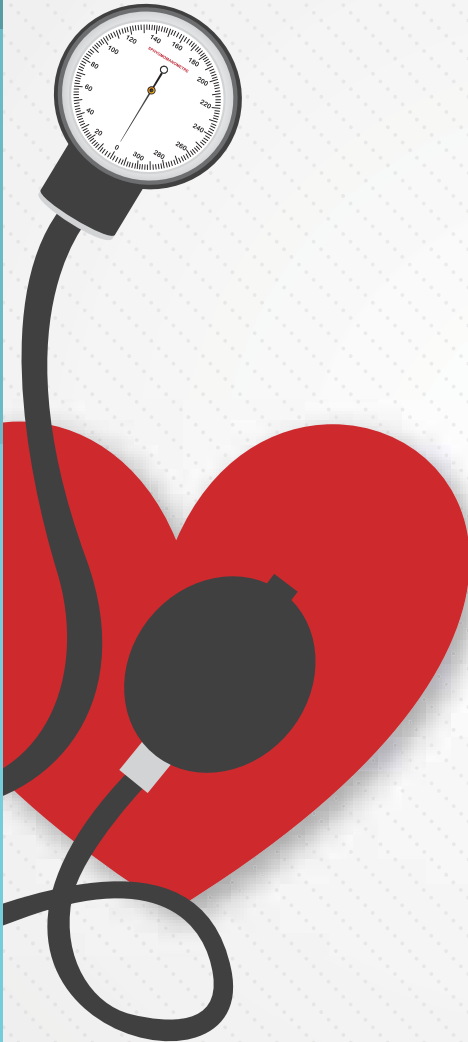


Pssst!

Plan to Stay in Shape Today



Keep a **HEALTHY HEART**

A guide to
high blood pressure
and **heart disease**



Your heart is a **pump** that sends **blood** throughout your entire body. Blood circulates to the different parts of the body in order to supply them with the **oxygen** they need to function properly. Your blood travels through **blood vessels**, which together with the heart, form your **cardiovascular system** (cardio for heart; vascular for blood vessels). In this guide, we'll look at some types of diseases that can affect this system and what to do to prevent them.

High blood pressure

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HIGH BLOOD PRESSURE

The pressure exerted by the blood against vessel walls is called **arterial pressure**. Arterial pressure is essential, since it sends blood all the way to the body parts farthest from the heart.

With **high blood pressure**, the pressure exerted by the blood against the vessel walls is **too high** on a **continuous basis**. Over time, this excessive pressure can damage blood vessels and result in cardiovascular complications. Think of a balloon filled with too much air. Sooner or later, the balloon will be damaged by the excessive air pressure. Something similar happens with blood vessels.

Is this a common problem?

An estimated **one out of every three adults around the world** suffers from hypertension—the clinical term for high blood pressure.

In **Canada**, hypertension affects **7.5 million** people—more than one out of every five Canadians.

In **Quebec**, the numbers are almost as high: **20%** of Quebecers have hypertension. For those **65 years and up**, it's almost **one out of every two**.

Any way you slice it, hypertension is an important health issue. So it's important to **understand**, **prevent**, and **treat** the condition in order to avoid its potentially fatal consequences.

Signs and symptoms

People with hypertension usually don't have **any symptoms**. The only way to detect high blood pressure is to use a device that **measures** blood pressure. Which means sufferers often don't know there's a problem, and that's the danger. The lack of symptoms doesn't make hypertension any less dangerous—just more **insidious**. Symptoms sometimes appear only when the pressure is so high that it puts the sufferer's life in danger.

Symptoms of sustained high blood pressure are:

- Severe headaches
- A hot, red face
- Heart palpitations
- Severe anxiety

This constitutes a **medical emergency**. Anyone experiencing these symptoms should go to a hospital immediately.

How is it measured?

Blood pressure is first measured using two values.

The first value is called “**systolic** pressure,” or “**maximum pressure**.” This is the higher of the two numbers. It gives you the pressure in the arteries when the heart **contracts**, sending blood throughout the body.

The second value is called “**diastolic** pressure,” or “minimum pressure.” It’s the lower of the two numbers. It gives you the residual pressure in the arteries when the heart **releases** and rests between beats while the blood rushes back in.

