



healthy hearts

REXALL RESOURCE



A pharmacy first.

Continuous Care with Rexall



More than ever, Canadians are focused on living better and living longer. We take more responsibility for our own health and seek to be informed to make the right choices and ask the right questions when seeing our doctors.

When we talk about heart disease, it's with apprehension. So many things can affect our heart health. In magazines, television and the Internet, you will find a massive amount of information on staying healthy. That is why Rexall has created the Rexall Resource, a concise, comprehensive guide to give you the tools you need for a healthier and longer life.

Healthy Hearts takes you through what causes heart disease and how to prevent it. Don't forget that your Rexall family pharmacist is a valuable resource as well and can answer your questions on medication and work with you and your doctor in developing an action plan. It is wise to review your current medications with your pharmacist and register your medical information with your neighbourhood pharmacy. By doing so, your pharmacist will be able to verify if any new prescription is safe to take with your other existing medications and prevent serious side effects or complications.

Table of Contents

| | |
|---|-----------|
| Heart Disease | 4 |
| Coronary Heart Disease, Heart Attack, Stroke, Heart Attack and Stroke Symptoms and Warning Signs, Do you know what your Risk Level is?, Prevention, Treatment | |
| Cholesterol | 11 |
| LDL and HDL, Lowering your Cholesterol | |
| High Blood Pressure | 14 |
| Understanding Blood Pressure Levels in Adults, Monitoring your Blood Pressure, Selecting a Blood Pressure Monitor for Home Use, Taking your Blood Pressure Reading, Health Consequences, How can I Prevent or Treat Hypertension?, A few Words of Caution | |
| Nutrition | 22 |
| Measure your Nutrition Knowledge, Canada's Food Guide, How much is a serving for an Adult?, Organic versus Conventional Foods, Drinking Water, Quick Tips for Dieters, Tips, Supplements: Vitamins, Minerals & Herbals, Alternative Medications - Herbals | |
| Activity | 30 |
| Target Heart Rate Chart, Things to Think About | |
| Smoking Cessation | 34 |
| No more excuses for not quitting!, Tips for Quitting, Quit Smoking Assessment | |
| My Action Plan for a Healthier Life | 42 |

Heart Disease

Heart disease is one of the leading causes of death of men and women in Canada today. It is estimated that 1 in 4 Canadians will experience some form of heart disease.

Heart disease can be the result of poor nutrition, being overweight, smoking, inactivity and uncontrolled high blood pressure. It can significantly affect your daily life and the lives of your family. It may start in childhood with poor eating habits and lack of exercise; a chronic problem in today's society. A change of lifestyle for you and your family can turn this around.

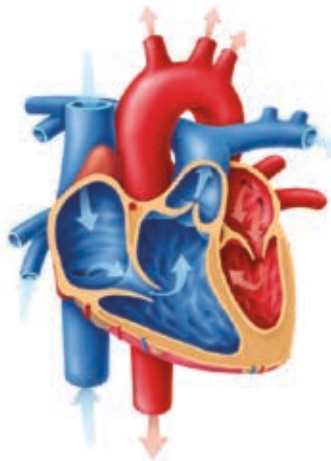
Heart disease is a term that describes a variety of conditions.

Coronary Heart Disease

The coronary arteries supply the heart with oxygen and nutrients. Coronary heart disease occurs when one or more of the arteries becomes narrower and reduces the blood flow to the heart.

- Cholesterol build-up or other fat-like substances is usually the cause of the majority of coronary heart disease.
- Plaque build-up can harden the arteries (atherosclerosis) and reduce the blood flow through the blood vessels.

Eventually these build-ups can completely block the flow of blood through the blood vessels and create irreversible damage to the heart.



Healthy Hearts



Heart Attack

A heart attack occurs when there is a complete blockage in one of the coronary arteries and the blood supply to a part of the heart is cut off, damaging the heart. Heart attacks are the result of coronary disease that has developed over a long period of time.

Some causes of heart disease and heart attacks are preventable and some are genetic.

