

LOCATIONS:

South Island:

Island Heart to Heart VICTORIA*

<http://islandhearttoheart.ca>

tel: 778-678-8423

Email: islandhearttoheart@telus.net

*modest user fees exist

Central Island:

Heart Matters NANAIMO

tel: 250-739-5849

fax: 250-716-7724

Heart Matters PARKSVILLE

tel: 250-947-8202

fax: 250-951-9516

Heart Matters PORT ALBERNI

tel: 250-724-8824

fax: 250-724-8848

North Island:

Heart Matters CAMPBELL RIVER

tel: 250-286-7151

fax: 250-286-7103

For more heart health education and support,
please visit the following links:

Heart and Stroke Foundation of Canada:

www.heartandstroke.ca

Women Support Blog

Heart Sisters: myheartsisters.org

Healthlinkbc.ca

Vancouver Island ICD Patient Support

icdsupportgroup.org

Cardiac Services BC:

www.cardiacbc.ca

Canadian Heart Rhythm Society:

www.chrsonline.ca

First Open Heart Society

www.fohs.bc.ca

Please contact these groups directly for
additional information



island health

Heart to Heart & Heart Matters

EDUCATION & SUPPORT
PROGRAMS

These education & support
programs are for people who
have heart disease or who
are at risk for heart disease
and would benefit from risk
factor & lifestyle education.



island health

Who should attend?

YOU if you have had a heart event (such as heart attack, open heart surgery, angina, stent or angioplasty).

If you know someone who has had an event and you wish to help them; bring them to a program!

If you have risk factors (such as: high blood pressure, abnormal cholesterol, overweight, diabetes, smoking history, inactivity, stress, depression).

Should I bring a partner?

Yes!

Heart disease does not only affect you.

Family members have questions too.

Your partner will welcome the chance to talk to others and learn how they are dealing with similar concerns.

By working together, you and your partner will be better able to face the challenge of living with heart disease.

Program:

Generally each program runs once a week for 4 to 7 weeks. Each class is 1-2 hours.

During the program you and your partner will meet with others who have had similar experiences.

You will receive information on a variety of topics related to heart health from several health care professionals. Open discussion is encouraged. Call the program in your community for details.

How Do I Start?

To enroll please contact the program in your community listed on the back of this brochure. During your hospital stay you may be visited by a volunteer who will inform you about programs available on the Island.

Cost:

**Some programs charge modest user fees*

Fees may be waived if necessary

You will learn:

Your heart, how it works

- ♥ Heart problems & their treatment
- ♥ How to reduce your risk factors
- ♥ Warning symptoms of a heart attack
- ♥ Blood pressure & cholesterol management

Medications

- ♥ Commonly used & side effects
- ♥ Tips on organizing & storing

Heart healthy eating & nutrition

- ♥ Diet & how it affects heart disease
- ♥ Good fat vs bad diet
- ♥ Healthy eating away from home
- ♥ Reading labels

Physical activity & exercise

- ♥ Effects & benefits on the heart

Psychosocial aspects

- ♥ Relationship, intimacy, emotions & coping

Stress management

- ♥ Identifying, monitoring, & reducing stress on your heart

Supplementary services

- ♥ At some sites, tours for grocery stores, walking groups information, etc. are available