Blood pressure is measured in **millimetres of mercury**, the universal unit of measure for blood pressure readings.

Here are the numbers to keep in mind when taking your blood pressure:

Normal pressure	Pressure to watch	High pressure
120/80 mmHg and lower (low risk)	Between 121/81 mmHg and 139/89 mmHg (moderate risk)	140/90 mmHg and up (high risk)

Your blood pressure should be below 140/90 mmHg when measured by a health professional, and below 135/85 mmHg when measured at home.

For some people, the targets are different.

For example, seniors 80 years and over should keep their blood pressure below 150/90 mmHg. People with diabetes should aim to keep their blood pressure below 130/80 mmHg. These are arbitrary targets, however, and can vary between individuals according to their general state of health.

The **third value** in your blood pressure reading is your **pulse**, or heart rate, measured in beats per minute. In other words, it's the number of times your heart beats in a period of 60 seconds. Each heart has its own rhythm, so everyone's pulse is different, but there is an established average. In general, hearts beat between 60 and 80 times per minute at rest. Values outside of this range can be normal, but can also be associated with heart conditions.

A word of caution about **hypotension** or low blood pressure, which is the **opposite** of hypertension. It can be indicated by either a blood pressure reading that's **too low** or by symptoms. Some people naturally have below-average blood pressure and don't have any symptoms, while other people can experience significant discomfort with the same low values. It depends on the person.

The symptoms of hypotension are generally as follows:

- Dizziness
- Fatigue
- Confusion
- Nausea
- Blurred vision

If you experience these kinds of symptoms, it's important to discuss it with your health professional.

How is it diagnosed?

Hypertension is diagnosed by your health professional based on blood pressure readings.

These readings are taken with a **device** that detects the level of pressure in your blood vessels.

If your doctor's readings show that your blood pressure is **140/90 mmHg** or higher and a medical exam doesn't reveal a link with another illness that would explain this high blood pressure, your doctor will probably ask you to start measuring your blood pressure at home. Your doctor might also suggest a 24-hour ambulatory blood pressure monitor. This device is fitted to you and automatically measures your blood pressure at regular intervals throughout the day. As we saw previously, the target values are generally **under 135/85 mmHg** for readings taken at home.

For your follow-up visit, if the readings at home were higher than 135/85 mmHg, depending on your personal health profile, you may be diagnosed with hypertension.



DID YOU KNOW THAT A PERSON'S BLOOD PRESSURE IS SOMETIMES HIGH ONLY WHEN TAKEN BY A HEALTH PROFESSIONAL? This is called “**white coat hypertension**”. In such cases the person doesn't actually have hypertension, but will have high blood pressure at the time of the reading due to a certain anxiety around doctors, pharmacists, or nurses, for example.

DID YOU KNOW THAT THE OPPOSITE EFFECT ALSO EXISTS? Sometimes, blood pressure won't be high when it's taken by a health professional, even if it's high when taken at home. This is what's called **masked hypertension**. It means that someone actually has hypertension but for some reason, their blood pressure isn't high when measured in the office of a health professional.

Getting a good blood pressure reading in five easy steps

There are a few steps that need to be followed when taking your blood pressure at home.

1 Choose your device

If you need to check your blood pressure regularly, it's highly recommended that you get a device that lets you take your readings at home. That way, all you need to do is read the results on the device's screen each time you measure your blood pressure. Choose a device that's been [approved by Hypertension Canada](#) to make sure it meets the standards for performance, safety, and reliability. It's best to choose a device that saves your blood pressure readings so you don't lose them. Your health professional can help you choose a device that meets your needs.

2 Choose your cuff

The cuff is worn around your arm and blood pressure is detected there and sent to the machine to be measured and displayed. Cuffs come in several sizes, so be sure to choose the [cuff size](#) that's [right for your arm](#). Otherwise the readings will be [inaccurate](#) or simply won't be taken at all. A cuff that's too small could produce abnormally high readings, whereas a cuff that's too large could have the opposite effect, with values that are lower than the actual pressure in your blood vessels.

3 Get ready

Once you've chosen your device and adjusted your cuff, you can prepare to take your blood pressure. Ideally, you should sit down **5 minutes** before you start the reading, and wait at least **30 minutes** after any physical exercise. In order to get a reliable reading, it's also best to have an **empty bladder** and avoid consuming caffeine or other stimulants (chocolate, for example) in the previous hour.

4 Get set

You should be **seated** comfortably, with your back supported and your extended arm resting on a surface at heart level, like a table. Uncross your legs and set your feet flat on the floor.

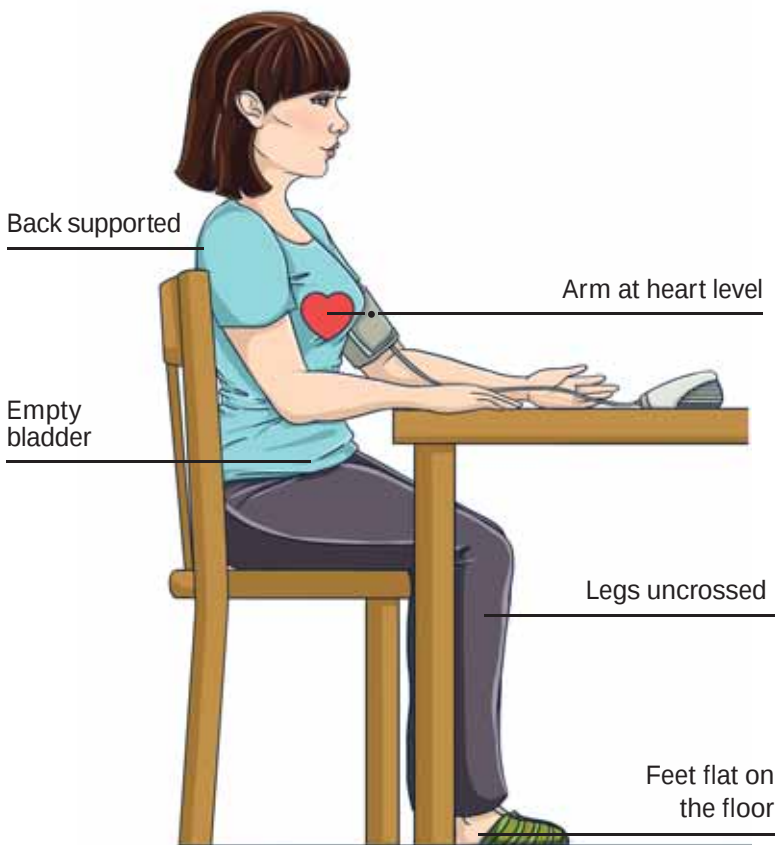
5 Take your blood pressure

Once you're ready to take your blood pressure, wrap the cuff around your **bare arm** and start the machine. Do not talk or move while taking your blood pressure. It's best to always use the same arm when taking your blood pressure and to take it twice in a row, with at least one minute in between readings. Generally, taking your pressure once or twice a day—in the morning and in the evening, for example—is enough. If you can only take it once, alternate the time of day. This will give a better overall view of your blood pressure.

You may want to take note of your readings.

In an appendix at the end of this guide, you'll find an example of a table you can use to record your results.

TAKE YOUR BLOOD PRESSURE IN A GOOD POSITION.



Why treat it? I don't have any symptoms!

Hypertension isn't simply a matter of having high blood pressure. It's a condition that can lead to serious complications throughout your body.

UNTREATED HYPERTENSION...

puts constant pressure on the vessels in

... the **HEART**



Over time, these vessels harden and get damaged, which can lead to serious heart conditions. For example, high blood pressure can eventually cause **heart failure** and even **heart attacks**.

... the **BRAIN**



These vessels can end up getting blocked more easily or even rupturing, which can cause a **cerebral stroke**.

Hypertension that goes untreated damages the body. The importance of monitoring, preventing, and treating this condition becomes much more obvious when you know what can happen if the problem isn't addressed.

... the **KIDNEYS**



In the long run, these vessels also get damaged, which can lead to **kidney failure**. This is a serious condition, since kidneys are an essential part of the filtration system that removes impurities from the bloodstream.

... the **EYES**



These small, fragile vessels can break down over time, causing serious eye problems.

Treating hypertension

When you're diagnosed with hypertension, the goal then becomes to lower your blood pressure. But this takes some doing.

You'll need to change your **lifestyle**, and sometimes take **medication** to round out the treatment.

In some cases, the evaluating health professionals will look at the level of hypertension and the possibility of making simple lifestyle changes—like improving your **diet** and **exercising regularly**—to bring your pressure down to the target values. But in most cases, medication in pill form is prescribed to help reduce your blood pressure.

That being said, having a healthy lifestyle is always essential in order to stay in shape and help the medication along—it will only make the treatment more effective.

Sometimes medications are **combined** to increase their effectiveness. Using two or three different medications in small doses is often a better, more effective solution than using excessive amounts of a single medication.

For the treatment to be effective, **medication needs to be taken** regularly, as prescribed.

To help you remember to take it, try putting your medication in a **strategic place**—beside your coffeemaker or on your nightstand, for example.

Avoid putting it in the bathroom, since humidity and variations in temperature can alter its properties, making it less effective.

Here are the main types of **medication** used to bring blood pressure down.

TYPE OF MEDICATION	HOW IT WORKS
Diuretics	Increase excretion of water through urine .
Angiotensin converting enzyme inhibitors (ACE inhibitors) and angiotensin receptor antagonists/blockers (ARBs)	Act on an enzyme produced by the kidneys to lower blood pressure.
Beta blockers	Act on receptors inside the heart to lower blood pressure and pulse .
Calcium channel blockers (CCBs)	Cause blood vessels to relax, leaving more room for blood to flow, which lowers blood pressure.

WARNING: Some non-prescription drugs can work against your treatment or aggravate your hypertension. For example, cold medication or medication to reduce pain and inflammation should be used with care. Even natural health products can contain ingredients you should avoid. Always ask your health professional before purchasing non-prescription drugs.



HEART disease

Heart disease is a class of diseases that affect not only the heart but also blood vessels throughout the body. These diseases are frequently caused by fatty deposits in the arteries, which can end up blocking them and causing serious problems.

Angina

Angina pectoris, or chest pain, occurs when the arteries are **partially blocked** by **fats**. This makes it hard for blood to circulate and supply enough **oxygen** to the heart.

Imagine a car that's trying to get somewhere in rush hour traffic. It's slow going, since the roads are blocked by other cars. The same thing happens with angina. The blood tries to make its way through the arteries to the heart, but is slowed down by the fatty deposit obstructions in the blood vessels.

This is bad for the heart. The most frequent symptoms are a **squeezing** or **burning** sensation in the **chest**, and sometimes pain in the left arm or the jaw. The symptoms usually fade within a **few seconds or minutes** and occur during **physical exertion** (running, walking, climbing stairs, shovelling snow) or **emotional stress**.

The treatment for angina involves controlling the risk factors in order to prevent a heart attack. Emergency medication is available in spray form and should always be kept on hand by those suffering from angina. It's essential to know how to use the spray and to check the expiration date regularly. If you need help, just talk to your health professional.

Heart attacks

A heart attack, or **myocardial infarction (MI)**, occurs when the arteries are **completely blocked**.

Let's go back to the example of a car in traffic. With heart attacks, the lanes are so backed up by other vehicles that the car never reaches its destination—everything is blocked. In these cases, the heart has such a hard time receiving the oxygen carried by the blood that a part of it dies. This part can no longer do its job.

The **symptoms** are much the same as for angina, meaning chest pains that can extend into the arm or the jaw.

HEART ATTACK



A normal artery



Fat deposits



Hardening of the arteries



Formation of a blood clot

The difference between angina and a heart attack is that in the case of a heart attack, the symptoms last **longer** (around 30 minutes), can occur when a person is at **rest**, and are not relieved by the emergency medication spray.

Some people will exhibit other signs, such as difficulty breathing, shortness of breath, nausea, vomiting, indigestion, and anxiety.

DID YOU KNOW?

Once you've had a heart attack, your risk of having another one within a year is greater if you don't change your lifestyle.

Heart attacks need to be dealt with immediately and are considered **medical emergencies**. If you believe you are having a heart attack, call an ambulance so that you can be taken to a hospital immediately.

Heart failure

When the heart can no longer send blood effectively throughout the body, it is said to be **failing**.

Patients who suffer from heart failure have hearts that are too **tired** to pump enough blood to meet the needs of each organ. Because of this, there tends to be an accumulation of fluids in the lungs and legs. These patients tend to experience **shortness of breath**, have **swollen ankles**, and generally have difficulty carrying out their daily tasks.

Unfortunately, heart failure cannot be cured. But it can be controlled and the symptoms can be lessened. There are drugs that can slow its progression. Some people will even need to restrict the amount of liquids they drink in a day to avoid overtaxing their system.

If you're short of breath at the slightest exertion or have gained **3 pounds** or more in less than **two days**, talk to your health professional. It's important to understand this health problem and be able to identify all the signs and symptoms when there's a change in your condition.

Arythmia

Arythmia means that the rhythm of your heartbeats is irregular. It can beat more quickly—generally over 100 beats per minute—which is called **tachycardia**. On the other hand, when it beats more **slowly**—generally under 60 beats per minute—it's called **bradycardia**.

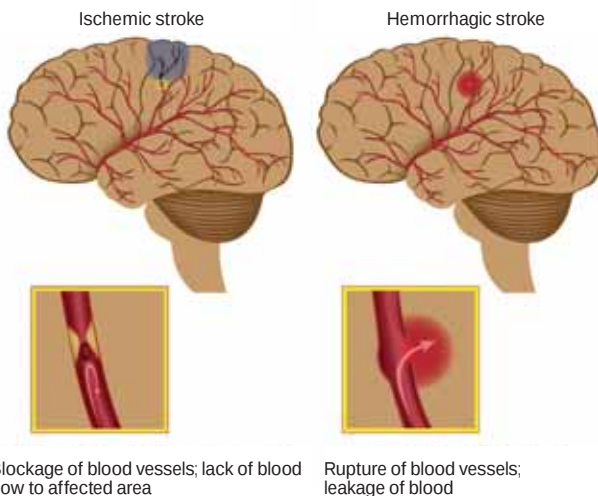
The most frequent kind of arythmia is **atrial fibrillation**. It occurs when heartbeats become **disorganized**, so to speak. Some people won't experience any symptoms, while others can experience fatigue, palpitations, dizziness, weakness, and discomfort, even to the point of fainting.

Whatever the case may be, arythmia needs to be treated, since it significantly increases the risk of having a **cerebral stroke**. The treatments for atrial fibrillation make it possible to have a perfectly normal life while living with this condition.

Stroke

Strokes occur when a blood vessel leading to the brain stops working, depriving the brain of oxygen. This can occur when a **clot** blocks the vessel, or when the vessel itself bursts and **bleeds** into the surrounding tissues.

BRAIN STROKE



A stroke can be apparent in an altered facial expression, a sudden difficulty speaking, or an inability to move normally.

If a part of the brain is deprived of oxygen for too long, it can die, leading to **serious consequences**. Strokes are therefore considered **medical emergencies**. If you believe you're having a stroke, you need to call an ambulance and get to the hospital immediately.

FAST!

When someone's having a stroke,
EVERY MINUTE COUNTS!

Knowing how to quickly detect the signs and symptoms of a stroke using the following simple tests could save your life or the life of someone you love.

F

Face

When someone has a stroke, their facial expression changes. This can be detected by having the person try to smile and then stick their tongue out. Generally, the two sides of the face don't react in the same way and one side is numb.

A

Arms

When the person tries to raise both arms, the arm on the same side as the numb half of the face is much harder to raise.

S

peech

Trying to pronounce a simple sentence, such as "It's sunny out today," becomes difficult—the words come out garbled.

T

ime

If someone displays
EVEN ONE SYMPTOM,
dial 9-1-1 immediately!

The faster a stroke is dealt with, the greater the chances of avoiding lasting consequences.

Source: Heart and Stroke Foundation, heartandstroke.ca

Preventing HIGH BLOOD PRESSURE AND HEART DISEASE

For both hypertension and heart disease, there are some risk factors that can be minimized in order to prevent these conditions from occurring, and other factors that unfortunately cannot be controlled.

Unalterable risk factors

The main unavoidable risk factors are **family history**, **age**, and **gender**.

The risk of suffering from hypertension or heart disease can be passed on from one generation to the next, just like eye or hair colour. If a member of your **immediate family** has a heart condition, you're generally at greater risk of having the same condition.

With advancing age, the chances of suffering from heart disease increase. It's natural—the body ages and with it, the heart and blood vessels.

Gender is also a risk factor. For **men**, the risk of heart disease increases in their **forties**, while for **women**, the risk increases after **menopause**.

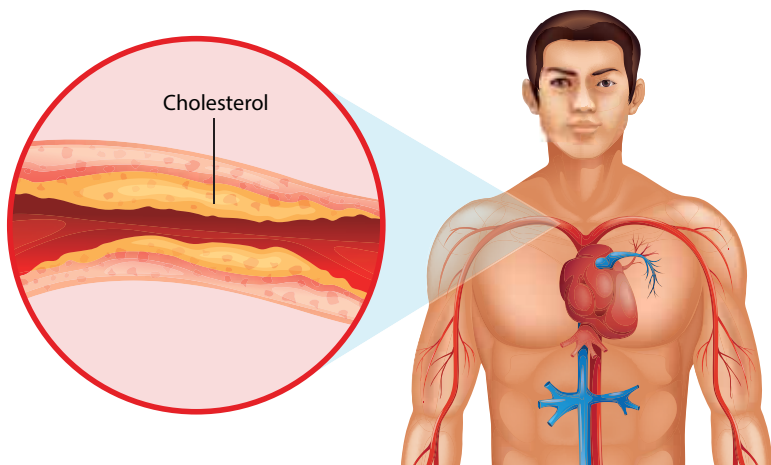
Alterable risk factors

Alterable risk factors are those that we have the power to change. These are the main areas targeted when preventing and treating heart disease.

Cholesterol

Cholesterol is the **fat** present in the **blood** that flows through our arteries. The body **needs** cholesterol to function properly, which is why it produces cholesterol itself according to outside supply and internal demand.

But **20%** of cholesterol in the blood comes from our **diet**. Cholesterol is abundant in foods that contain **trans** and **saturated fats**. Which is why it's important to monitor our intake of **animal fats** in foods like butter, meat, and pastries.



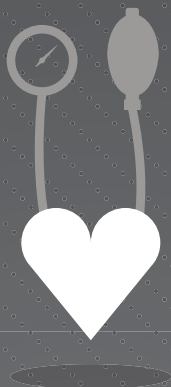
Why should fat with a high cholesterol content be avoided?

When there's too much cholesterol in the blood, it sticks to blood vessel walls, slowly obstructing them. This makes it more likely that someone will have high blood pressure and, as seen previously, can also cause heart diseases such as angina and heart attacks.

We've identified the types of food to avoid, but what about foods that can help?

The best diet for reducing the intake of bad fats is one that's rich in fruits, vegetables, fibre, fish, and vegetable fats like olive oil.

It's important to remember that other **healthy lifestyle choices** have a major impact on cholesterol production. Regular **physical exercise**, for example, lowers the risk of having high cholesterol.



DID YOU KNOW THAT THERE IS GOOD AND BAD CHOLESTEROL?

Bad cholesterol is cholesterol that's loose in the bloodstream and can accumulate, causing heart disease. Good cholesterol moves out of the bloodstream and into other organs, which lowers blood cholesterol levels. That's why it's important to lower bad cholesterol as much as possible and boost the good cholesterol.

DID YOU KNOW THAT SOME PEOPLE HAVE HIGH CHOLESTEROL DUE TO AN ILLNESS THAT'S PASSED ON THROUGH THEIR GENES?

For these people, even with healthy lifestyle choices, medication is often required to help lower their cholesterol.

Diabetes

There are two types of diabetes. **Type 1** diabetes occurs when the immune system destroys the pancreatic cells. The exact cause is usually unknown, and it often appears at a young age. This leads to very low or no insulin production. **Type 2** diabetes develops over time and often depends on a person's **lifestyle choices**.

People with high-fat, high-sugar diets who don't get much exercise may well develop type 2 diabetes with age. This makes it harder for the body to produce insulin, meaning that sugar accumulates in the blood.

Type 2 diabetes is a major risk factor for heart disease, and can make it up to four times more likely that someone will suffer from a heart condition. The best way to guard against type 2 diabetes is to make healthy lifestyle choices, starting with a diet that's low in fats and sugar and regular exercise.

Obesity

Maintaining a healthy weight and getting enough exercise are basic components in any plan to prevent hypertension and heart disease risk factors such as cholesterol and diabetes. That's why both are important targets in aiming to prevent these diseases.

The most important fat to reduce is **abdominal fat**, which is measured **around the waist**. For men, waist size measured at belly button height should be less than **102 cm**. For women, it should be less than **88 cm**.

Body mass index (BMI) is also a useful measurement, since it expresses a person's weight in relation to their height. Here is the formula for calculating BMI:

$$\text{BMI} = \frac{\text{Weight (in kilograms)}}{\text{Height (in meters)} \times \text{Height (in meters)}}$$

A healthy weight is equivalent to a BMI between **18.5** and **25**.

Here is the health risk classification according to BMI:

Below 18.5	>	Underweight
18.5 to 25	>	Normal weight
25 to 30	>	Overweight
30 to 35	>	Moderate obesity
35 to 40	>	Severe obesity
40 and over	>	Morbid obesity

Diet

Healthy eating is a **key factor** in preventing hypertension and heart disease.

Planning, choosing, and cooking meals at home is the basis of a healthy diet. Prepared meals and restaurant meals are often high in salt and fat and served in bigger portions than what you would normally eat at home. This doesn't mean that you have to stop eating in restaurants, but it's important to make healthy choices. Go for salad and vegetables instead of fried foods, or fruits instead of baked goods.

Maintain a healthy lifestyle at home with the **Canadian Food Guide**. Here are some tips to keeping your heart health in check:

- Eat as many **fresh fruits** and **vegetables** as possible.
- Choose **whole wheat bread** and **high-fibre cereals**.
- Go for **1% milk** and **yogurt** instead of cheese.
- Choose **lean meats, fish, poultry**, and **seafood** instead of deli meats like ham, bacon, and sausage.

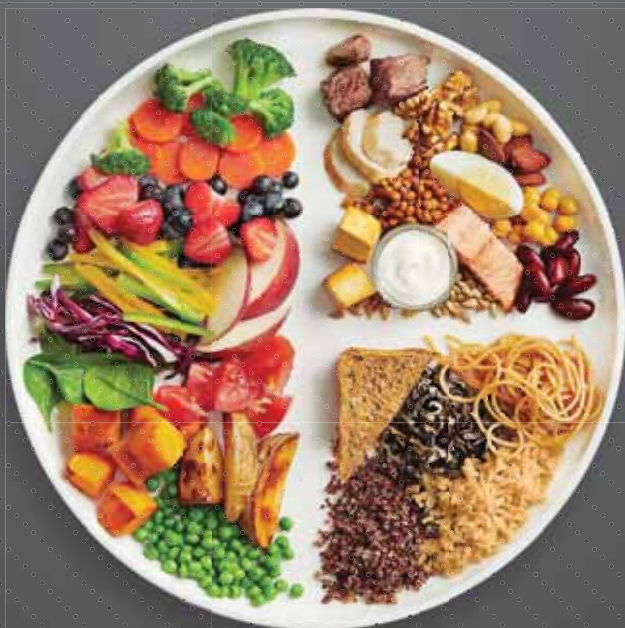
HELPFUL HINT

A picture is worth a thousand words! To build a balanced meal, just remember:

- $\frac{1}{2}$ of your meal should be fruits and vegetables
- $\frac{1}{4}$ of your meal should be whole-grain cereal products
- $\frac{1}{4}$ of your meal should be low-fat source of protein

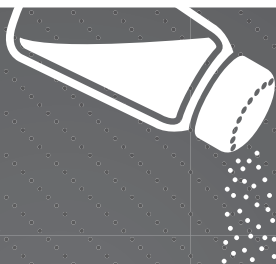


Water is the drink
of choice



A word of caution: It's important to be able to tell the difference between a **healthy diet** and a **weight loss diet**. Weight loss diets are often much more drastic and deprive the body of the calories it needs to function, which can lead to nutritional deficiencies. Be very careful with weight loss diets; it's better to concentrate on making healthy food choices.

GOOD SALT-SENSE!



The **high levels of salt** in our diet contribute to high blood pressure and predispose people to heart diseases. The maximum recommended daily intake of salt is **2,000 mg**. An estimated 50% of the population eats twice that amount. It's important to reduce salt intake to keep blood pressure as low as possible. Which can be done simply by choosing the right foods. A good way to limit your salt intake is to look at the **nutrition label** for each product and choose the ones that contain **5%** or less of the recommended daily value for salt. Keeping the salt shaker off the table at mealtimes is also a good way to avoid adding excess salt.

Lack of physical exercise

In addition to helping you lose weight, regular physical exercise lowers blood cholesterol and blood sugar levels, as well as blood pressure. That's why it's an essential part of any plan to achieve and maintain a healthy lifestyle.

It only takes **30 minutes** of physical activity, like fast-walking or swimming, **each day**. You don't need to play any particular sport. Just **set a goal**, keep it in mind, and **persevere** until you reach it.

Here are a few examples of goals you can set:

- A number of pounds to lose per month
- A level of intensity on the treadmill or bike
- A distance to fast-walk
- A number of centimeters to lose around the waist per year

Simple tricks like taking the **stairs**, parking your car farther away, and going places on **foot** can really help you stay in shape!

Stress

It's normal to be stressed now and then. The problem is when stress becomes permanent. Some situations in life, like pressure at work or financial worries, can cause us to become perpetually anxious, which is bad for heart health. Constant stress causes your blood pressure and pulse to rise, which can damage blood vessels over time.

To reduce stress, it's important to identify the main causes and take steps to try and eliminate them.

Reducing stress also means taking time for yourself and doing things you like. Physical activity is another excellent way to reduce stress.

Smoking

Smoking is the leading cause of preventable death worldwide. It kills millions of people every year, largely because it's very bad not only for the lungs, but also for the heart.

The harmful effects of smoking include raised blood pressure, increased fatty deposits in the arteries, and constricted blood vessels—regardless of the number of cigarettes smoked per day.

Luckily, once someone has quit smoking, there are considerable benefits that quickly set in.

- In a few hours, heart health risks begin to decrease.
- In one year, they will be down by half.
- In 15 years, they'll be the same as for someone who's never smoked.

Ask your health professional about the tools available to help you quit smoking.



The risk of heart disease starts to go up for people who smoke as little as five cigarettes a day.

Alcohol

Consuming large quantities of alcohol has terrible effects on heart health. In addition to raising blood pressure, it can deregulate the heart's rhythm, leading to serious complications.

Moderate alcohol consumption is defined as less than two standard drinks per day or ten per week for women and less than three per day or 15 per week for men. A standard drink equals 150 ml of wine, 350 ml of beer, or 45 ml of spirits.

The best guideline? "Everything in moderation!"



150 ml (5 oz.)

WINE

or



350 ml (12 oz.)

BEER

or



45 ml (1.5 oz.)

SPIRITS

CONCLUSION

Here we are at the end of our tour of the human heart. You're now in a position to take stock of the complexity as well as the weaknesses of the cardiovascular system. Luckily, you've also been given a lot of information to help you understand, prevent, and treat the conditions that can affect the heart and blood vessels. Remember, the best way to take care of your heart and body is to notice the signs it's sending you.

Having a balanced lifestyle, with a healthy diet and a minimum of physical activity, is always the best means of prevention, no matter what your condition.

APPENDIX

My blood pressure should be under: _____

[illegible]

REFERENCES AND USEFUL LINKS:

- American Heart Association:
heart.org/HEARTORG/
- Eating Well with Canada's Food Guide:
hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
- Heart & Stroke Foundation:
heartandstroke.ca
- Hypertension Canada:
hypertension.ca/en
- La Société québécoise d'hypertension artérielle
(French only):
sqha.hypertension.qc.ca
- Passeport santé (French only):
passeportsante.net
- Public Health Agency of Canada:
phac-aspc.gc.ca/cd-mc/cvd-mcv/index-eng.php
- Quebec's Health and Social Services Ministry:
msss.gouv.qc.ca/en
- World Health Organization:
who.int/mediacentre/factsheets/fs317/en

IN THIS GUIDE

High blood pressure

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Preventing high blood pressure and heart disease

Cholesterol
Diabetes
Obesity
Diet
Lack of physical exercise
Stress
Smoking
Alcohol



Only pharmacists are responsible for the professional activities of the pharmacy practice. They use various tools such as the PSST! (Plan to Stay in Shape Today) program.