

Heart&Stroke

Health Information Catalogue



HEART &
STROKE
FOUNDATION
OF ONTARIO

Finding answers. For life.

SEE WHAT HAPPENS WHEN
YOU PUT YOUR HEART INTO IT.™

WELCOME

Put your heart into your health

Welcome to the Health Information Catalogue.

The Heart and Stroke Foundation of Ontario is your trusted source of health information and is committed to providing you with the health information you need to maximize your heart health.

Our information ranges from prevention to management of heart disease and stroke and is available online, in print and presentation format. This catalogue provides an outline of our print resources that are available for you to download, or to order free of charge. For resources for Health Professionals in Ontario please visit www.heartandstroke.ca/healthcareprofessionals

Ordering guidelines

The following guidelines will help you order the materials:

- Please complete the Order Form and return it by fax or email to the Foundation. It is available at www.heartandstroke.ca/resourcecatalogue.
- Courier service cannot deliver to a P.O. Box. Please provide alternative shipping address. Standard delivery is two weeks.
- Print materials are provided free to the public in small quantity. Approval is required for bulk orders, and cost recovery policy may apply to ensure the best use of donor dollars.
- Please note that our materials are updated, as required, every 4 to 6 months. So please only order materials you will be using in such a time period.
- Print materials are provided to Ontario residents only. If you live in another province or territory, please call 1-888-HSF-INFO.

SEE WHAT HAPPENS WHEN YOU PUT YOUR HEART INTO IT.™

Health Information Resource Order Form

Please fill out the following information

- Business Community Organization
 School Pharmacy
 Doctor/Nurse Public Health/Community
 Practitioner's Office Health Centre
 Hospital Individual

Shipping Address

Contact Name:		
Company:		
Address:		City:
Prov.:	Postal Code:	Telephone:
Email:		

