



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

THE HEART
HEALTHY LIVING GUIDE

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Acknowledgements

The *Heart Healthy Living Guide* was developed by a working committee of health professionals at the University of Ottawa Heart Institute. In order to create this guide, the committee reviewed the most current scientific evidence on heart healthy living and blended it with their extensive experience in caring for people with heart disease. Once the first draft was completed, a panel of current and former heart patients reviewed the information to make sure that it was easy to read and understand. We hope that this information helps you build a plan for heart healthy living that you can stick with over the long term.

The development of the *Heart Healthy Living Guide* was supported by the Heart Institute Alumni as part of their commitment to enhancing the service and care provided to people with heart disease.

Introduction

At the Ottawa Heart Institute, you have received the best available cardiac care to treat and manage your heart condition; however, we have not cured your heart disease. Heart disease is a chronic health condition and, like any health problem, it can bring uncertainty and changes into your everyday life.

You can respond to these changes in different ways. Research tells us that learning about your risk factors, taking charge of your heart health, and staying involved in your health and health care will help you continue to do the things that are important to you. The purpose of this guide is to support you as you learn to take care of your heart and preserve your health.

We propose a 3-step plan:

STEP 1

Get to know your own risk factors and plan how to manage them. Use the risk factor profile on page 5 to help you identify your risk factors and think about how you might set some health targets.

STEP 2

Participate in a cardiac rehabilitation program. Work with specialists in nutrition, physical activity, stress management, return-to-work counselling, and other social and emotional services to develop a plan that is tailored to your specific needs.

STEP 3

Learn how to live and work with heart disease. Use the information here to help you get through the normal bouts of anxiety and emotional ups and downs so that you can renew your sense of well-being.

STEP 1

Know and Manage Your Risk Factors

WHAT CAUSES HEART DISEASE?

Coronary artery disease is caused by a combination of genetic and lifestyle factors. These are called risk factors.

The following risk factors are important to be aware of but are not considered to be controllable:

- Your age
 - As you get older, your risk of heart disease increases.
- Your gender
 - Men over the age of 55 are at higher risk of heart disease.
 - After menopause, women have a higher risk of heart disease.
- Your heredity
 - Your risk of heart disease is increased if close family members – a parent, brother or sister – developed heart disease before age 55 or, in the case of female relatives, before menopause.
- Your ethnicity
 - First Nations people and people of African or Asian descent are at higher risk of developing heart disease.

The risk factors that you *can* control are:

- Smoking;
- Excess body weight, especially around your waist;
- High blood pressure (hypertension);
- Abnormal blood cholesterol levels (hyperlipidemia);
- Lack of regular exercise;
- Diabetes; and
- Excessive stress levels.

These are referred to as *modifiable* risk factors.

The table on the next page summarizes cardiac risk factors. As you look at the table, decide which controllable risk factors apply to you. Each risk factor will direct you to more information to help you learn more and take charge of your health.

MODIFIABLE RISK FACTORS FOR HEART DISEASE

RISK FACTOR	MY VALUES	TARGET GOALS	INFORMATION PAGE
Smoking	<input type="checkbox"/> Smoker <input type="checkbox"/> Non-smoker	Smoke-free	p. 6
Overweight Waist circumference	Height: _____ Weight: _____ Body Mass Index (BMI): _____ Waist circumference: _____ Use the Body Mass Index chart in Appendix 2 to calculate your Body Mass Index	<i>Ideal range: BMI of 18.5–25</i> If your BMI is above 25, aim for a 5–10% reduction of your total body weight <i>Waist:</i> Women: below 35 in (88cm) Men: below 40 in (102 cm)	Heart healthy nutrition: p. 7 Weight management: p. 9
High blood pressure	BP: _____mmHg	Less than 140/90 <i>If you have diabetes or kidney disease: less than 130/80</i>	Heart healthy nutrition: p. 7 Blood pressure: p. 11 Safe medications: p. 23
High cholesterol	Total cholesterol: _____mmol/L LDL-C: _____mmol/L HDL-C: _____mmol/L Ratio (TC/HDL-C): _____ Triglycerides: _____mmol/L	LDL-C: below 2.0 mmol/L TC/HDL-C ratio: less than 4.0 Triglycerides: below 1.7 mmol/L	Heart healthy nutrition: p. 7 Cholesterol: p. 11
Physical inactivity	Over the last 6 months, the average number of days per week that you exercised for at least 30 minutes _____ days	Aim for 30–60 minutes of moderate exercise (e.g ., brisk walking) 5 or more days of the week	Healthy physical activity: p. 13
If you have diabetes	Fasting blood sugar _____ mmol/L HgA1C: _____ %	Fasting blood sugar: 4–7 mmol/L HgA1C: below 7%	Heart healthy nutrition: p. 7 Diabetes: p. 17
Stressed	<input type="checkbox"/> Yes <input type="checkbox"/> No	Manage stress	p. 18
Depressed	<input type="checkbox"/> Yes <input type="checkbox"/> No	Manage depression	p. 19

SMOKING

How does smoking affect my heart?

The nicotine in smoke causes the arteries of the heart to narrow. The carbon monoxide released from cigarettes causes damage to the walls of the arteries, encouraging the build-up of fat on those walls.

Smoking also:

- Raises the level of blood cholesterol,
- Speeds up the heart rate, and
- Increases blood pressure values.

Smoking after a heart attack or angioplasty increases the chances of a second heart attack and/or restenosis (reblocking) of the coronary arteries.

If you smoke, quit!

- Quitting smoking is the single most important thing you can do to positively affect your heart health!
- The benefits of quitting occur within 20 minutes of your last cigarette, and at 1 year your risk of a heart attack is reduced by 50%.

The Heart Institute's Quit Smoking Program is available to all smokers who are interested in quitting. We use proven techniques and individualized counselling to help people quit. To register for the Quit Smoking Program, please call 613-761-4753.

There are other options for quitting smoking in our region. Some of these are listed in Appendix 1 (page 27). It is up to you to decide which option is best.

Keep in mind this one important tip: most people find that the more support they get while trying to quit, the better!

HEART HEALTHY NUTRITION AND WEIGHT MANAGEMENT

How does what I eat affect my heart?