- **Heredity** - Coronary artery disease is found to run in families. A strong family history of the disease is important in diagnosis.
- **Stress** - Continued elevated stress can put you at risk. Family responsibilities, troubled relationships, financial worries, bad eating or drinking habits, and smoking may play a part in developing heart disease.
- **Smoking** - Studies have indicated that smokers have a 100% - 150% increased chance of dying after suffering from a heart attack.
- **Physical Exercise** - There is significant evidence that suggests an inactive lifestyle can seriously affect your heart. The death rate from coronary heart disease is lower among those who do regular physical work. It is crucial to maintain an active healthy lifestyle appropriate to your age and general health.
- **Diet and obesity** - Saturated fats are from animal origin like whole milk, cream, butter, cheese, meat, fat, etc. They raise the blood cholesterol level and increase the risk of heart disease. On the other hand, unsaturated fats are of vegetable origin and they tend to lower blood cholesterol levels. Consider using oils like cottonseed or sunflower, and the fat of fish.

The  family of pharmacies.

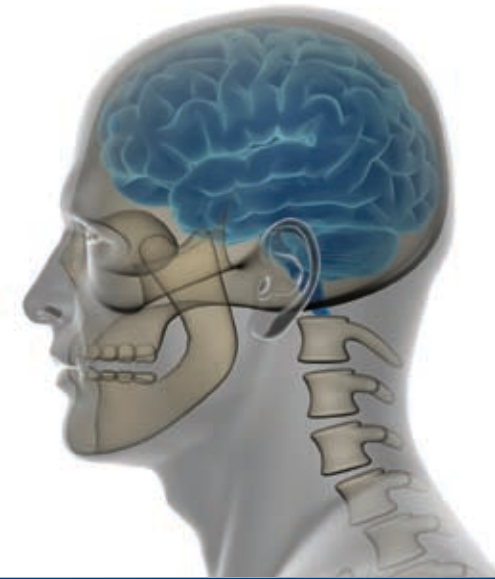


Stroke

A stroke occurs when the blood flow to the brain is completely blocked. Lack of oxygenated blood to the brain can cause permanent brain damage resulting in loss of sight, speech or paralysis of limbs. The damage and recovery time is determined by how long the blood flow is impaired and which area of the brain is affected.

Heart Attack and Stroke Symptoms and Warning Signs

Although most symptoms appear the same in both men and women, it is evident that women experience unique symptoms in both heart attacks and stroke.



HEART ATTACK

MEN

- Chest pain, usually radiating toward the left shoulder and arm
- Tingling or numbness in left arm
- Nausea, vomiting
- Cold sweats
- Shortness of breath
- Lightheadedness
- Feeling of indigestion and needing to burp
- Dizziness, weakness and fainting
- Abdominal pain

WOMEN

- Nausea and vomiting that won't stop
- Shortness of breath with exertion
- Shortness of breath waking you at night
- Chest discomfort starting behind the breast bone and radiating to either shoulder, arm or neck or lower jaw
- Discomfort in lower jaw with exertion that will not go away
- Discomfort in upper back especially if it occurs with exertion or will not go away
- Discomfort in the chest or back that occurs when doing usual chores after a large meal
- Sudden weakness that won't go away
- Sudden racing heart sensation with a very fast pulse
- Sudden loss of consciousness
- Physical inability to perform usual physical activities



Healthy Hearts

STROKE

MEN

- Sudden numbness or weakness in the face, arm or leg, mainly on one side of the body
- Sudden confusion
- Trouble speaking or understanding
- Sudden trouble seeing in both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden severe headache with no known cause

WOMEN

- Sudden face or neck pain
- Nausea
- Sudden hiccups
- Sudden tiredness
- Sudden chest pain
- Suddenly feeling like you can't get enough air
- Sudden pounding or racing heartbeat
- Confusion, trouble talking or understanding
- Loss of balance and coordination
- Trouble walking
- Double vision or blurred vision in both eyes
- Sudden severe headache with no known cause

The  family of pharmacies.