Resource name/Title	Item #	Qty	Resource name/Title	Item #	Qty
Recovery road	HIS-WORKBOOK-120-F08 – ENGLISH		Coping with stress	HIS-BOOKLET-102-F10 – ENGLISH	
	HIS-WORKBOOK-252-F08 – FRENCH			HIS-BOOKLET-202-F10 – FRENCH	
Managing congestive heart failure	HIS-WORKBOOK-118-F09 – ENGLISH		Emergency signs, signals, actions – for life	HIS-PAMPHLET-105-F08 – ENGLISH	
	HIS-WORKBOOK-250-F06 – FRENCH			HIS-PAMPHLET-205-F08 – FRENCH	
Heart and soul: your guide to living with congenital heart disease	HIS-WORKBOOK-101-F07 – ENGLISH		Emergency wallet card for heart attacks and strokes	HIS-CARD-106-F08 – ENGLISH	
	HIS-WORKBOOK-202-F07 – FRENCH			HIS-CARD-206-F08 – FRENCH	
Let's talk about stroke	HIS-WORKBOOK-117-F06 – ENGLISH		Are you at risk of heart attack or stroke?	HIS-BROCHURE-104-F07 – ENGLISH	
	HIS-WORKBOOK-249-F06 – FRENCH		Diabetes and you: manage your lifestyle	HIS-BOOKLET-101-F10 – ENGLISH	
Health awareness info brochure	HIS-PAMPHLET-160-F10 – ENGLISH			HIS-BOOKLET-201-F10 – FRENCH	
HeartSmart™ Women: a guide to living and preventing heart disease and stroke	HIS-BOOKLET-105-F08 – ENGLISH		Taking control: lower your risk of heart disease and stroke	HIS-PAMPHLET-121-F06 – ENGLISH	
	HIS-BOOKLET-205-F08 – FRENCH			HIS-PAMPHLET-253-F06 – FRENCH	
You've had a TIA	HIS-BOOKLET-122-F09 – ENGLISH		Living with cholesterol: cholesterol and healthy living	HIS-PAMPHLET-159-F07 – ENGLISH	
	HIS-BOOKLET-123-F09 – FRENCH			HIS-PAMPHLET-260-F07 – FRENCH	
Blood Pressure Action Plan™ Doctor referral pad (pad of 20 sheets)	HIS-ACTIONPLAN-101-F08 – ENGLISH		Taking control: lowering your risk of heart disease and stroke	HIS-BROCHURE-101-F09 – ENGLISH (For aboriginals)	
Have high blood pressure?	HIS-BROCHURE-101-F07 – ENGLISH		Aboriginal poster	HIS-POSTER-102-F09 – ENGLISH	
Get your blood pressure under control	HIS-BOOKLET-101-F09 – ENGLISH		Heart healthy African and Caribbean recipe card	HIS-CARD-207-F09 – ENGLISH	
	HIS-BOOKLET-202-F09 – FRENCH		African groundnut stew recipe card	HIS-CARD-107-F09 – ENGLISH	
Blood pressure wallet card	HIS-CARD-102-F09 – ENGLISH			HIS-CARD-208-F09 – FRENCH	
Blood pressure buckslip	HIS-BUCKSLIP-103-F09 – ENGLISH		African vegetable fufu recipe card	HIS-CARD-108-F09 – ENGLISH	
Waiting room poster	HIS-POSTER-101-F08 – ENGLISH			HIS-CARD-209-F09 – FRENCH	
Healthy habits healthy weight	HIS-BOOKLET-113-F06 – ENGLISH		Living with heart failure	HIS-BROCHURE-102-F09 – CHINESE	
	HIS-BOOKLET-245-F06 – FRENCH		Taking control: lowering your risk of heart disease and stroke	HIS-BROCHURE-001-F06 – CHINESE	
Your health your weight	HIS-PAMPHLET-115-F08 – ENGLISH		Chinese almond milk with egg white recipe card	HIS-CARD-001-F10 – CHINESE	
	HIS-PAMPHLET-247-F08 – FRENCH		Chinese kung pao chicken with vegetables recipe card	HIS-CARD-002-F10 – CHINESE	
Heart healthy eating guide for your family	HIS-BOOKLET-104-F08 – ENGLISH		Taking control: lowering your risk of heart disease and stroke	HIS-BROCHURE-002-F06 – TAMIL	
	HIS-BOOKLET-204-F08 – FRENCH			HIS BROCHURE-003-F06 – HINDI	
Eat well. Live longer.	HIS-BOOKLET-106-F08 – ENGLISH			HIS-BROCHURE-004-F06 – URDU	
	HIS-BOOKLET-206-F08 – FRENCH			HIS-BROCHURE-005-F06 – PUNJABI	
Healthy waist tape measure	HIS-TAPEMEASURE-101-F09 – E / F		Heart healthy South Asian recipe card	HIS-CARD-104-F09 – ENGLISH	
Help patients achieve a healthy weight for life	HIS-BUCKSLIP-102-F09 – ENGLISH		Heart disease risk factors and heart attack bookmark	HIS-BOOKMARK-001-F09 – FARSI	
Achieve you healthy weight for life	HIS-BUCKSLIP-101-F09 – ENGLISH		The Beat (English/French)	HIS-MAGAZINE-301-F08 – E / F	
The HeartSmart fitness wheel	HIS-WHEEL-234-F06 – ENGLISH		Pumped magazine: version 4-7	HIS-MAGAZINE-202-F06 – FRENCH (V4)	
	HIS-WHEEL-102-F06 – FRENCH			HIS-MAGAZINE-101-F07 – ENGLISH (V5)	
Getting active for life	HIS-BOOKLET-112-F06 – ENGLISH			HIS-MAGAZINE-101-F08 – ENGLISH (V6)	
	HIS-BOOKLET-244-F06 – FRENCH			HIS-MAGAZINE-101-F10 – ENGLISH (V7)	
Black bean chili recipe card	HIS-CARD-101-F09 – ENGLISH			HIS-MAGAZINE-201-F10 – FRENCH (V7)	
	HIS-CARD-202-F09 – FRENCH		Jump start family heart health	HIS-BOOKLET-102-F08 – ENGLISH	
Oatmeal square recipe card	HIS-CARD-103-F09 – ENGLISH			HIS-BOOKLET-203-F08 – FRENCH	
	HIS-CARD-204-F09 – FRENCH				
Fuel your activity recipe card	HIS-CARD-105-F09 – ENGLISH				
Just breathe – becoming and remaining smoke free	HIS-PAMPHLET-133-F07 – ENGLISH				
	HIS-PAMPHLET-261-F07 – FRENCH				

Print materials are provided free to the public in small quantity. Approval is required for bulk orders. Cost recovery policy may apply to ensure the best use of donor dollars.

