

Who Pose the Greatest Risk?

Age & Gender- Men over 55 and postmenopausal women

Family History- if there is a family history of heart or stroke before the age of 55, you develop a greater chance of experiencing some form of the disease.

Ethnicity- First Nations, African, and South Asian descents are at a greater risk for diabetes therefore at a greater risk for experiencing some form of cardiovascular disease

History of Stroke- If you have had a stroke before, your chances of having another one increase dramatically

Reduce or Reverse the Risk!

Eat a balanced diet

Consume a diet that is low in sodium, saturated fat, cholesterol, trans fat and refined sugar. Increase consumption of plant-based foods, omega-3 fatty acids found in fish and mono-unsaturated fats. Limit red meat consumption.

Exercise daily

30 minutes a day of aerobic activity such as walking. Aim for 10,000 steps/day.

Avoid smoking

Smokers have a significantly greater chance of developing a heart attack or stroke as well as a variety of cancers and lung diseases.

Reduce alcohol intake

No more than two drinks a day.

If applicable, manage your diabetes by keeping your blood sugar under control

Individuals with diabetes are at a higher risk for high cholesterol and blood pressure, which creates a greater risk of cardiovascular disease.

Reduce stress

Being able to minimize stress will put less strain on your heart.

Schedule routine check-ups with your doctor

If you or someone is showing signs of a stroke or a heart attack, call 911 IMMEDIATELY! Know the warning signs



What Can NexgenRx Do For You?

- NexgenRx can provide you with information on eligible expenses covered under your plan to treat this disease. We will adjudicate your claims on behalf of you employer.
- Contact our customer service call centre for additional information.

Websites for more Information

Heart & Stroke

<http://www.heartandstroke.on.ca>

American Heart Association

<http://www.heart.org/HEARTORG/>



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Disease Management Series:

Cardiovascular Disease



Cardiovascular Wellness

Cardiovascular diseases leading to heart attacks & strokes are the leading causes of death in North America. Although there are certain factors you are unable to control, cardiovascular diseases are reduced dramatically through smart and healthy lifestyle choices.

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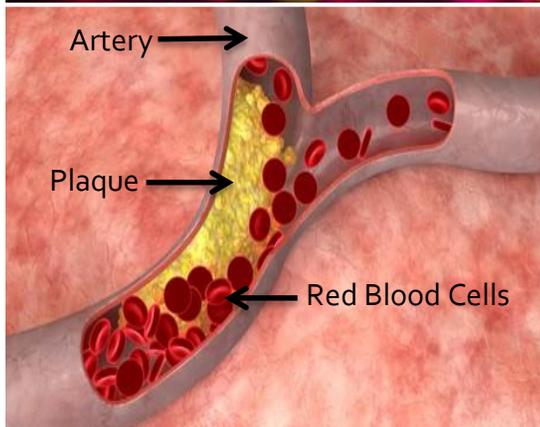
What is Cardiovascular Disease?

Cardiovascular disease, also known as heart disease includes a larger number of problems all pertaining to the heart and major blood vessels not functioning properly. Most of these problems occur when there is a build up of plaque in the artery walls. This build up of plaque restricts blood from flowing through the arteries and can form a blood clot that can cut off blood supply to the heart muscle or the plaque can rupture. This can cause a stroke or a heart attack.

If the blood flow is cut off completely by the blood clot, the part of the heart muscle that the artery supplies begins to die. Once the muscle cells die they cannot be repaired which means the heart does not pump effectively.

A stroke on the other hand is when a blood clot blocks a blood vessel that feeds the brain, or a blood vessel bursts within the brain. This may result in the inability to carry out previous functions such as walking and talking.

Other disorders relating to cardiovascular disease are heart failure, arrhythmia, and heart valve problems. Heart failure occurs when the heart isn't pumping blood as well as it should. Arrhythmia is the abnormal beating of the heart, which can affect the heart's ability to pump enough blood to meet the body's needs. Heart valve problems are when the heart valves don't open or close as they should, causing either not enough blood to flow through the heart or allowing blood to leak through.



Cardiovascular Disease	Treatment
Heart Attack	Medications- Clotbusters Coronary Angioplasty Coronary Artery Bypass Graft Surgery
Stroke	Medications-Clotbusters Carotid Endarterectomy
Arrhythmia	Medications Pacemaker Cardiac Defibrillation
Heart Valve Problems	Medications Heart Valve Surgery

