

Heart&Stroke

Health Information Catalogue



HEART &
STROKE
FOUNDATION

www.heartandstroke.ca/resourcecatalogue

WELCOME

Put your heart into your health

Welcome to the Health Information Resource Catalogue.

The Heart and Stroke Foundation offers a wealth of information and tools to help you, your family or your patients prevent and manage heart disease and stroke. This catalogue lists the print resources available for Ontario residents. You may find information about living with the effects of heart disease and stroke, how to control your risk factors, how to live a healthy style and much more. Some resources are available in other languages, such as Hindi and Chinese. To order free materials, please fill out the Order Form at **heartandstroke.ca/resourcecatalogue**.

These print materials are also available online. To download PDF versions or other health information and multicultural resources, go to **heartandstroke.ca**.

To learn more about resources for healthcare providers, go to **heartandstroke.ca/healthcareprofessionals**.

Ordering guidelines

The following guidelines will help you order the materials:

- This Catalogue and Order Form are for Ontario residents only. If you live in another province or territory, please contact your provincial office.
- If you are Ontario residents, please complete the Order Form at **heartandstroke.ca/resourcecatalogue**.
- Print materials are updated regularly. Please order just enough to make sure you get the latest version every time.
- Courier service cannot deliver to a P.O. Box. Please provide an alternative shipping address on the Order Form. Standard delivery is two weeks.
- Print materials are free to the public in small quantities. Large orders require approval. Our cost recovery policy may apply to ensure the best use of donor dollars. We accept payment by credit cards or purchase orders.

Ordering guidelines (continued)

- You can choose the right customer segment on the Order Form using the following definitions.

General public

- ☐ G1 Business/Workplace – Public/private entities for business use or workplace wellness. E.g. Fitness centres, insurance companies, workplace wellness companies or banks disseminate material to clients. Corporations, governments, school boards or police force disseminate material to employees.
- ☐ G2 Communities – Community centres, churches, libraries, public recreational services, government/military centres, YMCA, ethnic groups, senior's groups or community awareness events.
- ☐ G3 Individuals – Personal use.
- ☐ G4 Schools – Students and teachers for health education.

Healthcare

- ☐ H1 Doctors' offices – Public/private doctors' offices. Does not include Community Health Centres or Family Health Teams.
- ☐ H2 Hospitals – Public/private hospitals.
- ☐ H3 Other health organizations – Public/private health entities other than doctors' offices and hospitals. E.g. Community Health Centres, Family Health Teams, Health Clinics such as Physio/Rehab Clinics, nursing homes or pharmacies.

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Prevention of Risk Factors

**MOST
POPULAR**



Test your heart health IQ (English only)

Do you know what makes a healthy heart? Take a quick quiz to test your heart health knowledge. This pamphlet also provides a wealth of information and tools that can help you to prevent and manage heart disease and stroke.



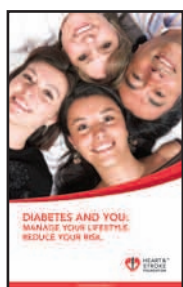
Blood pressure record wallet card

If you have high blood pressure (hypertension), the best way to control it is to record it. This handy wallet card can help you keep track of your readings so that you can show your healthcare provider how well you are managing your blood pressure. You can also learn how to take blood pressure readings properly.



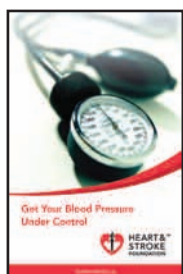
Coping with stress

Stress is a risk factor for heart disease and stroke. The Heart and Stroke Foundation has partnered with the Canadian Mental Health Association to bring you this 32-page brochure to help you better understand and manage stress in your life.



Diabetes and you: Manage your lifestyle. Reduce your risk.

Diabetes can increase the risk of heart disease and stroke. Reduce your risk by leading a healthy lifestyle. Read this 20-page brochure and take the first step toward a longer, healthier life!



Get your blood pressure under control

Do you know your numbers? High blood pressure is the No. 1 risk factor for stroke and a major risk factor for heart disease. Know and control your blood pressure. If you have been diagnosed with, or are at increased risk for, high blood pressure, this 24-page brochure will help you manage it.

Risk Factors & Warning Signs



Just breathe: becoming and remaining smoke free

You may be a smoker who wants to quit. Or you may be a family member concerned about someone who smokes. Either way, this brochure provides proven tips for becoming smoke-free. Quitting may be difficult, but if you have help and a plan, it may become much easier.