Allow two weeks for delivery

FAX ORDER FORM TO: 416-489-9343
PHONE: 1-888-473-4636 ext 389/428
E-MAIL: csor@hsf.on.ca



TABLE OF CONTENTS

Welcome	
• Health Information Ordering Guidelines	2
• Order Form	3
Patient Resources	
• Heart Disease	5
• Stroke	5
• Blood Pressure	6
Healthy Living Resources	
• Nutrition and Healthy Weight	8
• Physical Activity	8
• Recipe Cards	9
• Smoking	10
• Stress	10
Risk Factors and Warning Signs	11
Aboriginal and Multicultural Resources	12
Children and Youth Resources	16
Web Only Resources (Online Resources)	17



Heart&Stroke Recovery road: an information guide for heart patients and their families

Comprehensive book (128 pages) for heart patients, their family and caregivers to help them understand heart disease and the recovery process. This newly revised booklet covers all major heart positions and procedures, as well as healthy living information.

HIS-WORKBOOK-120-F08 – ENGLISH

HIS-WORKBOOK-252-F08 – FRENCH



Managing congestive heart failure

A comprehensive (44 pages) self-management work book on congestive heart failure. It offers advice on managing medications, eating, physical activity and stress management.

HIS-WORKBOOK-118-F09 – ENGLISH

HIS-WORKBOOK-250-F09 – FRENCH



Heart and soul: your guide to living with congenital heart disease

An information book (167 pages) for parents whose children have congenital heart disease. Limit of one per customer.

* Special permission for bulk orders

HIS-WORKBOOK-101-F07 – ENGLISH

HIS-WORKBOOK-202-F07 – FRENCH



Heart&Stroke Let's talk about stroke: an information guide for survivors and their families

This is an 84-page comprehensive booklet for stroke patients, their families and caregivers to help them understand the effects of stroke and the recovery process as well as healthy living information.

HIS-WORKBOOK-117-F06 – ENGLISH

HIS-WORKBOOK-249-F06 – FRENCH



Health awareness information brochure: test your heart health IQ

NEW

This brochure provides consumers with heart-health tips and highlights Heart and Stroke Foundation's free educational material. Great for distribution to patients by doctors and health professionals.

HIS-PAMPHLET-160-F10 – ENGLISH



HeartSmart™ Women: a guide to living with and preventing heart disease and stroke

This booklet is written specifically for women because symptoms, response to diagnostic tests, treatments and outcomes of heart disease may differ for women and men. This booklet will help you understand heart disease, identify its symptoms, manage your risk factors and make informed decisions about treatment options.

HIS-BOOKLET-105-F08 – ENGLISH

HIS-BOOKLET-205-F08 – FRENCH



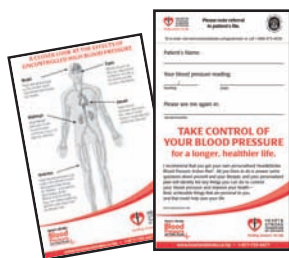
You've had a TIA: learn how to prevent another one

This booklet helps stroke patients and their families better understand mini-stroke and how to manage it.

HIS-BOOKLET-122-F09 – ENGLISH

HIS-BOOKLET-123-F09 – FRENCH

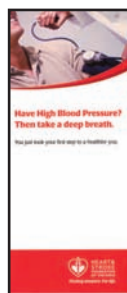
Blood Pressure



My Blood Pressure Action Plan™ Doctor referral pad (pad of 20 sheets)

Healthcare provider referral pad provides information on high blood pressure and directs patients to the Foundation Web site to get a tailored My Heart&Stroke Blood Pressure Action Plan™.

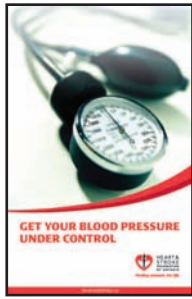
HIS-ACTIONPLAN-101-F08 – ENGLISH



Have high blood pressure? Then take a deep breath.

Brochure that directs readers to the online, interactive and confidential tool to assess their risk of heart disease and stroke and receive personalized advice to help control and lower their blood pressure.