The food that you eat affects many of the important risk factors associated with heart disease – for example:

- Your blood cholesterol
- Your blood pressure
- Your weight and waist circumference

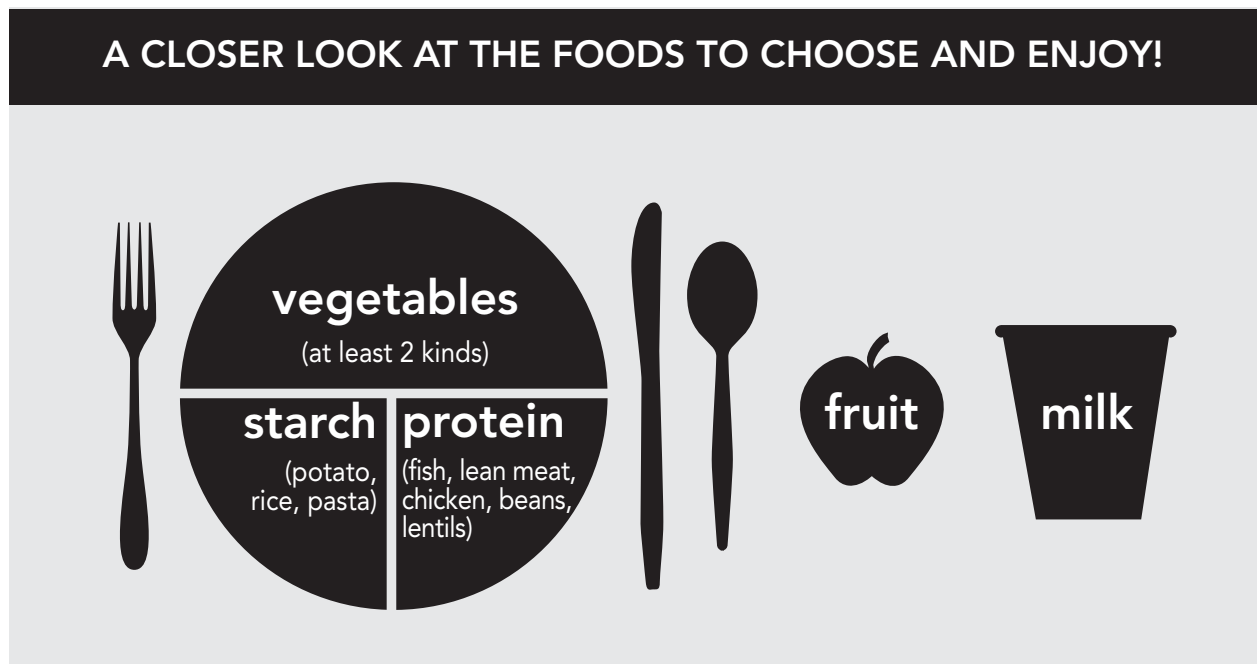
What does my waist circumference have to do with my heart?

- It is not just how much you weigh that matters, but also where you carry your excess weight.
- People who store excess fat around their stomachs have a higher risk of having heart disease and diabetes than those who carry it around their hips.

Follow a Heart Healthy Nutrition Plan

Eating heart healthy means:

- Limiting saturated and trans fats
- Choosing healthy fats and oils
- Increasing vegetables, fruit, fibre and whole grains
- Reducing salt and sugar



The Space on Your Plate

- Eat a variety of foods from each food group every day.
- Eat 3 small meals daily with small snacks, instead of 1–2 large meals.
- To achieve and maintain a healthy body weight, remember that how much you eat counts.
 - Choose smaller servings (e.g., a small potato instead of large, $\frac{3}{4}$ cup of rice instead of 1 cup, 4 oz chicken breast instead of 6–8 oz).
 - See information on weight management (page 9).

Vegetables and Fruit (aim to fill $\frac{1}{2}$ of your plate)

- Choose more dark green, red and orange fruits and vegetables daily. Enjoy tomatoes, red, yellow or green peppers, sweet potatoes, broccoli, peas, carrots, red cabbage, apricots, oranges, mango, berries, dried fruit, kiwi, melons.
- Include fruit when choosing a dessert or snack.
- Choose fresh or frozen vegetables.

Grain Products (starch: aim to fill $\frac{1}{4}$ of your plate)

- Choose high-fibre cereals such as oatmeal, shredded wheat or All Bran Buds™ with psyllium.
- Choose whole grain breads such as whole wheat, multigrain, pumpernickel or rye.
- Choose brown rice, barley, quinoa, bulgur or whole wheat pasta.
- Add 1 tbsp ground flax seed to salads, cereal, soups, yogurt, casseroles or baking daily. Purchase as flax meal or grind the seeds in a coffee grinder and store in an airtight container in the freezer.
- Enjoy air-popped popcorn or light microwave popcorn, unsalted pretzels, homemade bagel or pita chips, vanilla wafers and ginger snaps.
- Choose rarely these commercial products: cream-filled or shortbread cookies, pies, croissants, doughnuts, pastries, cake-like muffins, and salty snack foods.

Meat and Alternatives (protein: aim to fill $\frac{1}{4}$ of your plate)

- Select only lean cuts of meat and trim all visible fat.
- Remove skin from poultry before cooking.
- Choose fish 2–4 times per week. Avoid deep-fried, batter-coated fish.
- Include meatless meals a few times a week. Enjoy vegetarian chili, burritos with beans, split pea or lentil soups, hummus, meatless curries, baked beans, tofu, soy burgers and Veggie Ground Round™.
- Choose omega-3 eggs more often than regular eggs, to a maximum of 2–3 eggs per week.
- Healthy cooking methods include baking, broiling, stir frying, steaming, roasting, poaching, grilling and barbecuing.
- Choose rarely: deli meats such as bologna, salami, sausage, bacon, hot dogs and pepperoni.

Milk and Alternatives

- Choose lower-fat varieties, including skim milk or 1%, fortified soy beverage, plain or fruit yogurt with 1% milk fat (M.F.) or less, frozen yogurt or ice milk, and lower-fat cheese with 15% M.F. or less.
- Choose rarely: regular milk products, such as whole milk, butter, cheese, sour cream and cream cheese.

