

2012



HEART &
STROKE
FOUNDATION
OF BC & YUKON

Finding answers. For life.

Educational Resources Catalogue Spring 2012

1-888-HSF-INFO

www.heartandstroke.bc.ca/patient

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Educational Resource Catalogue

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Resuscitation Resources 35

Many of the Heart and Stroke Foundation resources and materials are **downloadable** from our website:

www.heartandstroke.bc.ca/patient click on **Educational Resource Catalogue PDF**

www.heartandstroke.bc.ca, click on **Health Information** and click on **Other Resources**.

Welcome

EXCELLENCE IN RESEARCH EQUALS EXCELLENCE IN KNOWLEDGE.

Welcome to the Heart and Stroke Foundation of BC & Yukon's Educational Resource Catalogue. The Foundation pays for all the postage and materials we ship. As a nonprofit organization, we appreciate donations made on behalf of your organization to help cover some of the costs incurred by providing materials.

Guidelines to help you order materials:

- There is no cost for bulk orders. However, we reserve the right to limit quantities and/or charge a cost recovery fee, at the discretion of the Foundation.
- Please place orders well in advance to ensure someone is able to assist you. We recommend allowing up to two to three weeks for orders that require shipping and three to five days for pick up orders.
- If shipping is required, the least expensive shipping method will be used.

Resuscitation (ECC/CPR) Materials:

- Ordering Resuscitation Resources, please order directly through Laerdal Canada at www.laerdal.ca
- Registration Cards require a valid and current CPR instructor number from one of the Foundation's Registered Training Affiliates before release of certificates.
- Payment is required prior to shipping.

To place your order, complete the Pamphlet Order Form on page 3.
Fax or mail your orders to the Heart and Stroke Foundation, Provincial Office.

If you have any questions regarding materials or the ordering process, please call us.

Heart and Stroke Foundation of BC & Yukon

Provincial Office:

200-1212 West Broadway, Vancouver, BC, V6H 3V2

T. 604.736.4404

F. 604.730.7355

1.888.HSF.INFO (1.888.473.4636)

www.heartandstroke.bc.ca

To access the catalogue online visit the
Heart and Stroke Foundation at:

www.heartandstroke.bc.ca/patient

Click on Educational Resource Catalogue
(PDF)

Risk Factors / Blood Pressure



To complete your own personal Blood Pressure Assessments,
please visit our website at: www.heartandstroke.ca/bp

Risk Factors



Taking Control: Actions to Lower Your Risk

Risk factor information for heart disease and stroke, including the warning signs of heart attack or stroke, identifying personal risk factors, information on high blood pressure, high blood cholesterol, smoking, diabetes, etc.

Downloadable:

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/TAKING_CONTROL_ENG_FEB08.PDF

Blood Pressure



Blood Pressure Record Wallet Card

Card to record date, blood pressure and BMI. Also a checklist and suggestions on keeping your blood pressure healthy.



Get Your Blood Pressure Under Control

This booklet describes the relationship between high blood pressure, heart disease, stroke and the risk factors for developing high blood pressure and provides tips and tools on how to control high blood pressure. Includes charts for recording blood pressure reading and weekly medications.

Downloadable:

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Get-your-blood-pressure-under-control-en.pdf

Cholesterol / Diabetes



For more information regarding cholesterol, please visit our website at www.heartandstroke.bc.ca and click on Cholesterol. Feel free to talk to a registered dietitian at HealthLinkBC by calling 811 or www.healthlink.ca/dietitian

For more information regarding diabetes, please visit our website at www.heartandstroke.bc.ca, or contact your local branch of the Canadian Diabetes Association or www.diabetes.ca

Cholesterol



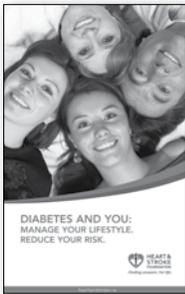
Living with Cholesterol

An easy-to-read booklet for understanding cholesterol and how it affects your health, where it comes from and what Canadians can do to keep it at proper levels.

Downloadable:

<http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Living-with-cholesterol-en.pdf>

Diabetes



Diabetes and You: Manage Your Lifestyle. Reduce Your Risk

This informative booklet explains what diabetes is, how it affects high blood pressure, and high cholesterol, and includes tips to managing your diabetes.

Downloadable:

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/manage-diabetes-en.pdf

Nutrition



For more information regarding a healthy diet and nutrition please visit our website at www.heartandstroke.bc.ca and click on Eating Well or Cooking Recipes for Life. Feel free to talk to a registered dietitian regarding nutritional and cholesterol issues at HealthLinkBC by calling 811 or www.healthlink.ca/dietitian.

Nutrition



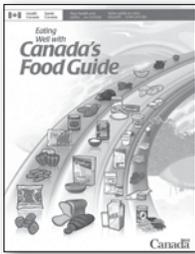
Health Check

This three panel brochure is an introduction to the Health Check program. The brochure explains how the program works to help the consumer make healthy choices.