Now that you understand more about heart attacks and strokes, do you know what your risk level is?

AGE & SEX

- I am a man over 45 years of age YES NO
- I am a woman over 50 years of age YES NO
- I am a woman who has passed menopause or has had her ovaries removed YES NO

FAMILY HISTORY

- My father or brother had a heart attack before the age of 55 YES NO
- My mother or sister had a heart attack before the age of 65 YES NO
- My mother, my father, sister, brother or grandparent had a stroke YES NO

BLOOD PRESSURE

- My blood pressure is 140/90mmHg or higher YES NO
- I don't know what my blood pressure is YES NO

TOBACCO SMOKE

- I smoke YES NO
- I live or work with people who smoke YES NO

PHYSICAL ACTIVITY

- I get less than a total of 30 minutes of physical activity on most days YES NO

TOTAL CHOLESTEROL

- My total cholesterol is 6.2 mmol/L or higher YES NO
- I don't know my cholesterol level YES NO

WEIGHT

- I am 9.1 kg (20 pounds) or more overweight for my height and build YES NO
- I carry most of my weight around my waist YES NO
- I have a BMI (body mass index) of over 25 YES NO

DIABETES

- I have been diagnosed with diabetes YES NO
- I need medicine to control my blood sugar YES NO

HEART DISEASE

- I have a history of heart disease, atrial fibrillation or other heart condition YES NO
- I have had a heart attack YES NO

STROKE

- I have been told I have carotid artery disease YES NO
- I have had a stroke or TIA (transient ischemic attack) YES NO
- I have a disease of the leg arteries, a high red blood cell count or sickle cell anemia YES NO

DOCTOR

- I have not seen a doctor in over 1 year YES NO
- I have not seen a doctor in over 3 years YES NO
- I never see a doctor YES NO

STRESS LEVEL

- I live and /or work in a high stress environment YES NO

ALCOHOL

- I consume more than 2 alcoholic beverages per day YES NO

If you answered YES to 1 to 3 of these questions, you are at Level 1 and you are at lower risk (<10%) of developing health problems, but you should make an effort to improve your risk exposure.

If you answered YES to 4 to 6 of the questions, you are at Level 2 and are at elevated risk (10 – 19%) of developing serious health problems. You should seriously consider lifestyle changes and see your Rexall family pharmacist or doctor for advice.

If you answered YES to 7 or more of these questions, you are at Level 3 and are at high risk (>20%) of heart disease or stroke. We strongly recommend that you see your Rexall family pharmacist or doctor for advice as soon as possible.

Prevention

You can decrease your chances of heart disease by following these simple suggestions:

- Stop smoking - Smoking weakens the artery walls.
- Avoid saturated fat in your diet - These fats lead to excess cholesterol build-up in the blood vessels.
- Be active - Regular physical activity such as walking is good for the heart.

Treatments

There are various treatments available to decrease the chances of a stroke or heart attack. Consult your doctor or Rexall family pharmacist with your specific concerns and to determine the best option for you.

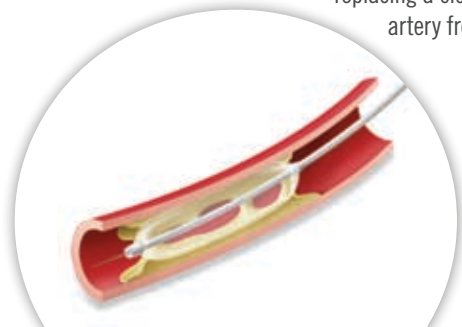
Medications – There are medications available to help:

- Dissolve blood clots blocking arteries
- Thin the blood to increase blood flow
- Lower high blood pressure
- Lower cholesterol
- Ease angina pain

Surgical procedures

Angioplasty is a simple procedure done under local anesthetic that involves inserting a balloon into the clogged artery to remove the obstruction and placing a tube in the artery to keep the blood vessel open. This operation improves blood flow to the heart by widening the artery.