HIS-BROCHURE-101-F07 – ENGLISH



Heart&Stroke Get your blood pressure under control

Booklet to inform patients about hypertension and its effects, including the importance of medications and how to monitor their blood pressure.

HIS-BOOKLET-101-F09 – ENGLISH
HIS-BOOKLET-202-F09 – FRENCH



Blood pressure wallet card

Wallet card to keep track of blood pressure readings to show healthcare provider.

HIS-CARD-102-F09 – ENGLISH



Blood pressure bucksliip (pad of 50 sheets)

This piece tells patients how to access the practical tips and tools from the Heart and Stroke Foundation to reduce their risk of heart attack, high blood pressure and stroke. My Heart&Stroke Risk Assessment™ is offered online or by calling the number given. Distribute these slips to any patient who can benefit. Ideal for standard-sized envelopes, in pharmacy bags, or even as a resource in your waiting room. (Available in bundles of 50)

HIS-BUCKSLIP-103-F09 – ENGLISH



Waiting room poster

This 11" by 17" poster tells patients how to access the practical tips and tools available on the My Heart&Stroke Blood Pressure Action Plan™ to reduce their risk of heart disease and stroke. Ideal as a resource in your waiting room.

HIS-POSTER-101-F08 – ENGLISH



Heart&Stroke

Healthy habits healthy weight: a practical guide to weight management

A 48 page information booklet for those planning to make positive changes in their life. It focuses on healthy eating and becoming more physically active.

HIS-BOOKLET-113-F06 – ENGLISH

HIS-BOOKLET-245-F06 – FRENCH



Your health your weight: simple steps to making healthy choices

This information brochure introduces simple steps to making healthier choices including information on active living, body mass index (BMI), fad diets, healthy eating, smoking and a special section that provides food and activity tips for children.

HIS-PAMPHLET-115-F08 – ENGLISH

HIS-PAMPHLET-247-F08 – FRENCH

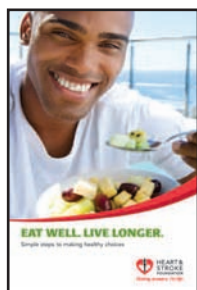


Heart-healthy eating guide for your family

Healthy food choices are important for families and children to thrive. That's why we have created this family eating booklet of simple tips and tools for busy parents Use it to plan your meals and make healthy choices with your children.

HIS-BOOKLET-104-F08 – ENGLISH

HIS-BOOKLET-204-F08 – FRENCH



Eat well. Live longer.

Simple steps to making healthy choices

This booklet explains simple steps to making healthy choices including information on dietary fats and cholesterol, healthy snacking, fast foods and dining out. It includes tips on understanding nutrition labelling and what key pieces of information to look for on labels.

HIS-BOOKLET-106-F08 – ENGLISH

HIS-BOOKLET-206-F08 – FRENCH

HEALTHY LIVING – Nutrition and Healthy Weight



Healthy waist tape measure (English/French) **NEW** (25 copies per bundle)

This package includes a measuring tape and a health information card to teach you how to assess waist circumference. It is bilingual (English & French).

HIS-TAPEMEASURE-101-F09 – ENGLISH / FRENCH



Help patients achieve a healthy weight for life (Doctor buckslip) **NEW**

This promotional buck slip is geared towards individual consumers, highlighting the benefits of our new e-tool the Healthy Weight Action Plan.

HIS-BUCKSLIP-102-F09 – ENGLISH



Achieve your healthy weight for life (Patient buckslip) **NEW**

This promotional buck slip is geared towards individual consumers, highlighting the benefits of our new e-tool the Healthy Weight Action Plan.

HIS-BUCKSLIP-101-F09 – ENGLISH

Physical Activity

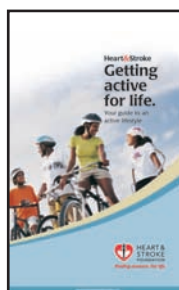


The HeartSmart fitness wheel

A disc with moveable parts that shows amount of physical activity in minutes to burn calories gained by eating certain foods. Includes a list of Health Check™ food products.

HIS-WHEEL-234-F06 – ENGLISH

HIS-WHEEL-102-F06 – FRENCH



Heart&Stroke Getting active for life: your guide to an active lifestyle

Pamphlet that describes why and how to become physically active. Great information for all age ranges and physical activity tips for all seasons.