Mix It Up

This pamphlet focuses on simple and practical ways to add a variety of fruits and veggies to each and every meal and snack.

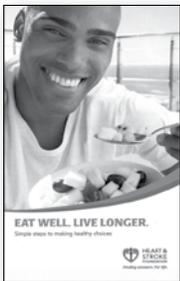


Canada's Food Guide

A colourful double-sided sheet displays the food groups and the number of servings recommended per day.

For quantities 10 and over contact Health Canada directly at 1-800-622-6232 or order online at www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index_e.html.

Canada Food Guide is downloadable and is available in other languages: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

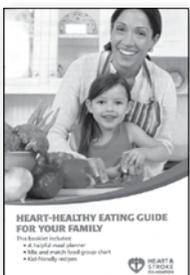


Eat Well, Live Longer

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

Downloadable:

<http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/eat-well-live-longer-en.pdf>



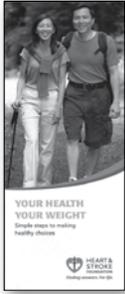
Heart-Healthy Eating Guide for Your Family

This booklet includes helpful meal planning tips, a mix and match food group chart, activity tips for kids and kid-friendly recipes.

Downloadable:

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/heart-healthy-eating-family-en.pdf

Nutrition



Your Health, Your Weight

This informative 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.

Downloadable:

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Your_health_your_weight_ENG.pdf



Waist Size Matters Tapes: Waist circumference is a good predictor of one's risk for heart disease, stroke, high blood pressure, high cholesterol, and type-2 diabetes. Quantities are limited.

Downloadable:

www.heartandstroke.bc.ca/site/c.kpIPKXOyFmG/b.4018791/k.8708/Healthy_Waists.htm?src=home



This is a program.

Health Check™ and BC Dining Program is the food information program that helps you eat well. To learn more about the Health Check™ program in grocery stores and the Health Check™ BC Dining Program, please visit our **website at www.healthcheck.org**.

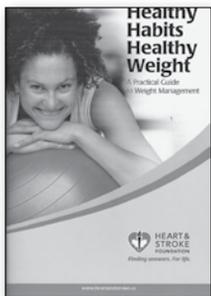
Healthy eating is one of the most important things you can do to improve your overall health. Whether you are cooking at home or eating out, you can make healthy choices that will help you feel and look better and at the same time lower your risk of heart disease and stroke and other diseases. Feel free to download healthy recipes, find healthy eating tips, product or a participating restaurant, and get advice from a dietitian.

Physical Activity



For more information regarding physical activity, please visit our website at www.heartandstroke.bc.ca and click on **Getting Active**.

Physical Activity



Healthy Habits, Healthy Weight

A practical guide to weight management.

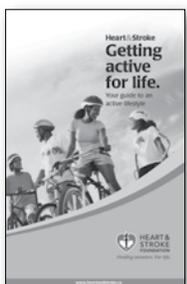
Downloadable:

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/HHHW_English.pdf



Fitness Wheel

A disc with a moveable wheel, which acts as a calorie counter, showing how various physical activities burn calories at different rates. Relative amounts of fat and fibre in various foods are also listed. The Fitness Wheel is a valuable, interactive tool. **Quantities are limited.**



Getting Active for Life

This 16-page booklet is a guide on how to incorporate physical activity into your day to day life and your guide to an active lifestyle.

Downloadable:

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Getting-active-for-life-en.pdf

Physical Activity

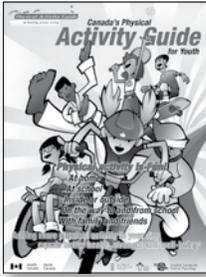
Canada's Physical Activity Guides

The Canada's Physical Activity Guides provide tips on being active and staying healthy. These physical activity guides includes a variety of tips on how to get started and how to incorporate physical activity into your everyday activities.

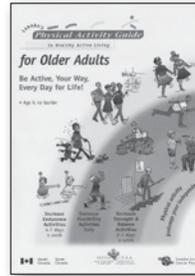
For quantities of 10 or more contact Health Canada directly at 1-888-334-9769 or order online at www.phac-aspc.gc.ca/pau-uap/fitness/order.html.

Downloadable:

www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php



Guide for Youth



Guide to Healthy Living for Older Adults



Guide to Healthy, Active Living Flyer

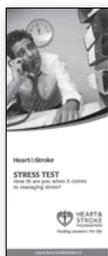
Stress / Smoking



For more information regarding stress management, please visit our website at www.heartandstroke.bc.ca and click on Reducing Stress.

For more information regarding quitting smoking, please visit our website at www.heartandstroke.bc.ca and click on **Living Smoke-Free.**

Stress

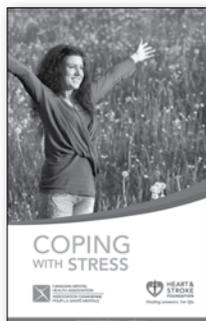


Stress Test

This stress test is a guide you can use to evaluate your stress management. Includes information on recognizing stress in your life and quick tips for dealing with stress.