Bypass surgery – This procedure is also done under local anesthetic and involves replacing a clogged artery with a section of healthy artery from another area of the patient's body.



Cholesterol



Cholesterol. It's one of those words that just about everyone has heard but very few people really understand. Cholesterol is a waxy, fatty substance that is produced naturally by our livers, and is a normal part of every cell in our bodies. Small amounts of it are necessary for good health, but too much can cause serious health problems. It is one of the ingredients our bodies need to make hormones and nerve cells, but when there is too much of it, the extra cholesterol ends up being deposited in our blood vessels. If blood cholesterol levels remain high, over time patches of cholesterol will stick to our artery walls, narrowing the passageways through which our blood flows.

When blood can't flow freely throughout our body, all of our organs suffer. Of special concern is clogging of the arteries that carry blood to our heart and brain, because when these organs don't get enough oxygen-rich blood the consequences can be very serious.

You can't judge your cholesterol levels by how you feel because high cholesterol doesn't have any symptoms. Fortunately, there is a quick, simple test that measures blood cholesterol levels. A health professional can take a tiny sample of your blood and feed it into a machine that will provide a reading of your blood cholesterol levels.

| RECOMMENDATIONS FOR TARGET LIPID LEVELS | TARGET RECOMMENDATIONS | |
|---|------------------------|----------------------------|
| IF YOUR RISK CATEGORY IS | LDL-C | TOTAL CHOLESTEROL HDL-C |
| HIGH RISK: (10 year risk of CAD* > 20% or diagnosis of CAD, PAD**, diabetes or kidney disease) | <2.0 mmol/L | <4.0 |
| MODERATE RISK: (10 year risk of CAD 10-19%) | ≤ 3.5 mmol/L | ≤ 5.0 |
| LOW RISK: (10 year risk of CAD <10%) | ≤ 5.0 mmol/L | ≤ 6.0 |

*Coronary Heart Disease
**Peripheral Arterial Disease

Ldl and Hdl

You have all heard about GOOD cholesterol and BAD cholesterol. Cholesterol is carried in our blood in chemical packages called lipoproteins. There are two kinds of lipoproteins.

LDL is low-density lipoprotein. LDL is the BAD cholesterol. The low density makes it stick together and clog arteries.

HDL is high-density lipoprotein. HDL is GOOD cholesterol. It helps clear LDL cholesterol from the bloodstream and return it to the liver where the body can process and remove it.

Triglycerides are another fatty substance found in the bloodstream. Like LDL, high levels of triglycerides raise a person's risk of developing heart disease and they should be measured as well.

It's important to have your cholesterol checked periodically.

Lowering your Cholesterol

If your test shows that your blood cholesterol levels are high, there are some lifestyle changes you can make that will help bring your levels back to normal.

- Start eating a healthier diet that limits your cholesterol intake to no more than 300 mg a day.
- Reduce the amount of saturated fat you eat (the fat found in meat and dairy products).
- Increase your intake of soluble fibre (found in oat bran, in fruits, and in vegetables).
- Learn to cook with less oil.
- Substitute egg whites for whole eggs.
- Look for recipes that are low in fat.
- Pay attention to what you are eating since much of the fat we consume is hidden in muffins, donuts and baking.
- Maintain a healthy body weight.
- Exercise daily. Speak with your doctor before starting any new exercise program to ensure that it is appropriate for your age and physical condition.
- If you smoke, quit. Tobacco reduces your HDL level (good cholesterol) and raises your total blood cholesterol levels.



For many people, making these lifestyle changes will be enough to normalize cholesterol levels. Some people, though, will require medication as well. There are several drugs that can help reduce your cholesterol levels, but there are no “magic bullets”; you will still have to make a healthy lifestyle changes. Medicines work with a healthy lifestyle; they are not a substitute for it.

