



SAFETY TALK

HEART HEALTH AWARENESS

February is Heart Health Awareness Month

Heart Disease is a general term used to say that your heart is not working properly. You can be born with heart disease or it can develop overtime. There are many types of heart disease that can be prevented or improve with lifestyle changes.

Prevention is Key: **9 out of 10** Canadians have at least one risk factor. That is why a healthy lifestyle can make a big difference!

Early detection of high blood pressure is very important. **Often referred to as the “silent killer” because it may show no symptoms**, high blood pressure puts you at an increased risk for heart disease, heart failure, and stroke among others. things

Source: www.heartandstroke.ca

Some lifestyle changes that can improve your heart health:

Quit Smoking— PEI offers support to aid in smoking cessation

(<https://www.princeedwardisland.ca/en/information/health-and-wellness/smoking-cessation>).



Physical Activity— Any amount of activity is helpful. Start small and increase your goal over time.

Alcohol Use— Consider reducing your alcohol intake.

Eating Healthy— Start incorporating more vegetables into your diet. Talk to a dietician to improve your overall diet.

PEI Resources:

Cardiac & Pulmonary Rehab: Call (902) 388-0744 for safe exercise & education programs after a heart event.

Remote Patient Monitoring (RPM): Free for heart failure/COPD; self-refer at (902) 620-3260 or via your healthcare provider.

Heart & Stroke Foundation (PEI): Offers a Cardiac Support Group for survivors & caregivers; email- sarah.crozier@heartandstroke.ca for details.

211 PEI: Dial 2-1-1 or visit pe.211.ca for connections to health & social services.

Check out the **Heart Health Month Campaign** the Occupational Health, Safety and Wellness Team are promoting throughout the month of **February**!

Poster and calendar can be found on the **Health PEI Staff Resource Centre [HERE](#)**.

Safety is everyone's responsibility!

DATE: _____

FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT:

DISCUSSION QUESTIONS:

IS THERE A HEART AND STROKE SUPPORT GROUP ON PEI?

WHAT IS A HEALTHY BLOOD PRESSURE FOR SOMEONE MY AGE?

WHEN WAS THE LAST TIME I DISCUSSED MY HEART HEALTH WITH MY HEALTH CARE PROVIDER?

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeehr@ihis.org.

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>