Fats and Oils

- Choose olive, canola, safflower, sunflower, corn, sesame, walnut or peanut oil.
- Choose non-hydrogenated margarines.
- Choose lower-fat varieties of mayonnaise, salad dressings and sour cream.
- Choose natural nut butters (e.g., peanut, almond, hazelnut).
- Enjoy nuts and seeds as an accent to food (e.g., sprinkle 1 tbsp on top of salads or stir fry).
- Choose rarely: butter, lard, and hydrogenated fats such as shortening and hard margarine.
- Read the nutrition labels to compare and choose foods with less saturated and trans fat.
- Choose rarely: all deep-fried foods, including snack foods made with hydrogenated vegetable oils.

A Word About Salt

- Use fresh or dried herbs, unsalted spices, lemon juice and flavoured vinegars for flavouring during food preparation. Try Mrs. Dash™ or McCormick's No Added Salt™ seasoning blends.
- Reduce or limit salt in cooking and avoid adding salt at the table.
- Prepare meals using fresh ingredients.
- Choose rarely: processed foods such as deli meats, canned/packaged soups, pickles, soya sauce, salted snack foods, commercial coatings for meats, frozen dinners, vegetable juices, canned vegetables, fast foods.
- Read the nutrition labels, compare similar items and choose foods with less sodium.

A Word About Alcohol

Limit alcohol to a maximum 2 servings a day for men and 1 serving a day for women. 1 serving: 125 ml (4 oz) wine or 355 ml (12 oz) beer or 45 ml (1.5 oz) liquor.

Manage Your Weight

- Follow your Heart Healthy Nutrition Plan
- Attend a weight management workshop (page 27)
- Be active every day and follow your Physical Activity Plan
- Take a look at the additional tips on the next page for some more ideas
- Make these changes for life

ADDITIONAL TIPS FOR WEIGHT MANAGEMENT

1. Set a realistic weight loss goal.
 - Losing 5–10% of your current weight may not result in your “ideal weight,” but it will help your heart.
 - For example, if you weigh 200 lbs (90 kg), aim to lose 10–20 lbs (4.5–9 kg).
2. Lose weight sensibly.
 - Quick fixes do not work!
 - Lose weight slowly at ½ to 2 lbs (¼–1 kg) per week and you will be more likely to keep the weight off.
3. Build an eating plan, not a “diet.”
 - Eating plans work, diets don’t.
4. Do not skip meals.
 - Eat 3 meals a day.
 - Healthy snacks can be included in your day.
5. Reduce portions.
 - Remember that how much you eat counts.
 - Choose smaller servings at your meals and snacks.
 - Beware not to cut back too much; that can make you hungry and more likely to overeat.
6. All food groups are important.
 - Include foods from Vegetables and Fruit, Grain Products, Meat and Alternatives, and Milk and Alternatives.
 - A healthy meal contains foods from at least 3 food groups.
7. Keep a food journal.
 - Keeping a record of what you eat will tell you where your habits need to be changed.
8. Get active.
 - Be active for 30–60 minutes most days of the week.
9. Get your family and friends involved in helping you meet your goal.
10. But most of all...be patient.
 - Setbacks can happen to anyone trying to make a change in their eating and activity patterns.
 - It takes about 6 months of practising a new skill or behaviour to make it a habit.
 - Accept that setbacks happen, get back on track and don’t give up.

HIGH BLOOD PRESSURE

How does high blood pressure affect my heart?

High blood pressure makes your heart work harder, damages your blood vessels, and can also cause greater plaque build-up. All these factors eventually lead to heart damage. Controlling your blood pressure can reduce the progression of your heart disease and may reduce your risk of having a stroke.

What can I do to control my blood pressure?

- Follow your Heart Healthy Nutrition Plan
- Achieve and maintain a healthy body weight
- Be active every day and follow your Physical Activity Plan
- Practise stress management techniques that work for you
- Take your medications as prescribed

HIGH BLOOD CHOLESTEROL

How does cholesterol affect my heart?

Cholesterol is a fat-like substance that is produced mostly in your liver, although some of the cholesterol in your blood comes from the foods you eat.

The most important types of cholesterol in your blood are:

- Low-density lipoprotein cholesterol or LDL
- High-density lipoprotein cholesterol or HDL

L is for “lousy”

- LDL cholesterol carries fats to your body organs to be stored away for future use.
- It causes a build-up of cholesterol (plaque) on the walls of the arteries in your heart.
- High levels of LDL can damage artery walls.
- Eating heart healthy and maintaining a healthy weight can lower your LDL.

H is for “healthy”

- HDL cholesterol is good because it carries excess fats away from your body organs for elimination.
- The more HDL you have in your blood, the better protected you are against the build-up of plaque in your arteries.
- Regular exercise and quitting smoking can help increase HDL.

How can I improve my cholesterol?

- Be aware of your cholesterol levels
- Follow your Heart Healthy Nutrition Plan (page 7)
- Achieve a healthy body weight (page 30)
- If you smoke, stop (page 6)
- Be active every day and follow your Physical Activity Plan (page 13)
- Attend a nutrition workshop (page 27)

If my cholesterol is normal, do I still need to eat heart healthy?

Yes, you do! Heart healthy eating protects your heart and arteries in other ways and slows the progression of heart disease.

ADDITIONAL NUTRITION TIPS

Fruit and veggie power!

Eat at least 2 cups of vegetables and 2–4 fruits every day. The brighter the colour is, the better. Eat fruit for dessert or a snack.

Fibre up!

Choose whole grain and fibre-rich products, dried beans and lentils. Have a small handful of nuts or seeds every now and then.

Fats, be choosy!

Choose oils such as canola and olive, and non-hydrogenated margarines instead of animal, hydrogenated and trans fats. Reduce portions of meat and choose lower-fat milk products.

Fish for omega-3s!

Eat 2–4 servings of fish per week.

Fresh is best!

Choose fresh ingredients and flavour foods with herbs and spices instead of salt.

PHYSICAL INACTIVITY

How does a lack of regular exercise affect my heart?