HIS-BOOKLET-112-F06 – ENGLISH

HIS-BOOKLET-244-F06 – FRENCH

Recipe Cards



Black bean chili recipe card

The recipe card features nutritional tips and information on the Foundation's He@lthline e-newsletter.

HIS-CARD-101-F09 – ENGLISH

HIS-CARD-202-F09 – FRENCH



Oatmeal square recipe card

A perfect easy recipe for kids and features healthy snacking tips for parents and children. It includes information on the Foundation's He@lthline e-newsletter for parents.

HIS-CARD-103-F09 – ENGLISH

HIS-CARD-204-F09 – FRENCH



Fuel your activity recipe card **NEW**

The recipe card features nutritional tips and information on the Foundation's He@lthline e-newsletter.

HIS-CARD-105-F09 – ENGLISH

Smoking



Heart&Stroke Just breathe: becoming and remaining smoke free

A pamphlet on the importance of becoming and remaining smoke free. The pamphlet highlights the risks of smoking and exposure to secondhand smoke relating to heart disease and stroke.

HIS-PAMPHLET-133-F07 – ENGLISH

HIS-PAMPHLET-261-F07 – FRENCH

Stress



Coping with stress **NEW**

Stress is a risk factor for heart disease and stroke. This 30 page booklet will help you understand and manage stress in your life.

HIS-BOOKLET-102-F10 – ENGLISH

HIS-BOOKLET-202-F10 – FRENCH

Risk Factors and Warning Signs



Emergency signs, signals, actions – for life

Do you know what to do in case of a cardiac emergency? This brochure outlines Heart Attack Warning Signals and Stroke Warning Signs with an emphasis on knowing how to respond to cardiac emergencies by being trained in CPR, knowing about AEDs and having a plan for your family and friends in an emergency.

HIS-PAMPHLET-105-F08 – ENGLISH

HIS-PAMPHLET-205-F08 – FRENCH



Emergency wallet card for heart attacks and strokes warning signals

This business-sized wallet card identifies the warning signals and signs of heart attack and stroke so that you can identify these medical emergencies and respond immediately.

HIS-CARD-106-F08 – ENGLISH

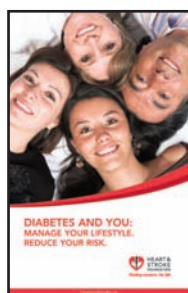
HIS-CARD-206-F08 – FRENCH



Are you at risk of heart attack or stroke?

Directs readers to the My Heart&Stroke Risk Assessment an online, interactive, confidential tool to assess their risks and provide personalized advice regarding how to lower their risk of heart attack or stroke.

HIS-BROCHURE-104-F07 – ENGLISH



Diabetes and you: manage your lifestyle **NEW**

Diabetes is a risk factor for heart disease and stroke. This 20 page booklet will help you reduce your risk of diabetes by leading a healthy lifestyle.

HIS-BOOKLET-101-F10 – ENGLISH

HIS-BOOKLET-201-F10 – FRENCH

Risk Factors and Warning Signs



Heart&Stroke

Taking control: lower your risk of heart disease and stroke

Pamphlet outlines the risk factors and provides the warning signals of heart attack and stroke.

HIS-PAMPHLET-121-F06 – ENGLISH

HIS-PAMPHLET-253-F06 – FRENCH



Heart&Stroke

Living with cholesterol: cholesterol and healthy living

An easy-to-read brochure for continued reference on understanding cholesterol and how it affects health. It also outlines lifestyle changes that can help you manage your cholesterol levels.

HIS-PAMPHLET-159-F07 – ENGLISH

HIS-PAMPHLET-260-F07 – FRENCH

Aboriginal and Multicultural Resources



Heart&Stroke

Taking control: lower your risk of heart disease and stroke, a guide for Aboriginal Peoples

This brochure covers the warning signals for heart attack and stroke and the specific risk factors for heart disease and stroke (1 to 2 pages for each risk factor) as they impact Aboriginal Peoples.

HIS-BROCHURE-101-F09 – ENGLISH



Aboriginal poster **NEW**

Aboriginal people are more likely to have high blood pressure and Type 2 diabetes, and as a result, are at great risk of heart disease and stroke than the general population. This 4-colour poster details how you can lower your risk of heart disease and stroke and provides contact information for more details.