Living with cholesterol: cholesterol and healthy living

Adopting a healthy lifestyle is an important first step towards achieving and maintaining healthy cholesterol levels. In this 20-page brochure, you can find lifestyle tips to help you manage your cholesterol levels and lower your risk of heart disease and stroke.



Taking control: lower your risk of heart disease and stroke

Preventing heart disease and stroke is important. A great place to start is to learn to identify and control your risk factors. There are many risk factors you can control. Talk to your healthcare professional and use this 20-page brochure to help guide you towards a heart-healthier life.

Risk Factors & Warning Signs

Warning Signs & CPR/AED



**MOST
POPULAR**

Heart attack and stroke warning signs and actions wallet card

Do you know how to react if someone you know is having a stroke or heart attack? Learn the warning signs with this emergency wallet card. Keep this card with you at all times. It can help save a life.



Emergency signs and actions – for life

Would you be ready if someone had a heart attack, stroke or cardiac arrest? In this 12-page brochure, you can learn the warning signs and how to respond quickly by calling 9-1-1, performing CPR (cardiopulmonary resuscitation) and using an AED (automated external defibrillator).

Healthy Living

Healthy Eating & Physical Activity



**MOST
POPULAR**

Eat well. Live longer. Simple steps to making healthy choices

Do you want to look and feel your best and live longer? Make a few changes to your eating habits and you'll be well on your way. This 20-page brochure gives you practical tips from *Canada's Food Guide*.



A woman's guide to healthy eating and active living. Your action plan to a healthier you (English only)

Heart disease and stroke are the No. 1 killer of women. In this 12-page brochure, you can learn about your risk factors and how to control them. For more healthy eating resources and recipes, go to heartandstroke.ca.



Getting active for life: your guide to an active lifestyle

Many Canadians of all ages aren't active enough to achieve good health. Take the first step toward a longer, healthier life! This 16-page brochure provides many useful tips and ideas on how to stay active at your own pace and style.



Heart-healthy eating guide for your family

Are you looking for tips to plan meals for your children and family? Healthy food choices are important. This 16-page brochure gives you practical tips from *Canada's Food Guide*.

Healthy Weight



Healthy waist tape measure (English/French) (25 copies/bundle)

**MOST
POPULAR**

Waist circumference is a good predictor of your risk for heart disease, stroke, high blood pressure, high blood cholesterol and type-2 diabetes. With this specially marked measuring tape, you can figure out when your waist size is putting you at risk. Take this measure tape and follow instructions to measure your waist size correctly.



Your health, your weight: simple steps to making healthy choices

**MOST
POPULAR**

Achieving a healthy weight range may help you prevent health problems such as high blood pressure, high blood cholesterol and type-2 diabetes. It may also lower your risk of heart disease and stroke. In this pamphlet, find out how to calculate your BMI (body mass index) and get nutrition and physical activity tips for you and your children.



Healthy habits, healthy weight: a practical guide to weight management (English only)

Becoming the winner in the battle of the bulge means finding an eating and exercise plan you can live with for the long term. Constructing such a plan is easy with the information in this 48-page brochure.

Recipe Cards

**MOST
POPULAR**

Microwave oatmeal squares recipe card



Fast, easy and heart-healthy for kids. What more could a parent ask for in a snack? This card features a recipe for microwave oatmeal squares and healthy snack tips. Get more heart-healthy recipes, nutrition and physical activity tips by signing up for He@lthline, the Foundation's free monthly e-newsletter at heartandstroke.ca/subscribe.

Black bean and vegetable chili recipe card



This recipe provides a fibre-rich meal for you and your family. Get more heart-healthy recipes, nutrition and physical activity tips by signing up for He@lthline, the Foundation's free monthly e-newsletter at heartandstroke.ca/subscribe.

Protein bars recipe card (English only)



Need a boost after your workout? This recipe card not only provides a recipe for protein bars as well as nutritional tips for an active lifestyle. Get more heart-healthy recipes, nutrition and physical activity tips by signing up for He@lthline, the Foundation's free monthly e-newsletter at heartandstroke.ca/subscribe.



**MOST
POPULAR**

Heart&Stroke eTools magnetic bookmark (100 bookmarks/bundle)

This fun magnetic bookmark is a useful promotional item that highlights the benefits of the eTools the Foundation has available online.

