

Island Heart to Heart

www.Islandhearttoheart.ca

778-678-8423

Email: admin@islandhearttoheart.ca

Heart Matters Campbell River

250-286-7151

For more heart health education and support,
please visit the following links:

Heart and Stroke Foundation of Canada:

www.heartandstroke.ca

Women Support Blog

Heart Sisters: myheartsisters.org

Healthlinkbc.ca

Cardiac Services BC:

www.cardiacbc.ca

First Open Heart Society

www.fohs.ca

Please contact these groups directly for
additional information



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Heart to Heart & Heart Matters

Education & Support
Programs

These education & support
programs are for people who
have heart disease or who
are at risk for heart disease
and would benefit from risk
factor & lifestyle education.

Who Should Attend?

YOU if you have had a heart attack, open heart surgery, angina, stent, angioplasty or heart rhythm issues.

If you know someone who has had an event and you wish to help them bring them to a program!

If you have risk factors such as high blood pressure, abnormal cholesterol, overweight, diabetes, smoking history, inactivity, stress, depression.

Should My Partner Attend?

Yes!

Heart disease does not only affect you.

Family members have questions too.

Your partner will welcome the chance to talk to others and learn how they are dealing with similar concerns.

By working together, you and your partner will be better able to face the challenge of living with heart disease.

Program:

Classes are live on line using Zoom. Each class is 1-2 hours.

During the program you and your partner will meet with others who have had similar experiences.

You will receive information on a variety of topics related to heart health from several health care professionals. Open discussion is encouraged. Call the program in your community for details.

How Do I Start?

To enroll please contact the program listed on the back of this brochure. During your hospital stay you may be visited by a volunteer who will inform you about details of the program.

Cost:

There is a modest user fee that can be waived if necessary.

You will learn:

Your heart and how it works

- ▮ Heart problems & their treatment
- ▮ How to reduce your risk factors
- ▮ Warning symptoms of a heart attack
- ▮ Blood pressure & cholesterol management

Medications

- ▮ Commonly used & side effects
- ▮ Tips on organizing & storing

Heart healthy eating & nutrition

- ▮ Diet & how it affects heart disease
- ▮ Good fat vs. bad fat
- ▮ Healthy eating away from home
- ▮ Reading labels

Physical activity & exercise

- ▮ Effects & benefits on the heart

Psychosocial aspects

- ▮ Relationship, intimacy, emotions & Coping

Stress management

- ▮ Identifying, monitoring, & reducing stress on your heart