HIS-POSTER-102-F09 – ENGLISH

Heart healthy African and Caribbean recipe card **NEW**



Want to try some heart-healthy versions of traditional African and Caribbean recipes? Our dietitians have developed nine recipes with lower fat and sodium content but they are still delicious and easy to prepare.

HIS-CARD-207-F09 – ENGLISH

African groundnut stew recipe card **NEW**



This recipe is a low-sodium, lower-fat version of a traditional groundnut stew.

HIS-CARD-107-F09 – ENGLISH

HIS-CARD-208-F09 – FRENCH

African vegetable fufu recipe card **NEW**



This side dish is packed with fibre, vitamins and minerals. Replacing the traditional potato with sweet potato adds great flavor to this recipe.

HIS-CARD-108-F09 – ENGLISH

HIS-CARD-209-F09 – FRENCH

Living with heart failure (Chinese) **NEW**



Heart failure is a serious condition. However, with lifestyle changes and available treatment options, you can manage your condition and return to a full and normal life. Learn about heart failure so that you can work with your healthcare team and get support from your family.

HIS-BROCHURE-102-F09 – CHINESE

Heart&Stroke Taking control: lower your risk of heart disease and stroke (Chinese version)



Pamphlet outlines the risk factors and provides the warning signals of heart attack and stroke in Chinese (traditional text).

HIS-BROCHURE-001-F06 – CHINESE



Chinese almond milk with egg white recipe card **NEW**

This new lower-fat version uses less sugar while egg white and milk are added to create a rich and creamy texture without compromising the taste.

HIS-CARD-001-F10 – CHINESE



Chinese kung pao chicken with vegetables recipe card **NEW**

This quick and spicy stir-fry will put the zing back into dinner.

HIS-CARD-002-F10 – CHINESE



Heart&Stroke Taking control: lower your risk of heart disease and stroke (Tamil version)

Pamphlet outlines the risk factors and provides the warning signals of heart attack and stroke in Tamil.

HIS-BROCHURE-002-F06 – TAMIL



Heart&Stroke Taking control: lower your risk of heart disease and stroke (Hindi version)

Pamphlet outlines the risk factors and provides the warning signals of heart attack and stroke in Hindi.

HIS BROCHURE-003-F06 – HINDI



Heart&Stroke Taking control: lower your risk of heart disease and stroke (Urdu version)

Pamphlet outlines the risk factors and provides the warning signals of heart attack and stroke in Urdu.

HIS-BROCHURE-004-F06 – URDU



Heart&Stroke Taking control: lower your risk of heart disease and stroke (Punjabi version)

Pamphlet outlines the risk factors and provides the warning signals of heart attack and stroke in Punjabi.

HIS-BROCHURE-005-F06 – PUNJABI



Heart healthy South Asian recipe card **NEW**

Want to try some heart-healthy versions of traditional South Asian recipes? Our dietitians have developed nine recipes with lower fat and sodium content but they are still delicious and easy to prepare.

HIS-CARD-104-F09 – ENGLISH



Heart disease risk factors and heart attack warning signals bookmark (Farsi)

A bookmark in Farsi (Persian) that outlines heart disease risk factors and heart attack warning signals.

HIS BOOKMARK-001-F09 – FARSI



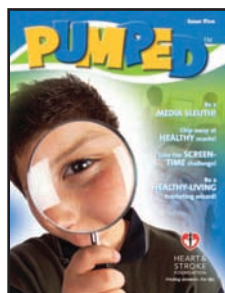
The Beat (English/French)

This magazine for children ages 11 to 14, uses an entertaining format and contemporary illustrations to help educate teens about making healthy lifestyle choices.

HIS-MAGAZINE-301-F08 – ENGLISH / FRENCH

Pumped magazine: version 4-7

NEW



This magazine for children ages 9 to 12 uses an entertaining format and contemporary illustrations to help educate kids about making healthy lifestyle choices.