Physical inactivity or lack of regular exercise is clearly shown to be a risk factor for heart disease. People who do not exercise regularly have twice the risk for heart disease compared with those who exercise regularly. In fact, the amount of risk to your heart caused by lack of regular exercise is the same as having high blood pressure or high cholesterol or cigarette smoking.

Start and Maintain a Regular Exercise Program

Physical activity will:

- Improve the efficiency of your heart and lungs
- Improve your HDL (good) cholesterol and triglycerides
- Lower your blood pressure
- Help you achieve a healthier body weight
- Improve your blood sugar
- Improve your muscle tone and bone density
- Increase your stamina and improve your confidence
- Improve your ability to cope with stress and decrease anxiety and depression

Your exercise goal:

- Exercise on most days of the week
- Aim for 200–400 minutes of aerobic exercise weekly
 - That's about 30–60 minutes of exercise per day

Aerobic exercise is continuous exercise that uses large muscle groups. Examples of recommended aerobic exercises include:

- Walking at a moderate to brisk pace
- Swimming
- Cycling
- Skating

If you have had a procedure that may limit your physical activity, make sure you follow the exercise instructions in your procedure guide.

Helpful Physical Activity Tips

Breathing:

- Breathe steadily and in a relaxed manner while you exercise.
- Avoid straining and **never hold your breath**.

Pace and Intensity:

- You should be able to carry on a conversation while you exercise.
- This is known as the “talk test.”

Terrain:

- Walk on flat ground initially.
- If hills are unavoidable, walk more slowly when going uphill.

Eating:

- It is best to wait an hour or two after a meal before you exercise.
- This is because extra energy is required for digestion.

Weather:

- Avoid exercising in extreme temperatures.
- If it is very hot and humid, walk during the cooler part of the day, such as in the morning and later at night.
- If it is extremely cold or windy, exercise indoors using stationary equipment or walk in the hallways of your house/apartment or in a mall.
- If you do choose to exercise outdoors in colder weather, walk during warmer times of the day and cover your face with a scarf to help warm the air before it reaches your lungs.

Posture:

- It is important that you maintain good posture.
- Try to keep your shoulders back and **relaxed**.
- Avoid slouching forward.

Stretching:

- After your walks, stretch your calf muscles, as they are likely to get tight as you begin to increase your daily activity.
- Stand straight, close to a solid surface on which you can use your hands for balance.
- Place one leg behind the other, with both your feet pointing forward.
 - Bend the knee that is forward while keeping the back knee straight until you feel a stretch in the back of your calf; keep both heels on the ground.
 - Hold for 15–30 seconds. Repeat with the other leg.

ABNORMAL RESPONSES TO EXERCISE MAY INCLUDE:

- Nausea, headaches, dizziness, chest pain or palpitations.
- If you notice any of these, **stop and rest** until the symptoms decrease.
- If these symptoms persist, call 911 or go to your nearest emergency room.

Keep Track of Your Progress

Use the Rating of Perceived Exertion (RPE) scale (see sidebar) to guide your progression with your exercise program.

The idea behind the RPE scale is for you to choose a number based on how you feel during your physical activity sessions. The number you choose should reflect your overall level of effort, including your breathing. There is no right or wrong answer. For exercise, you should be between 3 and 5 on the scale.

As your recovery and fitness improves, so too will your perceived level of effort. The change in effort that you feel over time is a measure of your improvement.

What does the RPE scale look like?

- 0 = Nothing at all
- 1 = Very easy
- 2 = Easy
- 3 = Moderate
- 4 = Somewhat difficult
- 5 = Difficult
- 6 = More difficult
- 7 = Very difficult
- 8 = +
- 9 = ++
- 10 = Very, very difficult (almost maximal)

ADDITIONAL TIPS FOR KEEPING PHYSICALLY ACTIVE

Choose an activity that you enjoy and that fits with your lifestyle.

1. Exercise with a buddy.
2. Keep an exercise log like the example on the next page – this way, you can see your progress and keep track of how you are feeling.
3. Set realistic goals or objectives you would like to achieve and talk openly about them with important people in your life.
4. Reward yourself when you have achieved your goals.
5. Be prepared for lapses; knowing they will happen may prevent the feeling of failure. “Get back on the horse” right away and start from where you fell off.

IF YOU HAVE DIABETES

How does diabetes affect my heart?

Diabetes or an elevated blood sugar level can lead to changes in the circulatory system. These changes may cause damage to your heart.

How can I keep my blood sugar levels healthy?

- Take your medications as prescribed
- Learn about managing diabetes by attending a diabetes education program (page 28)
- Monitor and keep track of your blood sugars
- Target: blood sugar before meals between 4.0 and 7.0 mmol/L
- Target: blood sugar 2 hours after meals below 10.0 mmol/L
- Follow your Heart Healthy Nutrition Plan
- Be active every day and follow your Physical Activity Plan
- Achieve and maintain a healthy body weight
- Visit your family doctor or diabetes specialist regularly

It's natural to have questions about what food to eat. A registered dietitian can help personalize your meal plan. If you have diabetes and are **taking insulin**, speak with your family doctor. You may need to see an endocrinologist (a doctor specializing in diabetes).

ADDITIONAL MEAL PLANNING TIPS

1. Eat 3 meals per day at regular times.
2. Space your main meals no more than 6 hours apart. You may benefit from a healthy snack. A snack should be at least 2 hours after a meal.
3. Eat breakfast.
4. Limit sugars and sweets such as sugar, regular soft drinks, fruit drinks, desserts, candies, jam, syrup and honey.
5. If you are thirsty, drink water or sugar-free drinks. Drinking regular soft drinks, sweetened drinks or fruit juices will raise your blood sugar level. If you have a condition requiring fluid restriction, follow your personalized recommendations.
6. Have portion sizes that will help you reach or maintain a healthy body weight. See information on weight management (page 9).

STRESS

Stress occurs when you are faced with situations or events that you do not feel you can manage. Another way of saying this is: you think that what is required of you is beyond what you are able to do, and so you feel “stressed.”

How does stress affect my heart?

In stressful situations, your body reacts by circulating adrenaline and other stress hormones. In response, your heart rate and blood pressure go up, your breathing becomes faster and more shallow, your skin starts to sweat, and, in general, your entire body revs up into high gear.