Downloadable:

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Stress_test_ENG.pdf



Coping with Stress

A joint publication of the Heart and Stroke Foundation and the Canadian Mental Health Association. The booklet describes the definition of stress, stress index, understanding stress, coping with stress, effects on health, preventing stress, and tips for dealing with stress and tension. Coping with Stress is a valuable resource. **Quantities are limited.**

Downloadable:

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/coping-with-stress-en.pdf

Smoking



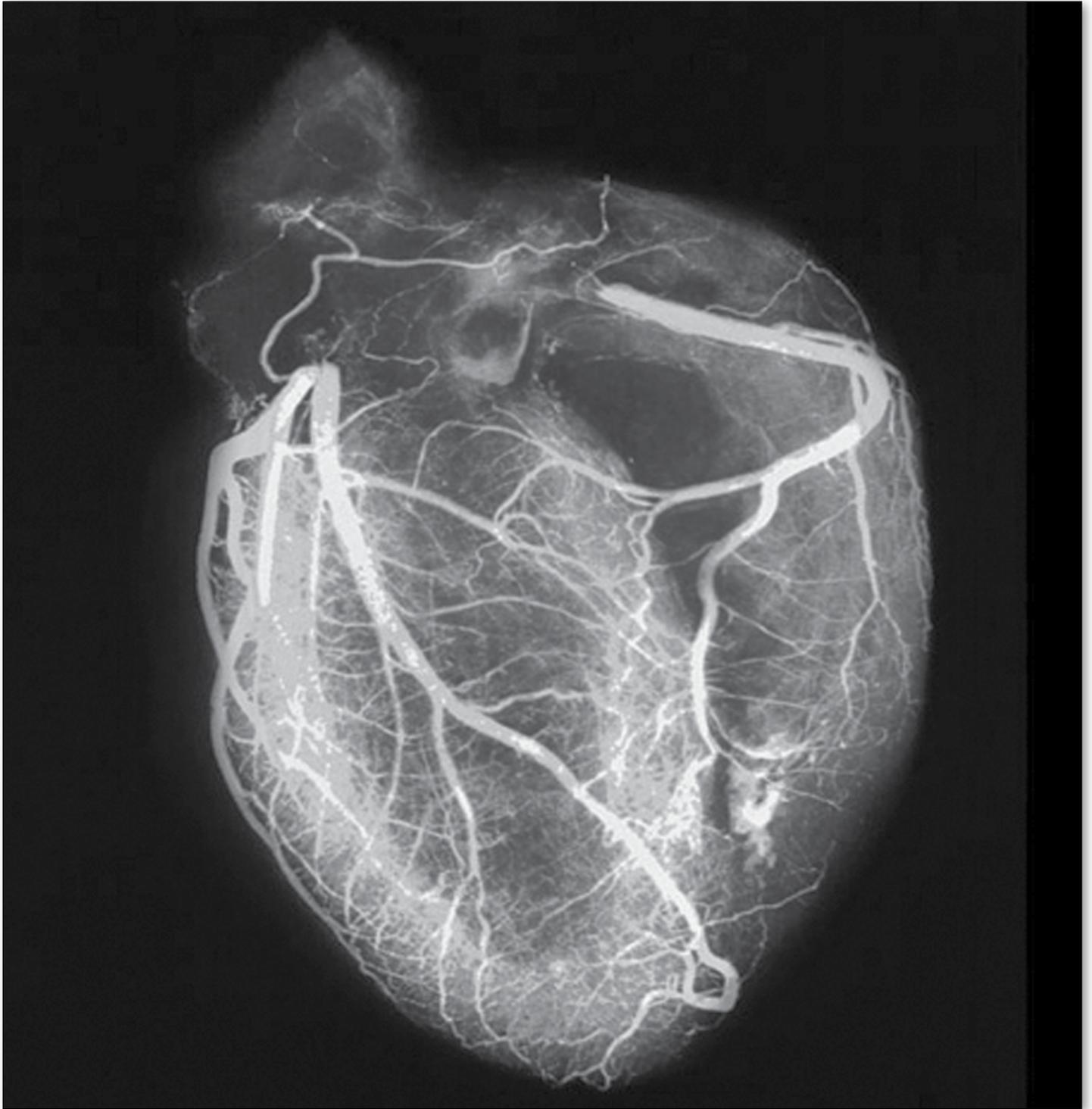
Just Breathe

This brochure contains information on how to become and remain smoke free, information of the risks of smoking effects of secondhand smoke, and tips on keeping your children tobacco-free.

Downloadable:

<http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Just-breathe-beome-smoke-free-en.pdf>

Heart



For more information regarding heart issues and heart disease, please visit our website at www.heartandstroke.bc.ca and click on **Heart Disease**. There are resources on Heart Disease, Conditions, Tests, and more.



HeartLine Newsletter

The newsletter is produced three times a year and is for stroke survivors and their family members. The newsletter provides useful information on recovering from a stroke and adopting a heart-healthy lifestyle.