If your doctor prescribes a medication to help lower your cholesterol levels, you will probably need to take the medicine for the rest of your life. Most cholesterol-lowering drugs work by reducing the amount of cholesterol your liver produces. When you stop taking the drug, your liver returns to making more cholesterol. Check with your doctor regarding routine blood tests to monitor your blood cholesterol levels.

Here is a summary of the different types of drugs for lowering cholesterol levels:

- **Statins** are among the most prescribed drugs for lowering cholesterol levels. They are very effective for lowering the bad cholesterol (LDL). They reduce the production of cholesterol in the liver.
- **Fibrates** are prescribed to lower the triglyceride level and increase the good cholesterol (HDL) level.
- **Niacin** (vitamin B3) at high doses can reduce the triglyceride and LDL cholesterol levels while at the same time increasing the HDL cholesterol level. Very high doses of niacin are needed to lower cholesterol and should only be used when prescribed by a doctor.
- **Resins** have been used for a long time to reduce cholesterol level. They work in the intestine to bind and remove cholesterol.
- **Cholesterol** absorption inhibitors selectively inhibit the transport of cholesterol through the intestinal walls.

It is important to follow your doctor's instructions about taking your medicine. Some people experience side effects from their cholesterol medicines. If this happens to you, tell your doctor or Rexall family pharmacist. There may be a different drug you can take that won't cause side effects. Do not simply decide on your own to stop taking medication. High cholesterol, if left untreated, can lead to health problems as a result of reduced blood flow including heart disease, chest pain, cramping leg pains and stroke.

High Blood Pressure (Hypertension)

Every time your heart beats, it is pushing blood through your arteries and the rest of your body. The force that is created by the blood pressing against the arterial walls is called blood pressure. There are two types of pressures:

- **Systolic pressure** occurs when the heart contracts or beats to move blood through your body. This contraction increases the pressure.
- **Diastolic pressure** occurs when the heart muscle is relaxing or in other words, in between the heart contractions. It is the lowest point in pressure because your heart is at rest.

When your blood pressure is measured, the systolic pressure is compared to the diastolic pressure. That is why the blood pressure readings are always reported in pairs of numbers - for example, 120/80 mmHg. The first number refers to the maximum pressure exerted by the blood flow (systolic pressure), and the second number refers to the resting pressure (diastolic pressure).

When your blood pressure is elevated over a long period of time, this is called hypertension or high blood pressure. Anyone can develop hypertension regardless of age, gender or race. Moreover, contrary to popular belief, high blood pressure does not necessarily refer to hyperactive, tense or nervous personality types; calm and relaxed people are just as vulnerable.

High blood pressure, also known as hypertension, is a very common problem that can have far-reaching consequences if left untreated or undiagnosed. Fortunately, it is easy and painless to diagnose. All it takes is a couple of minutes of your time.



Understanding Blood Pressure levels in Adults

| BLOOD PRESSURE LEVEL (mmHg) | |
|--------------------------------|---------------------------|
| CATEGORY | SYSTOLIC/DIASTOLIC TARGET |
| OPTIMAL | <120/80 |
| NORMAL | <135/85 |
| UNCOMPLICATED HYPERTENSION | <140/90 |
| ISOLATED SYSTOLIC HYPERTENSION | <140 |
| CHRONIC KIDNEY DISEASE | <130/80 |
| DIABETES | <130/80 |

Monitoring your Blood Pressure

Blood pressure can be measured by using a blood pressure meter and arm cuff. The blood pressure cuff is placed around the upper arm. A stethoscope is placed on the artery to listen for the pulse. The cuff is inflated to 180 mmHg to press the artery flat. As the pressure of the cuff is slowly released, the first pulse that is heard is the systolic pressure. As the pressure is released further and the cuff deflates, the sound will disappear. At that point, your diastolic reading is recorded.

Healthy adults should have their blood pressure verified at least once a year and it is recommended that people with other health conditions monitor their blood pressure regularly. Some people are nervous or anxious when they see their doctor. Therefore, blood pressure readings may be a bit high when taken at the doctor's office. A more accurate reading can be taken at home when you are calm and relaxed.