In the short term, these reactions make you more alert and able to deal with the stressful situation. However, if you are under stress for prolonged periods of time, other changes occur:

- Fat cells that were released into the bloodstream for extra energy become converted into cholesterol
- Platelets circulating in the blood become more “sticky,” and start building up inside your arteries
- Your overall patterns of daily life begin to change in ways that make it more difficult to eat well, exercise regularly, and get enough rest

How can I manage my stress?

How we think about an event determines its impact on our health.

- Attend a stress management workshop (page 29) and learn how to:
 - Identify what causes you stress
 - Develop plans to manage those times
 - Learn stress management skills like breathing and relaxation exercises
- Be physically active every day – this will play a role in reducing the effects of stress
- Identify and hold on to your strong support networks and good family relationships
- Get a *Coping with Stress* booklet from the Heart Health Education Library
- Ask for help if stress becomes a concern

DEPRESSION

Almost everyone feels sad or “depressed” at certain times, but clinical depression is *stronger and lasts longer*.

People with depression experience a number of symptoms including sadness, loss of interest in activities they usually enjoy, changes in appetite, sleep problems, reduced interest in sexual activity, difficulties with concentration or memory, loss of energy, feelings of worthlessness, and thoughts or plans related to suicide. Depression is common in people with heart problems; about 1 in 5 patients experiences clinical depression.

How does depression affect my heart?

Depression has specific physical effects that put your heart at risk:

- It increases the risk of blood clotting and causes problems with the inner lining of your blood vessels:
 - This leads to the build-up of plaque and to the development of atherosclerosis.

Depression also has general effects that cause additional risk to your heart. It weakens your immune system and, like stress, it also influences some of the decisions you make around exercise, healthy eating, or taking medications safely.

What should I do if I am feeling depressed?

- Seek support from your family and friends or from support groups
- Share your fears and worries with someone you trust
- Determine how much control you have in a given situation and let go of things that are beyond your control
- Plan to do things that you enjoy and then do them
- Take time for yourself
- Participate in a cardiac rehabilitation program
- Set goals to become physically active, then take action, because physical activity promotes relaxation and the release of endorphins (anti-stress hormones)
- Celebrate your achievements
- Recognize when you need extra help and talk to your doctor or a mental health professional (social worker, psychologist or psychiatrist)

STEP 2

Participate in a Cardiac Rehabilitation Program

WHAT IS CARDIAC REHABILITATION?

Cardiac rehabilitation is a program of exercise, education and counselling that is designed to help you learn how to make heart healthy living a part of your everyday life. Research demonstrates that people who participate in a cardiac rehabilitation program are more successful at managing their risk factors than those who do not.

Participating in a cardiac rehabilitation program will dramatically reduce your risk of future heart problems. There are a variety of programs available for you to choose from. **Your program will be personalized** to meet your needs. We will measure your risk factors at different time points to watch your progress and improvement.

In most cases, your cardiologist or cardiac surgeon will automatically refer you to a cardiac rehabilitation program. If you have not received your cardiac rehabilitation appointment within a few weeks of being discharged from the hospital, you should contact your doctor and discuss whether cardiac rehabilitation is right for you.

CARDIAC REHABILITATION OPTIONS

The program options available to residents living in the Ottawa-Carleton and surrounding regions are listed below. There is no cost for participation in these programs.



UNIVERSITY OF OTTAWA
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DE L'UNIVERSITÉ D'OTTAWA

University of Ottawa Heart Institute Cardiac Rehabilitation Programs

On-Site Supervised Program
Phone: 613-761-4572

This is a 1- to 3-month program of supervised on-site, twice-weekly exercise sessions (1 hour per session), medical assessment by a cardiac rehabilitation physician, nutrition workshops, and referral to services such as:

- Nutritional counselling
- Stress management
- Smoking cessation
- Vocational counselling
- Psychological counselling
- Social work counselling

Case-Managed Home Program

Phone: 613-761-4572

This program offers flexibility for those unable to participate in a hospital-based program.

This 3-month program offers:

- A tailored program focused on your personal heart health goals
- Medical assessment
- A total of 15 appointments, approximately 30 minutes each
- 3 appointments at the Heart Institute and the remainder by phone
- An individual home exercise program; no supervised exercise sessions

Brief Program

Phone: 613-761-4572

This program includes:

- A total of 5 sessions at the Heart Institute
- A coronary risk factor assessment
- Nutrition education sessions
- An exercise evaluation and tailored home exercise program; no supervised exercise sessions
- A follow-up evaluation scheduled after 3 and 12 months



Montfort Hospital Cardiac Rehabilitation Programs

On-Site Supervised Program

Phone: 613-746-4621, ext. 3130, or 613-842-0541

This is a 1- to 4-month program that includes:

- A medical and cardiovascular risk assessment
- Supervised on-site, twice-weekly exercise sessions
- Education sessions
- Referral to services such as Nutrition and Psychology as needed

Case-Managed Home Program

Phone: 613-746-4621, ext. 3130, or 613-842-0541

This 4-month program offers flexibility for those unable to participate in a hospital-based program. It includes:

- A medical and cardiovascular risk assessment
- A tailored program focused on your personal heart health goals
- An individual home exercise program; no supervised exercise sessions
- 3–4 appointments at the Montfort Hospital and the remainder by phone or in person as desired



Pembroke Regional Hospital Cardiac Rehabilitation Program

Phone: 613-732-2811, ext. 8091

This 3- to 6-month program is modelled after the Heart Institute on-site program. It includes:

- A medical assessment
- Supervised on-site, twice-weekly exercise sessions
- Education sessions
- A referral to a dietitian or social worker as needed
- Ample free parking available at this site

A case-managed home program is also available.



Hôpital Général de Hawkesbury
& District General Hospital Inc.

Hawkesbury and District General Hospital Supervised Program

Phone: 613-632-1111, ext. 177 – contact Nathalie Aupin

This 12-week program includes:

- Supervised on-site, twice-weekly exercise sessions
- Education sessions
- Bilingual staff

This program shuts down in July, August and December.