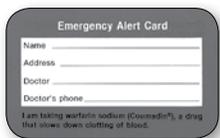
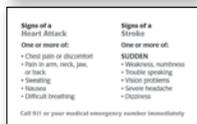
Downloadable:

www.heartandstroke.bc.ca/atf/cf/%7B1656A53F-C2FB-4D7A-AF3D-9DF9F391B9BB%7D/HL_Summer11.pdf



Warning Signs Wallet Card

A handy wallet card that lists the warning signs of a heart attack and a stroke.



Warfarin: Emergency Alert Card

Indicates to the physician or dentist that this patient is currently taking Warfarin (Coumadin), a drug that slows down the clotting of blood.



After a Heart Attack

Contains a description of the nature and result of a heart attack. It provides information to patients to help them deal with their feelings after a heart attack. Answers are given to commonly asked questions relative to lifestyle changes.



HeartSmart Women: A Guide to Heart Disease

This booklet was 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.

Downloadable:

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/WOMEN-HEART-DISEASE-STROKE-EN.pdf



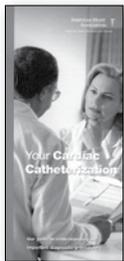
Sex and Heart Disease

Addresses sexual concerns of heart attack or heart surgery patients and their partners. Discusses myths, misconceptions and fears of the heart patients and their mates. Offers reassurance and practical suggestions designed to help the patient.



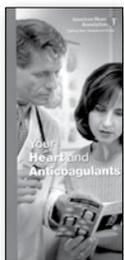
Your Coronary Angioplasty and Stenting

Question and answer pamphlet about Percutaneous Transluminal Coronary Angioplasty. There is a discussion of coronary artery disease, and why PTCA may be used to treat it. The PTCA procedure is described with differences between PTCA and bypass surgery.



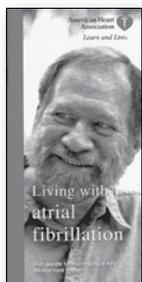
Your Cardiac Catheterization

Developed for the patient who is about to undergo this procedure. It answers questions about Cardiac Catheterization.



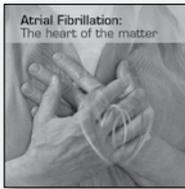
Your Heart and Anticoagulants

This brochure explains why anticoagulants have been prescribed, the importance of blood tests, and precautions for patients.



Living with Atrial Fibrillation

This booklet is for patients and their families and caregivers, which provides information on medications, including the anticoagulant Warfarin, one of the methods of treatment and prevention of heart disease and stroke.



Atrial Fibrillation: The Heart of the Matter

This resource ONLY available from the a-fib.ca website and is downloadable at www.a-fib.ca/more_resources

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Atrial-fibrillation-the-heart-of-the-matter-en.pdf



Your Mitral Valve Prolapse

This brochure has detailed illustrations to help readers see exactly how prolapse occurs, what the condition is, its symptoms and causes, and how it is diagnosed and treated.

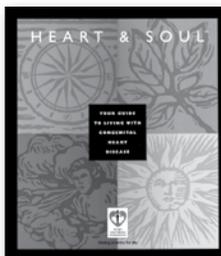


Managing Congestive Heart Failure

A self-management tool for individuals with congestive heart failure and for healthcare providers interested in a more structured approach.

Downloadable:

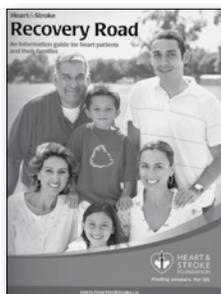
www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/manage-heart-failure-en.pdf



Congenital Heart Disease - Heart & Soul Binder

This binder is the perfect guide for professionals and families of children living with Congenital Heart Disease. Children's Hospital distributes this resource to families. Call the Foundation if you have any questions.

