



"What's New in Diabetes"

Dr. Alice Cheng, MD, FRCPC
Diabetes Specialist, Diabetes Canada Guidelines

"Different Ages - Different Stages of Heart Disease"

Dr. Peter Lin, MD CCFP
Medical Correspondent to CBC's: The National & CBC Radio

"Innovations in the Management of Irregular Heart Beats"

Dr. Jorge Wong, MD MPH FRCPC Cardiologist, Arrhythmia Specialist

"Breakthroughs in Heart Disease Prevention & Management"

Dr. A. Shekhar Pandey, MD, FRCPC Cardiologist,
Cambridge Cardiac Care Centre

**Saturday April 22nd 2017
7:30am - 1pm**

St. Benedict Catholic Secondary School

50 Saginaw Parkway, Cambridge (Rear Entrance)

♥ Survivor walk 7:30am ♥ Personalized Risk Assessment ♥ Health Fair

Register for **FREE EVENT** healthyheartday@rogers.com
519.624.3511
www.cambridgecardiaccare.com

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QL SUCCESSFUL HOME PURCHASES & RENOVATIONS START WITH A BUDGET



Spring is the time for house sales and renovation projects. Besides deciding what neighbourhood is best for your family or what tile pattern matches the kitchen, there are lots of costs to consider and often many unexpected expenses. (NC)

Creating and sticking to a budget is key to keeping your finances on the right track. A budget will show you where your money is going and whether you have enough to cover your expenses. It will also help you allocate funds for unexpected expenses.

The Financial Consumer Agency of Canada has a tool to help. Their Budget Calculator is a free tool designed to give you a snapshot of where your money is going based on how much you spend in a selected time period.

"A budget is the best way to deal with the number one stressor: money," says Jane Rooney, Canada's Financial Literacy Leader. "A budget is like a GPS and shows you the best way to get to where you are going."

A budget is key, no matter how you spend your money. But if you don't have a budget yet, you're not alone. Only 46 per cent of Canadians have a budget. Of those who do have one, 93 per cent stay within it most of the time and are in control of their finances.

Find more tips and information online at itpaystoknow.gc.ca.

INNOVATIONS & BREAKTHROUGHS: THE TRI-CITIES LEAD THE WAY IN ELIMINATING HEART DISEASE!

ADVERTORIAL

Cambridge, Kitchener, Waterloo. We live in the technology triangle and innovation runs in our blood. Too often, however, when we think about innovation we think of the latest iPhone app, the latest smart phone or smart watch, or the latest in robotics- not usually about the latest research breakthrough in the field of cardiovascular disease. Yet there have been monumental advances in the prevention, detection and therapy for heart disease just in the past few years and a substantial portion of that innovation has come from work done in Canada, much of it right here in the Southern Ontario. Just a few years ago, treatment for tears and aneurysms of the aorta, the major blood vessel of the body, could only be done by a multi hour, major open heart surgery- a procedure that was complex, burdensome for patients and one that involved, at times, significant risk. Just two months ago, I witnessed personally the miracle of modern medicine in action; my own father-in-law was diagnosed with an aneurysm

in his aorta. Our family was worried. At 85 years of age, would he be strong enough to survive such a surgery? How much pain and suffering would he endure and for how long? Should he go through it? Fortunately, we were presented with a new, breakthrough, procedure pioneered right here, in Ontario: the TAVR procedure. The complex and dangerous open heart surgery can now be done (in some cases) instead with catheters and covered stents threaded to the heart through blood vessels from the groin, avoiding the need to split the chest open. A six-hour surgery was reduced to 45 minutes! He was out of bed the next morning and home in 2 days, back with family and friends. Our jovial "Papa" was himself but even better as he knew he had a new lease on life. Yet the innovations and breakthroughs are not just in incredible surgeries and procedures. Better, more effective drugs that not only treat the disease but could halt its progression or even reverse the disease in some cases are now available through

research and innovation. The research on many of these new therapies has been contributed to by facilities in the Waterloo Region, like our very own Cambridge Cardiac Care Centre. We have also seen amazing advances in our understanding of heart disease, its causes and ways to prevent the disease all together. In fact, studies would suggest, with our current understanding, as much as 90% of heart disease could be prevented. Come to our 13th annual Healthy Heart day on Saturday April 22nd, a free community event, to learn more about some of these of the incredible breakthroughs in the prevention and treatment of heart disease, and about what you can do to stay heart healthy! Empower yourself. Take your health into your own hands! Learn more about what you can do to beat cardiovascular health disease, the #1 killer in Canada. Pre-register by emailing at healthyheartday@rogers.com or call 519-624-3511 or visit our website at www.cambridgecardiaccare.com/healthyheartday



Dr. A. Shekhar Pandey, MD,
Cardiologist



Cambridge Cardiac Care Centre



8. Rowan

9. Tulips

10. Rosa Mundi

5. Yellow

6. Blue

7. Bob

Flowerdew



Hamilton

4. The Hanging
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2. Kew Gardens

3. Geoff

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