For the added convenience of taking your own blood pressure at home, many brands of automated blood pressure meters are available that can inflate and deflate automatically and provide electronic readings for your systolic, diastolic and pulse rates. Ask your Rexall family pharmacist to review the different types of home blood pressure monitors with you and select the one best suited to your needs.



Selecting a Blood Pressure Monitor for Home Use

You must select a cuff size that is appropriate for your arm size. As a guideline, the bladder (inflatable section of the cuff) must measure at least 80% of the circumference of your arm. Muscular or larger arms will require a larger cuff and children or small-framed people will require a smaller one. Ask your Rexall family pharmacist to help you select a blood pressure monitor and cuff that is right for you.

Taking your Blood Pressure Reading

- Proper cuff selection is important for obtaining accurate measurement. There are various sizes to choose from and selection should be based on the circumference of the midpoint of the upper arm:
 - For 22.0-26.9-cm circumference, use small adult size; for 27.0-32.9-cm, use adult size; and for 33.0-40.9-cm, use large adult size.
- Measurements should be taken in a quiet, well-lit environment. Do not talk during the reading.
- All measurements should occur before taking any morning doses of high blood pressure medicine and 30 minutes to 1 hour after exercising, smoking, or consuming caffeine or alcohol.



- Position yourself in a straight-back chair, seated with arm flexed and both feet on the floor. The arm being used should be relaxed, uncovered, and supported at the level of the heart. Only the part of the arm where the blood pressure cuff is fastened needs to be at heart level, not the entire arm.
- Measure your blood pressure after you have been seated for at least 3-5 minutes.
- No tight or constrictive clothing should be present on the arm you are measuring, i.e. avoid rolling up a sleeve to expose the arm.
- Take more than one measurement. A small amount of normal fluctuation in blood pressure occurs during different times of the day. Obtaining multiple measurements corrects for these daytime fluctuations. Generally, 2 or more readings are obtained and the average of the two is used as the blood pressure for each limb tested. Both arms should be tested, and the higher value considered as the blood pressure.
- Rest for 1-2 minutes between readings.
- If the 2 readings in any limb differ by more than 5 mmHg, additional readings are suggested until this wide discrepancy is clarified. Consult with your health care provider if unresolved.

While a blood pressure of 120/80 mmHg is considered optimal for most adults, a variety of factors influence what is normal for you. For this reason, it is important that you consult a healthcare professional such as a nurse, pharmacist or doctor to determine your optimal blood pressure.

If your reading is found to be high, your doctor may request some tests such as a kidney function test, ECG (Electro Cardiogram) or heart monitor exam.



Medical science has established several factors that may contribute to high blood pressure.

Uncontrollable Risk Factors

AGE: Men are more likely to develop hypertension between the ages of 35 to 55. Women are more at risk once they are menopausal.

HEREDITY: If blood pressure runs in your family you are more likely to develop it yourself.

RACE: Statistics show that there is a higher incidence of hypertension in African Americans than in any other culture.

Controllable Risk Factors

ALCOHOL: Regular and heavy alcohol consumption can significantly increase blood pressure. If you drink alcohol, limit yourself to one or two standard drinks a day, to a weekly maximum of nine for women and 14 for men.

DIET: In some cases, a high salt intake can increase blood pressure. Keep it under a teaspoon a day.

INACTIVITY: A lack of physical activity can lead to obesity, which in turn, can increase the risk of hypertension. 30 mins of moderate physical activity most days of the week will improve your heart health.

OBESITY: Overweight people are more likely to have hypertension. However, thin people can also suffer from high blood pressure. Where you carry your weight is important. If you're a man and your waist measures more than 102 centimetres (40 inches) or a woman more than 88 centimetres (35 inches), you are at increased risk of developing health problems such as heart disease, high blood pressure and diabetes.

OTHER DISEASES: 1 in 20 cases of hypertension can be associated with other diseases causing high blood pressure such as kidney disease.