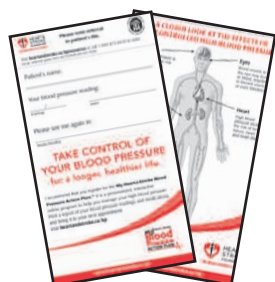


**MOST
POPULAR**

My Heart&Stroke Risk Assessment™ and My Heart&Stroke Blood Pressure Action Plan™ buckslip (English only) (50 buckslips/bundle)

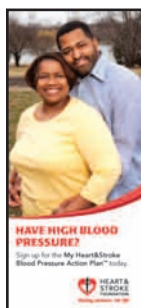
This double-sided information slip introduces the Foundation's online eTools to help you identify your risk for heart disease and stroke, as well as help you manage your high blood pressure.

My Blood Pressure Action Plan™



Doctor referral pad for My Blood Pressure Action Plan™ (English only) (20 sheets/pad)

Designed for doctors, this referral pad can help you counsel patients with high blood pressure. You can write down your patient's blood pressure readings and the next follow-up appointment, and refer them to the free **My Heart&Stroke Blood Pressure Action Plan™**. Please order by number of pads.



Have high blood pressure? Sign up for the My Heart&Stroke Blood Pressure Action Plan™ today. (English only)

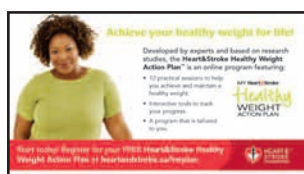
When you control your blood pressure, you can also lower your risk for heart disease and stroke. If you have high blood pressure, read this pamphlet and find out how the **My Heart&Stroke Blood Pressure Action Plan™** can help you.



Take control of your blood pressure poster (Waiting room poster for My Blood Pressure Action Plan™) (English only)

Lowering high blood pressure can also lower your risk for heart disease and stroke. This 11" x 17" poster is designed for the doctor's waiting room. If you have patients with high blood pressure, refer them to the free **My Heart&Stroke Blood Pressure Action Plan™**.

My Healthy Weight Action Plan™



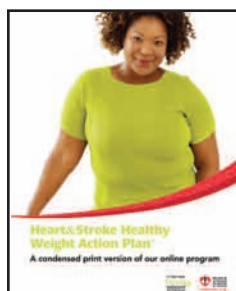
Achieve your healthy weight for life (Patient buckslips in English only) (100 buckslips/bundle)

If you are struggling with your weight, you are not alone. This information slip introduces the **My Heart&Stroke Healthy Weight Action Plan™** to help you to achieve and maintain a healthy weight.



How can you help patients achieve a healthy weight for life? (Doctor buckslips in English only) (100 buckslips/bundle)

This information slip introduces the **My Heart&Stroke Healthy Weight Action Plan™** to doctors which can help them counsel their patients who are overweight or obese or who want to keep a healthy weight.



Heart&Stroke Healthy Weight Action Plan™: a condensed print version of our online program (English only)

The Healthy Weight Action Plan is a 12-week program for learning the skills and habits that naturally lead to finding and maintaining your own healthy weight. The Plan reflects what you would experience if you met weekly with a registered dietitian or weight loss consultant. This 38-page handbook is a condensed print version of the online program.

My Risk Assessment™



Are you at risk of heart attack or stroke? Take the My Heart&Stroke Risk Assessment™ and find out today. (English only)

It's important to know your risk for heart disease and stroke. In this pamphlet, you can learn more about the free, confidential **My Heart&Stroke Risk Assessment™** and find out your risk for heart disease and stroke.

Heart Disease

**MOST
POPULAR**



HeartSmart™ women: a guide to living with and preventing heart disease and stroke

Most Canadian women have at least one risk factor for heart disease. This 48-page brochure talks about the unique aspects to women's heart health. It also talks about diagnosis, treatment and how to make heart-healthy lifestyle changes.



Heart and soul: your guide to living with congenital heart disease

The Heart and Soul guide is a source of support and reassurance for families whose children have congenital heart defects. This 212-page handbook can help you plan care for your children who may have multiple needs, find tips on building a support team and how to cope with stress.



Managing congestive heart failure

By following the seven modules in this 48-page handbook, you can learn many skills and tips to help you better manage your condition.



Recovery road: an information guide for heart patients and their families

This 128-page handbook is designed for heart patients like you, your family and friends to improve your success of recovery from a heart attack, angina or other heart conditions. You can learn about what has happened to you, the recovery process and what you can do to live life to its fullest.

Stroke



**MOST
POPULAR**

You've had a TIA. Learn how to prevent another one

TIA (transient ischemic attack) is a medical emergency. If you have had a TIA, your risk of having a stroke is much higher. This 16-page brochure can help you prevent another TIA or stroke.



Let's talk about stroke: an information guide for survivors and their families

If you or your loved one has had a stroke, this 88-page handbook can help you and your family to understand stroke and the recovery process. Every stroke is different. This resource answers questions most stroke survivors ask.

Aboriginal & Multicultural

Aboriginal Peoples

**MOST
POPULAR**

Health information for First Nations, Inuit & Métis (Aboriginal Peoples risk awareness brochure in English)

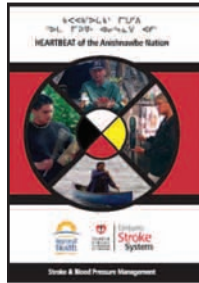
Aboriginal Peoples are at greater risk of heart disease and stroke. Risk factors for heart disease are now starting at younger ages. This information slip raises awareness and introduces the Foundation's resources for Aboriginal Peoples.



**MOST
POPULAR**

Taking control: Lower your risk of heart disease and stroke. A guide for Aboriginal Peoples (English)

Aboriginal Peoples are more likely to have high blood pressure and type-2 diabetes, which put them at greater risk of heart disease and stroke. This 16-page brochure helps you to identify the risk factors and learn how to control them.



Heartbeat of the Anishnawbe Nation

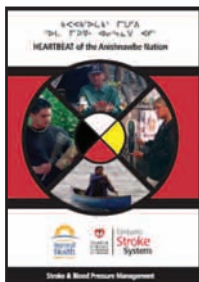
(Aboriginal Peoples DVD in Ojibwe, dubbed in Oji-Cree and English)

This 19-minute DVD helps you learn about stroke and blood pressure management using medical and Aboriginal traditions. Brenda's journey through the clinic allows you to understand how smoking, alcohol and medication affect stroke and blood pressure.



Let's put our hearts into it! (Aboriginal Peoples poster in English)

Aboriginal Peoples are more likely to have high blood pressure and type-2 diabetes, which put them at greater risk of heart disease and stroke. This 17" x 26" poster is designed for your community bulletin board or doctor's waiting room to increase awareness.



Your heart: it's in your hands

In this 24-minute DVD, Aboriginal Peoples can learn from members of their own community about how to live a healthier lifestyle in order to control high blood pressure and reduce their risk of heart disease and stroke.

Chinese

**MOST
POPULAR**



Get your Blood Pressure under Control (Traditional Chinese)

Do you know your blood pressure numbers? High blood pressure is the No. 1 risk factor for stroke and a major risk factor for heart disease. Know and control your blood pressure. If you have been diagnosed with, or are at increased risk for, high blood pressure, this 12-page brochure will help you manage it.



Living with heart failure (Traditional Chinese)

If you have heart failure, it is very important that you know how to manage your condition. Many patients with heart failure live a full and normal life. This 12-page brochure can help you learn more about the condition and how to manage it through lifestyle changes.

**MOST
POPULAR**



Taking control: lower your risk of heart disease and stroke (Traditional Chinese)

Preventing heart disease and stroke is important. A great place to start is to learn to identify and control your risk factors. Talk to your healthcare professional and use this 20-page brochure to help guide you towards a heart-healthier life.

**MOST
POPULAR**



Almond milk with egg white recipe card (Traditional Chinese)

Learn how to make a lower-fat version of this traditional recipe with all of the taste and creamy texture of the original. Nutrition information is included. It also introduces the Chinese resources provided by the Foundation.



Kung pao chicken with vegetables recipe card (Traditional Chinese)

A more health-conscious version of this classic spicy stir-fry, this recipe is sure to please the eyes, the taste buds and the heart. Nutrition information is included. It also introduces the Foundation's resources for the Chinese community.



Taking control: lower your risk of heart disease and stroke (Chinese DVD in Mandarin, Cantonese and English)

Follow the stories of two Chinese families as they learn how to change their lifestyle to lower their risk of heart disease and stroke. This 15-minute video includes information on healthy eating, physical activity and quitting smoking.

People of African descent

**MOST
POPULAR**

Heart-healthy African and Caribbean recipes (English)



The Foundation's registered dietitians have approved nine heart-healthy African and Caribbean recipes. Get more heart-healthy recipes, nutrition and physical activity tips by signing up for He@lthline, the Foundation's free monthly e-newsletter.

Groundnut stew recipe card



This easy-to-follow recipe can teach you how to make a lower-sodium, lower-fat version of a traditional groundnut stew. Nutritional information is included. Get more heart-healthy recipes, nutrition and physical activity tips by signing up for He@lthline, the Foundation's free monthly e-newsletter.

Vegetable fufu recipe card



This recipe provides you with an African-inspired side dish packed with fibre, vitamins and minerals. Nutritional information is included. Get more heart-healthy recipes, nutrition and physical activity tips by signing up for He@lthline, the Foundation's free monthly e-newsletter.

South Asians

**MOST
POPULAR**



Healthy eating for South Asians

This resource outlines simple steps to making heart-healthy choices specific to South Asian food choices and cooking techniques.



Healthy eating, Bengali cuisine
Healthy eating, Gujarati cuisine
Healthy eating, North Indian cuisine
Healthy eating, Pakistani cuisine
Healthy eating, Punjabi cuisine
Healthy eating, South Indian cuisine
Healthy eating, Sri Lankan cuisine

**MOST
POPULAR**

This series of food fact sheets brings you healthy eating tips and recipes from a variety of South Asian cuisines. Nutritional information is included. Share it with your families and friends in your community.

South Asians

**MOST
POPULAR**



Taking control: lower your risk of heart disease and stroke (Hindi, Punjabi, Tamil and Urdu)

Preventing heart disease and stroke is important. A great place to start is to learn to identify and control your risk factors. Talk to your healthcare professional and use this 20-page brochure to help guide you towards a heart-healthier life.



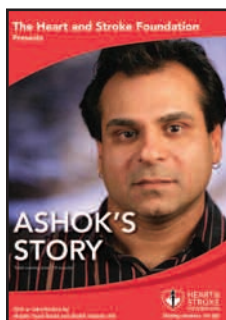
Health information for Canadians of South Asian descent (Risk awareness buckslip in English)

People of South Asian descent are at greater risk for heart disease and stroke. This information slip raises awareness and introduces the South Asians resources provided by the Foundation.



Heart-healthy South Asian recipes (English)

Want to try some heart-healthy versions of traditional South Asian recipes? Our dietitians have developed nine recipes with lower fat and sodium content that are delicious and easy to prepare. It also introduces the Foundation's resources and our free, monthly e-newsletter.



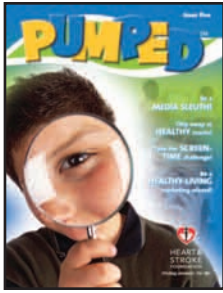
Ashok's story (South Asian Muslim community DVD in English)

This 18-minute video tells the story of Ashok as he prepares for, undergoes and recovers from triple bypass surgery at the age of 39. It also covers healthy eating, physical activity and learning to become smoke-free to prevent heart disease and stroke. The Imams also talk about the importance of maintaining a healthy heart for Muslim South Asians.



The story of every heart (includes Ashok's story) (South Asian DVD in Hindi, Punjabi, Tamil, Urdu and English)

This video follows the story of Raj and his family as they learn about their risk factors and warning signs for heart disease and stroke. It also includes Ashok's story as he prepares for, undergoes and recovers from triple bypass surgery.



**MOST
POPULAR**

Pumped™ magazine: issue 5-7 (English only)

Inspire heart-healthy habits in kids that last a lifetime. Aimed at children ages 9 to 12, the magazine features puzzles, pictures and much more to keep kids engaged.



The Beat magazine (English/French)

Inspire heart-healthy habits in kids that last a lifetime. This 16-page magazine speaks to teens ages 11 to 14 about healthy eating, being smoke-free and active living.



How the Heart and Stroke Foundation can help.

The Heart and Stroke Foundation offers a wealth of information and tools to help you and your family prevent and manage heart disease and stroke. You may find:

Heart&Stroke eTools

Take the free, confidential My Risk Assessment™ and receive a personalized report with customized tips to improve your health. You can also register for the My Blood Pressure Action Plan™, the My Healthy Weight Action Plan™ or the My Health eSupport™ to manage your blood pressure, achieve a healthy weight or get regular emails with tips for making healthy lifestyle changes. Visit heartandstroke.ca/ehealth

Heart&Stroke He@lthline and He@lthline for Parents

Sign up for our free monthly e-newsletter and receive exclusive heart-healthy recipes, nutrition and physical activity tips at heartandstroke.ca/subscribe

Current patient information and prevention tips

Learn more about living with the effects of heart disease and stroke and how to control your risk factors. Some resources are available in other languages such as Hindi and Chinese. For health information and multicultural resources, go to heartandstroke.ca

Delicious heart-healthy recipes

Heart and Stroke Foundation dietitians develop and review all our recipes, which are low in salt and fat and high in fibre. Go to heartandstroke.ca/recipes

Cardiopulmonary Resuscitation (CPR) training

Find out where to take a CPR training course in your community at heartandstroke.ca/cpr

Learn more at
www.heartandstroke.ca
or call
1-888-HSF-INFO
(1-888-473-4636)