HIS-MAGAZINE-202-F06 – FRENCH (Version 4)

HIS-MAGAZINE-101-F07 – ENGLISH (Version 5)

HIS-MAGAZINE-101-F08 – ENGLISH (Version 6)

HIS-MAGAZINE-101-F10 – ENGLISH (Version 7)

HIS-MAGAZINE-201-F10 – FRENCH (Version 7)



Jump start family heart health

NEW

Jump start your family's heart health with these riddles, activities, and tips for your entire family.

HIS-BOOKLET-102-F08 – ENGLISH

HIS-BOOKLET-203-F08 – FRENCH

Web Only Resources (Online Resources)



My Heart&Stroke Healthy Weight Action Plan™

My Healthy Weight Action Plan™ (HW Plan) is a free, personalized, 12-session online program to help you achieve and maintain a healthy weight. The HW Plan is not a fad diet, but is based on Canadian guidelines and clinical evidence for safe, sustainable weight loss. It is designed by experts in behaviour change, nutrition and e-tools. Visit www.heartandstroke.ca/hwplan



My Heart&Stroke Blood Pressure Action Plan™

My Blood Pressure Action Plan™ is developed by experts to help you manage and control your blood pressure. It allows you to use interactive tools to track your blood pressure readings, set goals, access helpful information and more. Visit www.heartandstroke.ca/bp



Heart&Stroke He@lthline and He@lthline for Parent

Sign up for our free monthly e-newsletter and receive exclusive heart-healthy recipes, nutrition and physical activity tips at heartandstroke.ca/subscribe



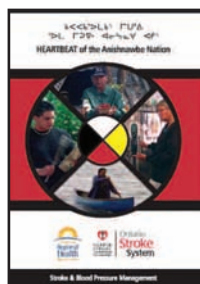
Delicious heart-healthy recipes

Heart and Stroke Foundation dietitians develop and review all our recipes, which are low in salt and fat and high in fibre. Go to heartandstroke.ca/recipes

Web Only Resources (Online Resources)

Aboriginal DVD – Your heart – it’s in your Hands

First Nations people are more likely to have high blood pressure than the general population. Learn how Chief Patrick Madahbee made lifestyle changes to lower his blood pressure. Hear how Mary Grace McGregor, an Elder in the whitefish River First Nation, uses the Medicine Wheel to help her find balance in her life. Running time: 24 minutes.



Aboriginal DVD – Heartbeat of the Anishnawbe Nation

This video will help you learn about lowering your risk of stroke by managing your blood pressure using medical and Aboriginal traditions. The video explains how smoking, diet, exercise, alcohol and medication affect blood pressure and the risk of stroke. The language of the video is Ojibwe and dubbed in Oji-Cree and English versions as well (19 minutes). To view both videos, visit www.heartandstroke.ca/aboriginal

Chinese DVD –

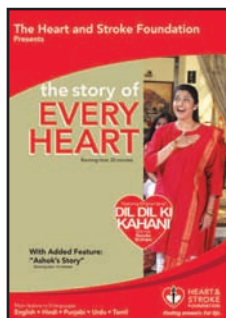
Taking control: lower your risk of heart disease and stroke

Follow the stories of James Chan, (52, a smoker who has diabetes, high blood pressure and unhealthy levels of cholesterol) and Mrs. Chung, (60, a stroke survivor) as they learn how to change their lifestyle habits to lower their risk of heart disease and stroke. This video includes information on eating healthy (using less salt; including vegetables and fruit), and on healthy physical activity (walking, doing Tai Chi). There are also clear instructions on how to quit smoking. Video running time: 15 minutes. Choose from Mandarin, Cantonese or English. To view video visit www.heartandstroke.ca/chinese



South Asian DVD – The story of every heart

Featuring the original Dil Dil Ki Kahani, this video follows the story of Raj and his family as they learn about their risk factors and warning signs for heart disease and stroke. People of South Asian descent are at a greater risk of heart disease and stroke, and at a much younger age, than the general population. This video covers the importance of healthy eating, physical activity and being smoke-free to prevent heart disease and stroke. Choose from 5 languages: Hindi, Punjabi, Tamil, Urdu or English. Running time: 23 minutes.



South Asian DVD – Ashok’s story

This video tells the true story of Ashok, a South Asian family man as he prepares for, undergoes and recovers from, triple bypass surgery at only 39 years of age. It features actual footage from his cardiac surgery. English only. Running time: 14 minutes.

To view both videos please visit www.heartandstroke.ca/southasian