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/HeartandSoul_English.pdf



Recovery Road Booklet

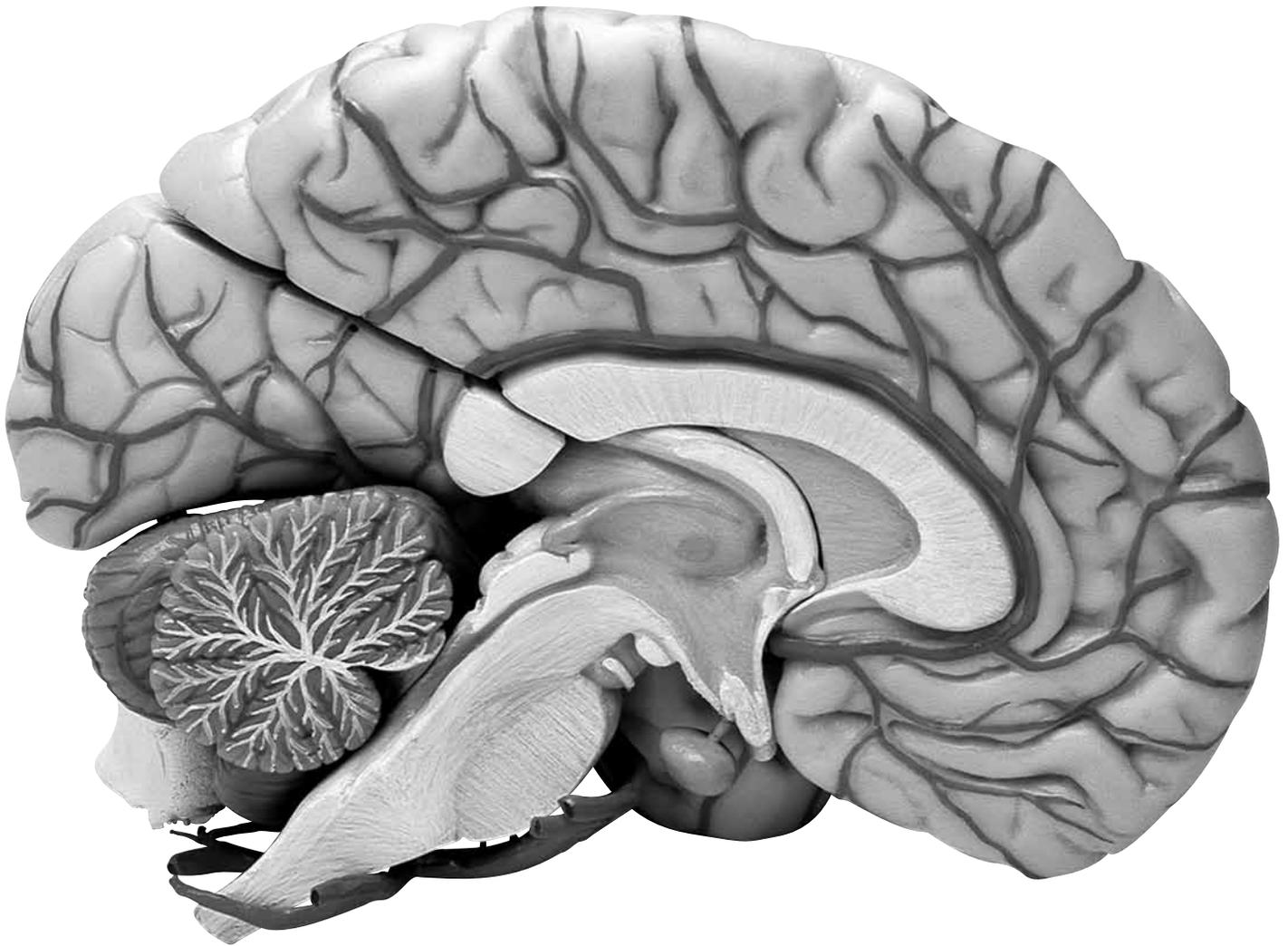
This booklet is for individuals who have had a heart attack, a heart procedure, or have been diagnosed with angina or other heart problems. Recovery Road is a resource to help you through your recovery. You will learn what has happened to you and what you can do to reclaim your health. This resource covers topics such as understanding and treating heart disease, returning home, optimizing your heart health and it includes tools and resources such as "My Heart Diary" – where you can record information about yourself, your medical care, recovery and your health goals.

Available in: English, Chinese, and Punjabi.

Downloadable (English only):

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/HSF_RecoveryRoad_ENG_LR.pdf

Stroke



For more information regarding stroke and stroke-related issues, please visit our website at www.heartandstroke.bc.ca and click on **Stroke**. There are resources on What is Stroke, Warning Signs, Prevention of Risk Factors, Tests, Treatment, and more.

Stroke



StrokeLine Newsletter

The newsletter is produced three times a year and is for stroke survivors and their family members. The newsletter provides useful information on recovering from a stroke and adopting a heart-healthy lifestyle.

Downloadable:

www.heartandstroke.bc.ca/atf/cf/{1656A53F-C2FB-4D7A-AF3D-9DF9F391B9BB}/SL_Summer11.pdf



Signals, Signs, 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.

Downloadable:

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/HEART-ATTACK-CARDIAC-ARREST-STROKE-SIGNS-EN.PDF

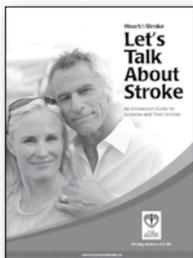


You've had a TIA

You've had a Transient Ischemic Attack (TIA) is for patients and their families and caregivers. This booklet provides information about TIAs and their link to strokes and why TIAs are a medical emergency.

Downloadable:

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/TIA_Resource_2008_ENG.pdf



Let's Talk About Stroke Booklet

Every stroke is different, but this booklet tries to answer the questions most stroke survivors ask. It provides information that will help you, your caregiver, and your family to understand stroke and the recovery process. Includes "My Stroke Diary" where you can keep your personal record of your stroke and recovery, set goals, and track your progress.

Available in: English, Chinese, and Punjabi.

