



MEDIA RELEASE – For Immediate Release January 19, 2010

Learn how to recognize and prevent heart disease

“Lives can be saved if people know how to recognize the subtle early warning signs of a heart attack or stroke,” says Sarah Leach, Family and Community Support Services Outreach Coordinator for Yellowhead County. There are also lifestyle changes that people can make to reduce their risk. The Alberta Heart and Stroke foundation will offer the Heart Health presentation at two locations. Plan to attend at either the Entwistle Seniors Centre at 10 a.m. on February 5, 2010 or the Peers Agriculture Building at 1 p.m. on February 5, 2010.

Some heart attacks are sudden and intense but most heart attacks start slowly, with mild pain or discomfort. Warning signs can include:

- Discomfort in the center of the chest that lasts more than a few minutes
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Breaking out in a cold sweat, nausea or lightheadedness

Warning signs of a stroke are very different and can include:

- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

One of the most significant ways to improve heart health is to learn to identify, and avoid, the

saturated fats and trans-fats that may be concealed in foods.

To register for one of the heart health workshops, or get more information, call the Yellowhead County office in Wildwood at 780-325-2782 or 1-800-814-3935.

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For More Information Contact:

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