

Let's talk about: Heart Disease Prevention and Smoking Cessation



ST. PAUL'S HOSPITAL
COMMUNITY FORUMS

The BAD news about heart disease:

Eight out of ten people in Canada are at risk to develop some form of atherosclerosis or "hardening of the arteries" - the leading cause of heart attacks, strokes, and reduced circulation to the legs - at some point during their life.

The GOOD news about heart disease:

We already know the main things that cause heart attacks and strokes, and most of them are preventable!

Risk factors you can't control

- Age
- Gender
- Family History
- Ethnicity
- Having already had a heart attack or stroke

Heart disease risk factors you CAN control

A large international study, published in 2004, which included all ethnic groups and equal numbers of men and women from around the world having their first heart attack, carefully looked at the major factors predicting risk for heart disease. The main factors, in order starting with the strongest predictor were:

- The ratio of bad cholesterol over good cholesterol
- Smoking
- Psychosocial Stress
- Diabetes
- High blood pressure

- Abdominal obesity

The factors identified in this study associated with **reduced** risk of heart attack, in order of increasing protection, were:

- Regular physical activity
- Daily consumption of fruits and vegetables

Source: Yusuf S et al., Lancet 2004;364:937-952

More GOOD news

- Even if you have had a less than healthy diet, do not exercise much, or you have already had a heart attack, adopting a healthy diet, regular exercise, and taking medications as needed can help to reverse your risk for a first or second heart attack or stroke.
- By improving your diet, exercising more, and quitting smoking, you not only reduce your risk of heart attack and stroke, you also reduce your chances of developing obesity, diabetes, high blood pressure, kidney disease, chronic lung disease, arthritis, and many forms of cancer. **Heart disease prevention, therefore, is overall disease prevention!**

Smoking: The leading cause of preventable death

- 45,000 Canadians die from smoking each year
- 17,600 of these are cardiovascular deaths

Join medical experts from Providence Health Care for monthly community forums at St. Paul's Hospital. Each month features a different health topic with time to pose questions to the experts.

The forums are free and take place the third Wednesday of every month.

7:00 – 9:00 pm
(doors open at 6:30)
New Lecture Theatre
St. Paul's Hospital
1081 Burrard Street

For more information and to register, please email ownyourhealth@providencehealth.bc.ca or call 604-806-8495. Light refreshments will be served.

www.phcmedicine.ca

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Heart disease prevention and research at the St. Paul's Hospital Healthy Heart Program Prevention Clinic

- Heart disease and stroke are 2-4 times more common in smokers than non-smokers
- 50% of smokers die before age 70, and lose an average of 22 years of life

Why choose to be tobacco free?

As hard as it may be to stop smoking, recovery begins within hours of quitting. Within days, food will taste and smell better. The risk of having a heart attack or stroke will drop significantly. Overall risk for developing tobacco-related diseases returns to almost the same level as non-smokers after stopping for 15 years.

The Healthy Heart Program Prevention Clinic at St. Paul's Hospital

The Prevention Clinic in the Healthy Heart Program at St. Paul's Hospital is a unique provincial resource for British Columbians. In addition to being experts in helping manage complicated inherited cholesterol problems, the Prevention Clinic provides comprehensive evaluation and management of all major risk factors for heart disease and stroke.

All patients are seen initially by a nurse, dietitian, and physician, and a review of all heart risk factors and family history as well as dietary assessment completed. A plan is then made for the patient including diet, exercise, cholesterol, blood pressure and other targets, and plans made for follow up to reinforce and assess achievement of these targets. Smokers who are interested can also

receive ongoing follow up by our clinic nurse trained in smoking cessation techniques.

Highlights of care, research and innovation:

Just as important as the high-quality care we provide is our teaching and research mandate that helps us better understand the risk factors for heart disease and stroke, improve patient care, and develop new treatment solutions.

- The Healthy Heart Program Prevention Clinic treats over 1000 new and 3000 follow up patients per year, making it the largest clinic of its kind in Canada.
- In addition to clinical or patient-based research, members of the Healthy Heart Program also carry out basic research into factors related to the formation of the "good" cholesterol particles HDL. This research is aimed at developing novel therapies that will increase HDL formation and help to prevent and treat the development of hardening of the arteries or atherosclerosis, the leading cause of heart attack and stroke.
- A clinic patient database is being developed to allow us to better track outcomes, identify patients who may be interested in participating in research, and to help improve the care of our patient population.

www.phcmedicine.ca

St. Paul's Hospital is an acute care, teaching and research hospital located in downtown Vancouver. It is home to many world-class medical and surgical programs, including heart and lung services, HIV/AIDS and kidney care.

St. Paul's serves both the local community and patients from across BC and the Yukon. St. Paul's is one of 14 health care facilities in Vancouver operated by Providence Health Care, one of Canada's largest faith-based health care organizations. Providence's 1,000 physicians and 6,000 staff deliver compassionate care to patients and residents in British Columbia while training medical professionals and making innovative advances in research.

To support programs like this at St. Paul's, please visit www.helpstpauls.com to make a donation to the Department of Medicine Academic Fund.

This evening's presentations will be available to view on our website, thanks in part to the generous support of: