

## Health

ADVERTORIAL

## Living in the Age of the “Cure”



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60 to 70% of all men and women will develop some form of cardiovascular disease in their lifetime. Individuals with diabetes are at even higher risk of having and dying from a heart attack or stroke. Yet, I firmly believe we live in the age of the “Cure” to the number one cause for death and disability in our society: cardiovascular disease. How can I say that when we hear about the high rates of obesity and an increasing epidemic of Type II diabetes? Studies show that up to 90% of cardiovascular disease can be prevented by lifestyle changes. Is there a “magic pill” or a great breakthrough hidden from the public? No. The “Cure” to cardiovascular disease lies within us. There is no miracle pill, or a new breakthrough. Rather there are many actions we can all take to prevent and overcome heart disease.

The incidence of heart disease and stroke

world-wide continues to rise at an alarming rate, consuming even larger parts of our health care dollars. Why can the science to prevent 90% of heart disease exist, yet more people suffer from this illness? The answer is that the information on how to prevent disease is not reaching the people that most need it, the general public. Healthcare providers cannot defeat this disease on their own; we all must be proactive. This disease takes decades to form and maybe silent for many years until a catastrophic event like a heart attack or stroke occurs. Prevention must start early, well before symptoms start, well before damage occurs.

Being proactive means making personal changes: quit smoking, eat better, exercise more, and reduce stress. Simple words to say, harder for individuals to implement.

So how does one eat better, find time to exercise in our busy lives, and reduce

stress? That is what Healthy Heart Day is all about. This FREE educational event is an opportunity for all individuals across our region to come hear about solutions, breakthroughs, and practical approaches to disease prevention/management. This year's focus is on Diabetes and its relationship to heart disease. There will be seminars with doctors, diabetes specialists, dietitians, nurses, & stress counsellors; free risk screening, and one-on-one counselling sessions with nurses. We are pleased to announce this year's keynote speaker is Dr. Alice Cheng, Endocrinologist, Researcher, and Chair of the 2013 Canadian Diabetes Guidelines.

Come join us for Healthy Heart Day on Saturday April 27th 2013, 8am-1pm. Pre-register by emailing [healthyheartday@rogers.com](mailto:healthyheartday@rogers.com) or call 519-624-3511 or visit our website at [www.cambridgecardiaccare.com/healthyheartday](http://www.cambridgecardiaccare.com/healthyheartday).

## Health

## Get physical for quality, healthy years

Canadians are living longer on average. But research shows there's a 10-year gap between how long we live, and how long we live in health. This gap is largely due to heart disease, stroke and other chronic conditions.

We know that nine in 10 Canadians have at least one risk factor for heart disease and stroke, but did you know that nearly four in 10 have three or more risk factors?

To reduce that 10-year gap, the Heart and Stroke Foundation recommends being physically active, eating well, being smoke-free, reducing stress and avoiding excessive drinking.

Get moving to Make Health Last. Physical activity can be a lifesaver – literally. Inactivity can shave over two years off a person's expected lifespan and results in nearly four quality years of life lost.

Yet 85 per cent of Canadian adults don't get the recommended 150 minutes of physical activity each week.

**To start on the path to shrinking the 10-year gap, take these tips to heart:**

- **FIND YOUR SWEET SPOT:** Not a
- **MIX IT UP:** Mix and match your ac-



gym rat? Not a problem: any activity can have a positive impact, including gardening, dancing and more.

tivities, varying your level of intensity. Do an hour of yard work one day, bike with the grandkids the next and head to a yoga class the day after that.

- **HANG 10:** Short on time? Exercise in bouts of 10 minutes. For example, a quick stroll burns 47 calories.
- **CREATE YOUR CUBICLE GYM:** Find a space at work for yoga poses, chair squats, running in place and stretches.
- **GET INTO CHILD'S PLAY:** Have fun and rediscover your youth. Throw a Frisbee, go for a swim or paddle a canoe.
- **WALK THE SIDELINES:** Don't just watch your grandkids on the field. Get up and walk around.
- **STEP IT UP:** Get off the bus or subway a stop early, or park a few blocks from the office, and walk the rest.
- **DO THE HOME STRETCH:** Do some stretches when you get home tonight.

Want to find out about your personal risk? Take the free Heart&Stroke Risk Assessment, get personalized tips and set goals for a healthier you at [makehealthlast.ca](http://makehealthlast.ca). (NC)