Heart Wise Exercise

Phone: 613-798-5555, ext. 18691

Email: HeartWise@ottawaheart.ca

Exercise programs in the Ottawa community at public recreation facilities. Heart Wise Exercise programs meet criteria set by the University of Ottawa Heart Institute and community partners, ensuring that the programs are safe for people with heart disease. Costs are variable depending on the program.

For locations, visit the website at www.ottawaheart.ca/UOHI or call the number noted above.

FrancoForme Program

Pour de plus amples renseignements sur le programme FrancoForme ou d'autres services offerts en français dans la région, veuillez SVP contacter le Centre de prévention et de réadaptation Minto de l'Institut de cardiologie au 613-798-5555, poste 14572.

STEP 3

Learn to Live and Work with Heart Disease

EXPECT AN ADJUSTMENT PERIOD

It is normal, throughout your recovery and in the coming months, to feel uncertain, anxious or depressed about your health; to wonder whether you should return to work or change other aspects of your life; and to wonder if there are ways that you can decrease stress and increase your quality of life.

Most people will regain their confidence over the next few months as they recover and begin to be more active.

MANAGE YOUR MEDICATIONS SAFELY

When you were discharged, you probably received a new prescription.

1. Make sure your doctor knows all the medications that you were taking previously so you can both feel confident that you are getting the right prescription.
2. When you receive the prescription, make sure you ask your doctor:
 - What is the name of the medication?
 - Why is it being prescribed?
 - When and how should it be taken?
 - How long will you need to take it?
 - What side effects should you expect to have?
 - What should you do about the side effects?
3. When you pick up your prescription, ask your pharmacist:
 - To explain the best way to take the medication
 - To explain what is written on the labels
 - To provide written information about the medication
4. Carry your *medication list* with you. Make sure the list includes:
 - **All** your medications, as well as any vitamins or supplements
 - Your allergies, immunizations, and pharmacy phone number

5. Review the list regularly with your doctor or pharmacist.
6. If you have trouble remembering to take your medications, the following tips are “tried and true”:
 - Take your medications at regular times each day
 - Associate your medications with daily activities like:
 - brushing your teeth or
 - at mealtimes or
 - at bedtime
 - Use a pill organizer with different compartments for different times of the day
 - Keep a second bottle in your car or at the office
 - If your medications are too complicated, ask your doctor if something simpler can be prescribed
 - Put a note on your calendar to remind you to pick up your prescription refills
7. Take the medication as it is prescribed by your doctor.
 - If you have concerns about taking medications, discuss them openly and honestly with your doctor
 - Discuss troublesome side effects with your doctor – you may be able to take a different kind of medication
8. If you are worried about the cost of your medication, ask your doctor if a less expensive medication can be substituted, or check with the Ontario Trillium Program for possible assistance:
 - Phone: 1-800-575-5386
 - Website:
www.health.gov.on.ca/english/public/forms/form_menus/odb_fm.html

GET THE MOST FROM YOUR FOLLOW-UP CLINIC APPOINTMENTS

Follow-up appointments with your doctor are a good time to check your progress and clear up any questions or worries that you might have. In order to get the most out of your appointment, make sure that you:

- Bring your updated medication list and plan to review it with your doctor;
- Make a list of your questions and concerns;
- Bring a family member or friend with you and ask them to take notes; and
- Ask questions if you are not sure you understand the information.

The following list includes some of the topics that you may want to consider when deciding what questions to ask your doctor:

- Returning to work or returning to driving;
- Unusual symptoms;
- Changes in medication or medication side effects;
- Limitations in your activity; and
- Follow-up appointment plans.

Questions for the doctor about your recovery/progress:

1. _____
2. _____
3. _____
4. _____
5. _____

PLAN YOUR RETURN TO WORK

How will I know if I can go back to work and do my job?

In order to help you understand whether you can return to work, you and your doctor will consider:

- How stable your condition is
- How safe you are to do your job
- What the licensing requirements are (for example, truck drivers or pilots)
- What the demands of your job are – both physically and mentally

What does my doctor need to know about my job?

- The physical work that you do, such as lifting or carrying
- Whether you use heavy tools like jackhammers
- The conditions that you work under, such as temperature, fumes or shift work
- The amount of job stress you have

If you have it available, take a copy of your job description to your doctor.

What papers do I need to return to work?

You require a letter from your doctor or a medical certificate or form stating:

- When you can return to work
- What you can or can't do

Tip: If your doctor writes "light duty," this needs to be explained: what duties you can perform, what hours you can work, and how long light duty is to continue.

Where can I get some help with my questions about work?

- A vocational counsellor who specializes in work-related issues will be available through your cardiac rehabilitation program
- There may be help through your workplace, such as a human resources staff member or an occupational health nurse or company doctor
- Your family physician may be able to help

THE LAST WORD

Our experience shows you can enhance your return to well-being by setting some personal goals for your health and sticking with them. Like all things worthwhile in life, it will require continuous effort on your part to stick with your plan. Remember that you are not alone. Sometimes, making changes in your life requires help. Get your family involved; enrol in a cardiac rehabilitation program; keep in touch with your family doctor. There are many options available to provide you with support, information and help along the way.

If you have any questions, please contact the Heart Institute Prevention and Rehabilitation Centre. Best wishes for your continued journey back to health.

Appendix 1

WHERE CAN I GO FOR MORE INFORMATION?

The Heart Health Education Centre

The University of Ottawa Heart Institute's Heart Health Education Centre is open to patients, family members and the public.

The Centre provides:

- Resources and workshops to help prevent, detect and manage heart disease
- A borrowing library of heart health information, including all the books mentioned in this guide
- Access to videos or computers to search online for information
- Someone who is always available to help you find information

Location:	2nd Floor of the Heart Institute, H-2342
Hours of Operation:	Monday to Friday 8:30 a.m. to 4:30 p.m.
Phone:	613-761-4753 or 1-866-399-4432
Email:	hearthealth@ottawaheart.ca
Website:	www.ottawaheart.ca/HHEC

Quit Smoking

Workshops

Quitting Without Gaining

Pick up your Workshops Schedule or check www.ottawaheart.ca/HHEC

Books

Brizer, D. *Quitting Smoking for Dummies*, 2003

American Lung Association. *How to Quit Smoking Without Gaining Weight*, 2004

Websites

Go smoke-free: www.gosmokefree.ca

Heart Healthy Nutrition

Nutrition Workshops

Pick up your Workshops Schedule or check www.ottawaheart.ca/HHEC

Weekday options:

- Free workshops are 90 minutes in length; days/evenings and English/French available
- Call 613-761-4753 to register
 - **ABCs to Heart Healthy Eating:** Develop the skills for heart healthy eating and get the facts on fat, fibre and salt.
 - **Heart Healthy Shopping:** Learn the tools to better understand food labels and develop heart healthy shopping lists.
 - **Nutrition Tips for Weight Management:** Learn to set realistic goals, understand healthy portions and plan meals for weight management.
 - **Hot Topics in Heart Health Nutrition:** Expand the knowledge you got in ABCs! Learn about Mediterranean diet, antioxidants, omega-3s, glycemic index and supplements.
 - **Eating Well with Diabetes:** For people wishing to control or prevent diabetes. Learn about meal planning, sweeteners, carbohydrates and glycemic index.

- **Bien s'alimenter de A à Z** : Une session de deux heures, offerte en **français** seulement, qui résume les deux ateliers « La base d'une alimentation saine pour le cœur » et « L'achat de denrées alimentaires saines pour le cœur ». Session offerte une fois par mois.
- **Quitting Without Gaining**: Find out practical tips on how to quit smoking without gaining weight.

Saturday options:

- 9:30 a.m.–12:30 p.m.
- Each workshop costs \$25.00 per person
- Call 613-761-5257 to register
 - Coping with Cholesterol series:
 - **Eat Smart!** An introduction to heart healthy eating for people at risk of, or with, heart disease.
 - **Getting on Track:** An interactive workshop on physical activity and maintenance of a healthy weight.

Books and Cookbooks

Lindsay, A. *The New Lighthearted Cookbook: Recipes for Heart Healthy Cooking*, 2005

Stern, B. *HeartSmart: The Best of HeartSmart Cooking*, 2006

Roblin, L. *500 Best Healthy Recipes*, 2006

American Heart Association. *American Heart Association Low-Salt Cookbook*, 2006

Hollands, M., and Howard, M. *Choice Menus Presents: Meal Planning with Recipes for One or Two People*, 2004

Mansfield, E., and McPherson, Dr. R. *Coping with Cholesterol*, 2006. Available at \$5.00 per copy in the library.

Nutrition Websites

University of Ottawa Heart Institute, Heart Health Education Centre: www.ottawaheart.ca/HHEC

Dietitians of Canada: www.dietitians.ca

Heart and Stroke Foundation: www.heartandstroke.ca

Health Canada: www.hc-sc.gc.ca

Canadian Diabetes Association: www.diabetes.ca

American Heart Association: www.americanheart.org

Weight Management Books

Heart and Stroke Foundation. *Healthy Habits, Healthy Weights*

Lindsay, A. *Anne Lindsay's Light Kitchen*, 2002

Diabetes Management

Canadian Diabetes Association: www.diabetes.ca, 1-800-BANTING (226-8464)

Community diabetes education programs:

- Ottawa: www.centretownchc.org
- For adults with type 2 diabetes who are controlled with diet or pills or just starting insulin; no major health problems related to their diabetes.
- Teaching is also available for people with pre-diabetes.
- Group and individual sessions on healthy eating, getting active, testing blood glucose, stress and emotions, delaying or preventing complications, and foot care.
- In English, French and other languages.
- To register, call **613-233-6655** or fax a doctor's referral to **613-233-6713**.

Outside Ottawa:

To locate the community diabetes education program nearest you, see *Diabetes Ontario* at www.diabetesontario.org or contact the Canadian Diabetes Association at 1-800-BANTING (226-8464) or email info@diabetes.ca.

Stress Management

Stress Management Workshop

The Heart Institute's Minto Prevention and Rehabilitation Centre offers an excellent stress management program. It consists of five 1.5-hour sessions and will teach you:

- Strategies to cope with stress
- Breathing and muscle relaxation techniques
- Assertive communication
- How to uncover and change automatic thoughts
- To use humour

Participants typically receive treatment in a group of 8–12 participants, and a reading list of stress management materials is also provided.

Location: University of Ottawa Heart Institute, 40 Ruskin Street, Ottawa

Cost: \$25.00

To Register: Call 613-761-4754

Stress Management Books

Davis, M., McKay, M., and Robbins Eshelman, E. *The Relaxation & Stress Reduction Workbook*, 2000

Greenberger, D., and Padesky, C.A. *Mind Over Mood: Change How You Feel by Changing the Way You Think*, 1995

Heart Disease Support Groups

Heart Institute Alumni Association Inc.

For more information, call the Alumni Office at 613-761-4370 or email info@ottawaheartalumni.ca

Ottawa Heart Support Group

Visit www.committed.to/ohs or email OttawaHeartSupport@bigfoot.com or phone Hugh McDowell at 613-825-2209, Bill Holland at 613-824-9563, or Bernie Reynolds-Ridley at 613-729-3481

Appendix 2

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RATE YOUR WEIGHT

Tools to help you rate your weight:

Body mass index (BMI) and waist circumference (WC) are two ways to help determine if your current weight is putting you at risk for developing health problems. They:

- should be used together
- are for healthy men and women over 18 years old
- should not be used for pregnant or breastfeeding women

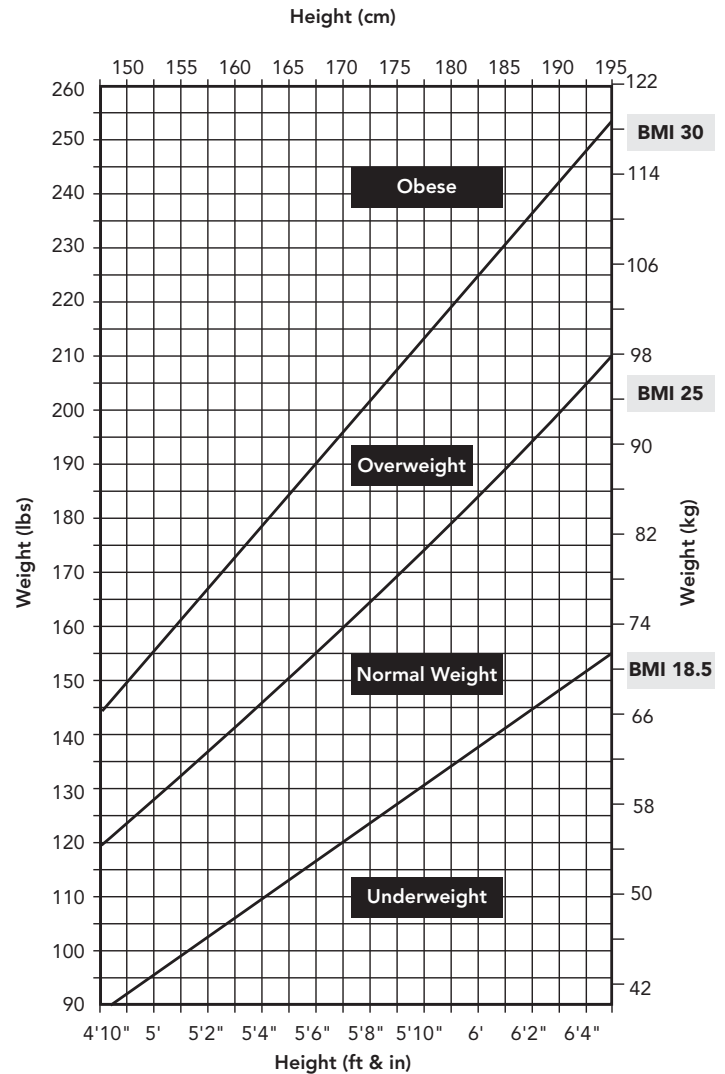
BMI is a measure of your weight related to your height (kg/m²).

Find your BMI by using the chart:

1. Find your current weight and draw a horizontal line across the chart.
2. Find your height and draw a vertical line from the top to the bottom of the chart.
3. Your current BMI is where the two lines cross. Compare this to the chart below:

BMI	RISK OF DEVELOPING HEALTH PROBLEMS
Less than 18.5	Increased
18.5–24.9	Least
25.0–29.9	Increased
30.0–34.9	High
35.0–39.9	Very High
40.0 or more	Extremely High

Note: For persons 65 years and older the "normal" range may begin slightly above BMI 18.5 and extend into the "overweight" range.



Some Health Problems Associated with Body Weight:

Overweight (BMI 25–29.9) and **Obesity** (BMI 30 or more):

- type 2 diabetes
- high blood pressure
- high blood cholesterol
- coronary heart disease
- gallbladder disease
- sleep problems
- certain cancers (breast, colon, prostate, kidney, endometrial)

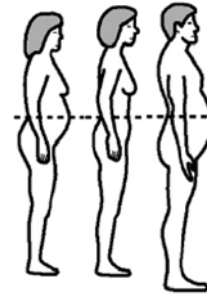
Underweight (BMI less than 18.5)*:

- undernutrition
- osteoporosis
- infertility
- weakened immune system

*May indicate an eating disorder or other underlying illness

Waist Circumference (WC):

Waist circumference is used to measure the amount of fat around your waist. It indicates health risk associated with the amount of body fat and its location. **Use WC only when BMI is between 18.5 to 34.9.**



How to Measure WC:

Using a tape measure, measure waist circumference at the smallest area below the rib cage and above the belly button.

What Now?

WAIST CIRCUMFERENCE	RISK OF DEVELOPING HEALTH PROBLEMS	HEALTH PROBLEMS ASSOCIATED WITH INCREASED WC
Men 102 cm (40 in) or more Women 88 cm (35 in) or more	Increased	<ul style="list-style-type: none"> • type 2 diabetes • coronary heart disease • high blood pressure

Make permanent lifestyle changes to help you achieve a health body weight in the long term. Start with health and balanced eating, and increasing physical activity.

- Aim to achieve a healthy weight gradually.
- Use Canada's Food Guide to Healthy Eating to plan all your meals and snacks.
- Use Canada's Physical Activity Guide to make wise choices about physical activity.
- Consult your doctor or dietitian for advice about your overall health risks and the weight management options best for you.

ottawa.ca/health

(2004)

For more information, call Ottawa Public Health Nutrition at 580-6744 ext. 23403.



You Can Make a Difference

The Ottawa Heart Institute Alumni provide an ongoing link between the University of Ottawa Heart Institute and its community of patients. Their goals are:

- To educate and inform their members of advancements within the Institute and in the treatment of heart disease;
- In furtherance of the above objective, to encourage and effect communications, in both directions, between the Institute staff and Alumni members;
- To assist the Institute in providing total health services to its patients and ex-patients and to facilitate patient education; and
- To help raise funds and to allocate them in support of the above objectives.

All patients, former patients, and their relatives and friends are welcome to become members of the Ottawa Heart Institute Alumni. Should you wish to have more information about the Alumni, please visit the website www.ottawaheartalumni.ca.

Please note that while all donations are tax deductible, the \$15.00 membership fee is not. Membership fees are the only funds that the Alumni use to cover the costs of operations and administration.

You are encouraged to give donations to the University of Ottawa Heart Institute through the Ottawa Heart Institute Foundation, for which tax receipts will be issued. Tax receipts will also be issued for all donations specifically designated to the Ottawa Heart Institute Alumni Inc. All such donations are used exclusively to purchase equipment and fund other activities that contribute directly to patient care and comfort in the Heart Institute.

THE OTTAWA HEART INSTITUTE ALUMNI INC.

Membership Application

(Please print)

Preferred Correspondence: English French

Title: (Mr., Ms., Mrs.) Name: _____

Apt. #: _____ Address: _____

City: _____ Prov.: _____ Postal Code: _____

Telephone: (H) _____ (W) _____

\$15.00 membership fee

Cheque or money order payable to: The Ottawa Heart Institute Alumni Inc.

Please use: Visa MasterCard

Number: _____ Expiry Date: _____

Signature: _____ Email: _____