Downloadable:

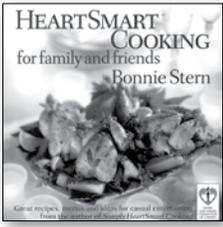
<http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Lets-talk-about-stroke-en.pdf>

Cookbooks



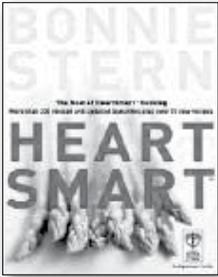
For more information on our cookbooks and for more recipes, please visit our website at www.heartandstroke.bc.ca and click on Health Information and Recipes.

Cookbooks



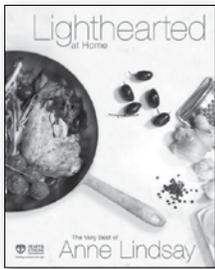
HeartSmart Cooking for Family and Friends (Bonnie Stern) – \$28.95

This cookbook contains more than 200 delicious recipes, combined with the most current information on how to cook and eat well. There is also practical information on a variety of nutritional topics, a complete nutritional analysis for each recipe and various make-ahead instructions.



HeartSmart: The Best of HeartSmart Cooking (Bonnie Stern) – \$34.95

This wonderful new compendium features over 300 favourite recipes from the bestselling Simply HeartSmart™ Cooking, More HeartSmart™ Cooking and HeartSmart™ Cooking for Family and Friends, as well as 75 brand new recipes to add to the HeartSmart™ repertoire. Many of the classic recipes have been fully updated to incorporate current food trends and new nutritional information. As always, comprehensive nutritional analysis is provided for every recipe.



Lighthearted at home, The very best of Anne Lindsay (Anne Lindsay) – \$38.95

Anne Lindsay and the Heart and Stroke Foundation share a strong and successful history of providing Canadians with recipes, nutritional information and tips for flavourful healthy eating options. The tradition continues with the Lighthearted at Home, The very best of Anne Lindsay.

Multilingual Resources



Feel free to download other Multilingual resources from our website at www.heartandstroke.bc.ca/multicultural.

Multilingual Resources

Materials in Chinese



Warning Signs Wallet Card - Chinese

A handy wallet card that lists the warning signs of a heart attack and a stroke. Translated in Chinese.



Taking Control - Chinese

This booklet provides information, tips and tools on how to take control of blood pressure, cholesterol, diabetes and other modifiable risk factors to reduce the risk of developing heart disease and stroke.

Downloadable – Chinese:

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Taking_control_chinese_lowres.pdf



Get Your Blood Pressure Under Control - Chinese

This booklet describes the relationship between high blood pressure, heart disease, stroke, and the risk factors for developing high blood pressure and tips and tools on how to control high blood pressure.



Living with Cholesterol - Chinese

An easy-to-read booklet for understanding cholesterol and how it affects your health, where it comes from and what Canadians can do to keep it at proper levels.



Getting Active for Life - Chinese

This booklet is a guide on how to incorporate physical activity into your day to day life and your guide to an active lifestyle.

Multilingual Resources



Life Choices for Heart Health - Chinese



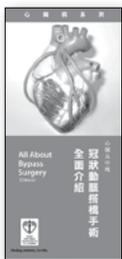
Is diabetes putting you at Risk of Heart Disease and Stroke? - Chinese

An informative brochure including the keys to managing diabetes.



Living with Angina - Chinese

This booklet will help the reader understand what angina is, how it is diagnosed, and how it is treated. It also explores lifestyle changes that can be made when one lives with angina.



All About Bypass Surgery - Chinese

Discusses surgery preparations, recovery in the hospital and at home, and lifestyle changes that may have to be made.



Do you know the five main warning signs of a stroke? - Chinese

This brochure explains what a stroke is, who is most likely to have a stroke, how a stroke can be prevented and the five main warning signs of a stroke.

Multilingual Resources



How fit are you when it comes to managing stress? - Chinese



Memory Loss after Stroke - Chinese

An informative booklet about stroke and related problems with memory loss. The booklet covers the effects of memory problems, treatment and tools to help.

Materials in Punjabi



Warning Signs Wallet Card - Punjabi

A handy wallet card that lists the warning signs of a heart attack and a stroke. Translated in Punjabi.

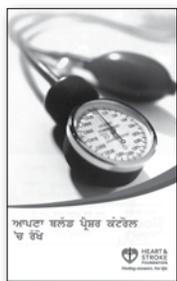


Taking Control - Punjabi

This booklet provides information, tips and tools on how to take control of blood pressure, cholesterol, diabetes and other modifiable risk factors to reduce the risk of developing heart disease and stroke.

Downloadable – Punjabi:

www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/HSF_RBC_PUNJ.pdf



Get Your Blood Pressure Under Control - Punjabi

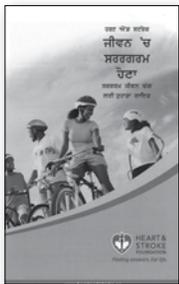
This booklet describes the relationship between high blood pressure, heart disease, stroke, and the risk factors for developing high blood pressure and tips and tools on how to control high blood pressure.

