all, the Heart and Stroke Foundation estimates that 1.6 million Canadians live with heart disease or have had a stroke.

February's Heart Month is the ideal occasion to remind ourselves that most cases of these diseases (roughly 80 per cent) are in fact preventable. How? By adopting a healthier lifestyle!

Seeing as you can't change your age, gender, or family history, it's important to positively influence your lifestyle to reduce your risk for these diseases.

- 1. Exercise regularly:** It's the best way to develop a healthier heart.
- 2. Monitor your weight:** Obesity doubles your risk of heart disease.
- 3. Adopt a healthier diet:** A proper diet can help you better manage your weight and blood sugar levels.
- 4. Limit your alcohol intake:** Alcohol consumption increases your risk of high blood pressure, one of the main causes of heart disease.
- 5. Learn to manage your stress:** Prolonged periods of stress can increase blood pressure and cholesterol levels.
- 6. Quit smoking:** Tobacco reduces the level of oxygen in your blood and causes the heart to work harder than it needs to.

For more information, visit [www.heartandstroke.ca](http://www.heartandstroke.ca)



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