MEDICATION: Certain medications can increase blood pressure in some people. These include oral contraceptives, pain relievers, and cough and cold medication.

SMOKING: It has been proven that smoking can increase blood pressure.

STRESS: While stress levels and responses to stress are very difficult to measure, stress is thought to be a risk factor for hypertension.

Health Consequences

Hypertension is often referred to as “the silent killer” because it generally does not present any warning signs or symptoms. Despite the common belief that high blood pressure can cause headaches, nosebleeds, irritability, and a red face, there are no immediate symptoms associated with hypertension. You cannot assume that your blood pressure is fine simply because you feel great. That is why it is so important to monitor your blood pressure.

Heart Disease

Hypertension is a major risk factor for heart disease because it increases the arteries' and the heart's workload. Similar to other muscles, the heart becomes larger when it works harder than usual. Unfortunately, this causes the heart to be less effective at pumping the blood through the body and as a result, the blood vessels tend to harden and/or become blocked. The consequences can be angina, heart attack and congestive heart failure.

Impaired Vision

Blindness or impaired vision can result from chronic high blood pressure. Increased pressure through the blood vessels causes the eyes' blood vessels to rupture.

Kidney Damage

Kidneys are the filtering system of the body. After a while, high blood pressure can harden and narrow the kidneys' blood vessels. Therefore, the blood flow is compromised and the kidneys are not as efficient. This means that some of the waste and extra fluids that should normally be filtered and evacuated might remain in the body. As a result, the blood pressure can escalate to a fatal level and the kidneys can fail altogether. In such cases, dialysis and/or a kidney transplant may be required for survival.

Stroke

Hypertension is the most significant risk factor for stroke. When the blood pressure is high, there is too much pressure on the arterial walls of the blood vessels leading to the brain. As a result, the vessels can rupture and provoke bleeding in the brain, which can lead to a stroke.



How can I Prevent or Treat Hypertension?

Although there is not usually a cure for hypertension, there are many lifestyle changes that can help manage this condition. For many people, these changes will be sufficient to lower their blood pressure to a healthy level. These changes include:

- Eat a healthy, balanced diet that is low in fat and cholesterol. Increase your fiber intake.
- Minimize your salt or sodium consumption.
- Reduce alcohol intake.
- Maintain a healthy body weight.
- Participate in regular physical activity, with an emphasis on aerobic exercises.
- Find stress management strategies that work for you. Try relaxation, breathing exercises, painting, exercising.
- Quit smoking and/or avoid second-hand smoke as much as possible.
- Have your blood pressure monitored regularly.

Unfortunately, for some people, these changes are not sufficient. This is when “blood pressure pills” or antihypertensive medications play an important role in the treatment of high blood pressure. When used in combination with lifestyle changes, this type of medication can usually reduce high blood pressure to near normal levels.

Here is a summary of the drugs most frequently used to treat hypertension:

- **Diuretics** increase water and salt removal by the kidneys.
- **Beta-blockers** work by blocking beta-adrenergic receptors that play a role in increasing the heart rate. Beta-blockers decrease the heart rate and decrease the amount of blood the heart pumps and thus reduces the workload on the heart.
- **Calcium channel blockers** work by keeping blood vessels open. They block the movement of calcium into the muscle cells that decrease the size of the blood vessels.
- **Angiotension-converting enzyme inhibitors** (ACE inhibitors) block a specific enzyme that is needed by the body to produce angiotensin, a chemical that makes the blood vessels tighten. Without angiotensin, the blood vessel relaxes and enlarges, reducing the resistance to blood flow and blood pressure.
- **Angiotensin II receptor blockers** (ARB’s) do not prevent the formation of angiotensin, but rather block its effect. Angiotensin normally raises blood pressure and heart rate.
- **Direct Renin Inhibitors** prevent the body from producing angiotensin II, a substance that causes blood vessels to tighten, thus increasing blood pressure. As a result, blood vessels relax and blood pressure is lowered.

