

TO LEARN MORE VISIT



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LIFE'S SIMPLE 7

Ways to Improve Heart Health



Stop Smoking



Eat Better



Get Active



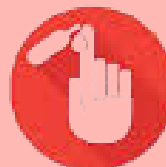
Lose Weight



Manage Blood Pressure



Control Cholesterol



Reduce Blood Sugar

Source: American Heart Association

Remember.

It's never too late to improve your heart health, even if you are already living with health complications.

Source: Brain Health PRO



FHO

Tribal Council

HEART AND BRAIN HEALTH

GOOD HEART, GOOD BRAIN



Vascular health is the health of your heart and blood vessels. Poor vascular health is the second most common cause of dementia, but it is also the most preventable and treatable cause.

Issues with vascular health can lead to low blood flow to the brain or bleeding in the brain.

Brain health and heart health share a lot of risk factors, like diabetes, high blood pressure, and obesity.

Talk to your doctor if you have any concerns or are interested in learning more.

Source: Brain Health PRO

SIGNS OF HEART TROUBLES

Vascular health problems can show up in different ways. This can include chest pain, difficulty speaking or moving, confusion, and loss of senses.

It is also common not to have any symptoms at all.

The only way to be sure is to talk to your health provider.

A doctor can check your heart by testing your blood, urine or senses.

Source: Brain Health PRO



REDUCING YOUR RISK OF HEART ISSUES

Keep your arteries clean and your sugar as normal as possible by eating healthy



To improve circulation, stay active any way you can, like going for walks



Offer tobacco and speak to an Elder or Knowledge keeper about Traditional medicines, like stinging nettle



Source: FHQTC
Community Research
Advisory Committee