Multilingual Resources



Living with Cholesterol - Punjabi

An easy-to-read booklet for understanding cholesterol and how it affects your health, where it comes from and what Canadians can do to keep it at proper levels.



Getting Active for Life - Punjabi

This booklet is a guide on how to incorporate physical activity into your day to day life and your guide to an active lifestyle



Living with Angina - Punjabi

This booklet will help the reader understand what angina is, how it is diagnosed, and how it is treated. It also explores lifestyle changes that can be made when one lives with angina.



Is Diabetes putting you at risk of heart disease and Stroke - Punjabi

An informative brochure including the keys to managing diabetes.

Multilingual Resources



Coronary Artery Disease: A guide to symptoms, tests, and treatments - Punjabi

This booklet explains coronary artery disease, atherosclerosis, and angina. A description of the common tests used to diagnose and treat these conditions is also given.



All About Bypass Surgery - Punjabi

Discusses surgery preparation in the hospital and at home, and lifestyle changes that may have to be made.



How fit are you when it comes to managing stress? - Punjabi



Do you know the five warning signs of a stroke? - Punjabi

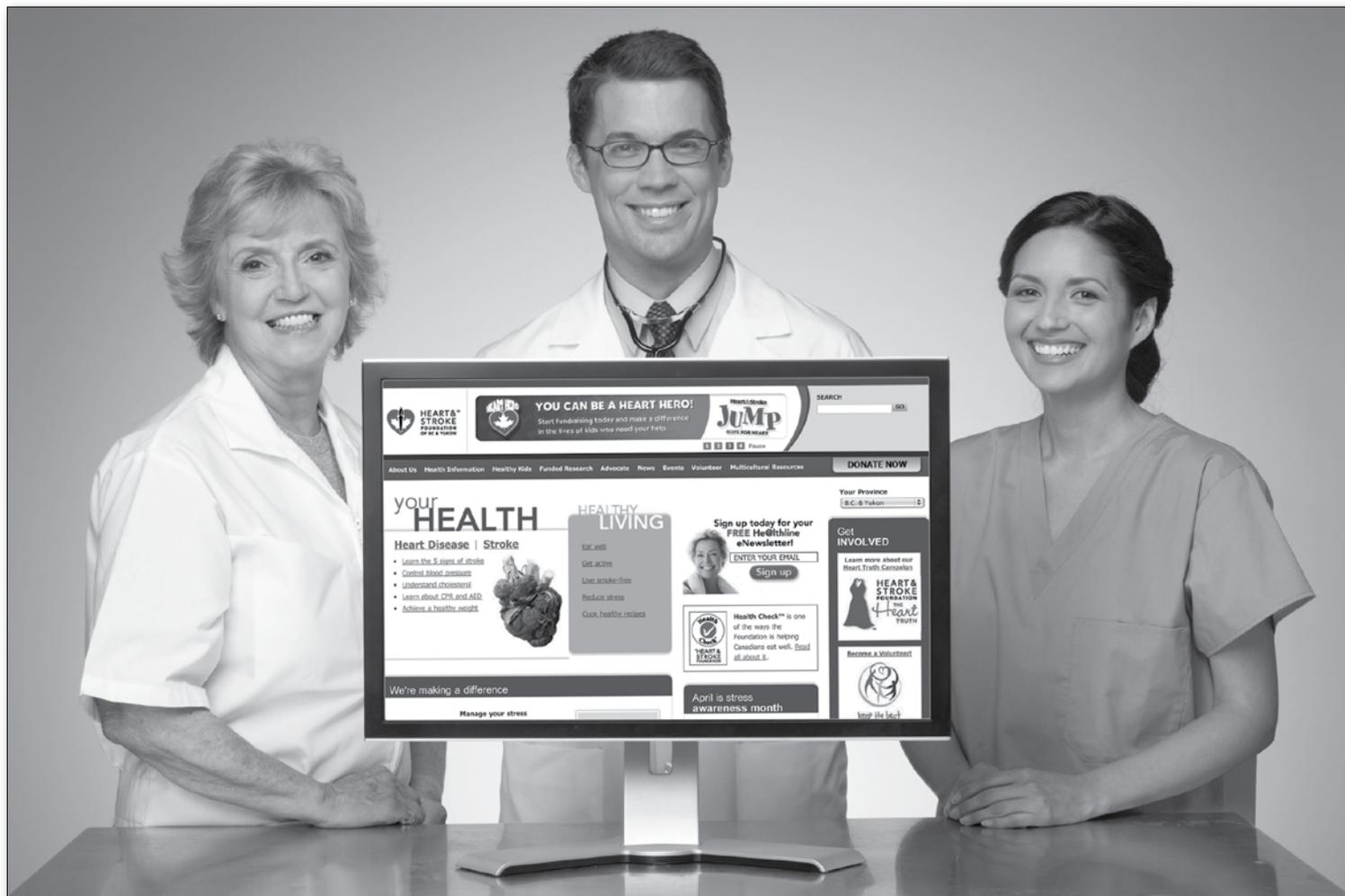
This brochure explains what a stroke is, who is most likely to have a stroke, how a stroke can be prevented and the five main warning signs of a stroke.



Memory Loss after Stroke - Punjabi

An informative booklet about stroke and related problems with memory loss. The booklet covers the effects of memory problems, treatment and tools to help.

Other Resources & Online Programs



Other Resources and Helpful Online Programs and Social Media
The Foundation is committed to providing the tools needed to improve one's heart health where and when they need them. That is why the Foundation provides online resources that can be done anytime and anywhere. www.heartandstroke.bc.ca/patient

Other Resources & Online Programs



Waist Size Matters

Waist circumference can be an indicator of one's risk for heart disease and stroke so find out how you measure up by ordering a Waist Size Matters tape. Check out our website and find out how to take a proper waist size measurement at www.heartandstroke.bc.ca and click on **Healthy Waists**.



Health Check

Choosing to eat healthy can sometimes be difficult. The Heart and Stroke Foundation's Health Check™ program can help you choose foods in grocery stores and restaurants that can be part of a healthy diet. To find out more about Health Check™ or what food categories, brands and restaurants take part in Health Check™ visit www.healthcheck.org.



Patient Caregiver Message Board

The message board helps unit patients, survivors and caregivers throughout British Columbia. Individuals are encouraged to sign up, free of charge, and share their experiences while learning valuable heart health advice on everything from caregiver tips to stress management and more. Join now at www.heartandstroke.bc.ca/patient



Hearts in Motion™ Walking Clubs

Put your Heart in Motion™ Walking Clubs are designed to encourage participation in regular physical activity by walking. Download the latest hearts in motion™ newsletter at: www.heartandstroke.bc.ca/heartsinmotion or call 604-736-3364 or email healthpromotion@hsf.bc.ca

Other Resources & Online Programs



TIA DVD

TIA Awareness, Prevention, and Treatment video was developed by the Heart and Stroke Foundation in collaboration with Fraser Health Authority. The video is an excellent educational tool for use in clinical practice and as a patient education. Watch the video by going to www.heartandstroke.bc.ca/TIA

Social Media



Twitter and Facebook

Tweet and Facebook lovers follow the Foundation and find out what we are up to, share your story, join the discussion groups, and show your support at twitter.com/TheHSF or www.facebook.com/heartandstroke.



eTools



Heart&Stroke eTools for a healthier you

My Health eSupport™ is an online support to encourage individuals to achieve a healthier life. Individuals will receive regular email communications that will provide motivation, support, encouragement, and empowers the user to lead a healthier life.



www.heartandstroke.ca/healthsupport

My Heart&Stroke Risk Assessment, Blood Pressure Action Plan, Healthy Weight Action Plan, and My Heart&Stroke Health eSupport helps individuals understand, manage, control and track their blood pressure, set goals, and access helpful information.



www.takethepressuredown.ca



My Heart&Stroke Healthy Weight Action Plan

My Heart&Stroke Healthy Weight Action Plan is a 12-week, step by step program that supports healthy habits and a healthy weight for life.

www.heartandstroke.ca/healthyweight

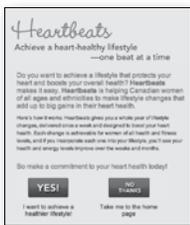
Online Programs & Social Media

Online Newsletters



He@lthline™, Heartbeats, HeartLine, or StrokeLine newsletters can be sent to your inbox. Heartbeats provides heart-healthy emails weekly and He@lthline, HeartLine, and StrokeLine newsletters provides heart-healthy articles on and healthy recipes monthly.

To sign up for Heartbeats go to www.thehearttruth.ca/heartbeats. for He@lthline go to www.heartandstroke.bc.ca, HeartLine and StrokeLine newsletters email info@hsf.bc.ca or www.heartandstroke.bc.ca/patient



Resuscitation Resources



Resuscitation Resources

The Heart and Stroke Foundation (BC and Yukon Region) will not be stocking Resuscitation Resources. The BLS, ACLS, Heartsaver, and PALS resources can be purchased directly through Laerdal Canada at www.laerdal.ca

The Foundation requires a valid and current CPR Instructor Number before release of certificates.



Laerdal Canada is the Heart and Stroke Foundation's official supplier of Resuscitation Resources. To order Resuscitation Resources visit the Laerdal Canada website at www.laerdal.ca.



CPR Registration Cards – \$1.00 each

Heart and Stroke Foundation registration cards can be purchased by registered Heart and Stroke Foundation Instructors only. To receive registration cards, an instructor number must be included on your order form.



CPR Anytime Family and Friends™ kit allows families, friends and the general public to learn the core skills of CPR for adults and children in 20 minutes. The kit contains everything needed to learn basic CPR, and can be learned anywhere, from the comfort of a family home to a large community group setting.

The CPR Anytime Family and Friends™ kit can be purchased through Laerdal Canada or the Foundation www.heartandstroke.ca/cpranytime

To order large quantities of the CPR Anytime Family and Friends™ kit call 416-553-5999 or email szambon@hsf.ca