Your doctor will determine what medication is best suited for you. Usually a period of trial and adjustment will be necessary to find the right dose or combination that works best as well as to identify any side effects and reduce them.

Each person must be evaluated individually according to their health history, risk level, other medical conditions, and current medications to ensure the selection of a safe and beneficial therapy. Regular checkups are just as important as they allow your doctor to evaluate your progress and adjust your medications as required. No matter which medication or therapy your doctor prescribes, the most important component to managing your high blood pressure is adherence to the medication regimen. Follow your doctor’s recommendations and instructions because your medication won’t work if you don’t take it!

A few words of Caution

For the same reason that it is important to take your medicine exactly as prescribed, it is crucial that you don’t take medication prescribed for anyone else. Furthermore, do not decide on your own to stop taking your medicine because stopping abruptly could be very dangerous.

Nutrition

Proper nutrition is the key to having energy, fighting disease and maintaining a healthy weight. A nutritious breakfast will give you the energy and mental alertness to get through a productive day. Developing good eating habits at an early age can set a healthy growth pattern of development and ensure physiological strength and wellness in years to come. It can help reduce your risk of cancer, heart disease, stroke and osteoporosis. From the first days of life, to your senior years, ensuring a balanced intake of vitamins, minerals and nutrients will contribute to your vitality and quality of life.

Measure your Nutrition Knowledge

1. Which one of the following foods is a good source of calcium?

- a) 1 slice of cheese pizza
- b) 1 small milkshake
- c) 1 ice cream cone
- d) All of the above

2. Which of the following foods is enriched with iron, B vitamins, niacin, riboflavin and thiamin?

- a) cookies
- b) muffins
- c) breads
- d) all of the above

3. You need 2 to 3 servings of meat and alternatives each day.

One serving of meat is about the same size as:

- a) a matchbox
- b) a deck of cards
- c) a thin paperback book
- d) none of the above

4. You need 5 to 10 servings of vegetables and fruit each day.

Which of the following represents one serving?

- a) a medium sized apple
- b) a cup of raw, leafy vegetables
- c) ½ cup (125mL) juice
- d) All of the above

5. To maintain a healthy body weight, you should...

- a) completely eliminate fat from your diet
- b) eat well, be active and feel good about yourself
- c) use calorie reduced or low fat products

ANSWERS: 1. d) All of the above 2. d) All of the above. All flour in Canada is enriched with these nutrients; therefore, all baked goods containing flour contain them as well. 3. b) A deck of cards 4. d) All of the above 5. b) Eat well, be active and feel good about yourself. Eating well is just one way to get the most out of life. Regular exercise and a good attitude are just as important. Establish healthy eating habits and stay active, whether it's walking the dog, swimming, bicycling or dancing.

Canada's Food Guide

According to the new Canada's Food Guide, each individual can maintain a healthy weight by following easy guidelines to a balanced diet and adequate physical activity.

A sound diet not only regulates body weight but also helps prevent complications such as diabetes. Not all foods are created equal. Choosing the wrong foods can increase your risk of heart disease or developing diabetes.

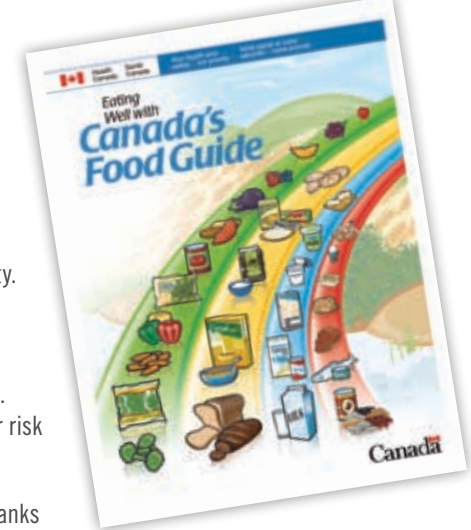
The Glycemic Index or GI, is a system that ranks foods by how they affect your blood sugar levels.

Foods low on the GI (less than 55) provide a gradual rise in blood sugar levels, making it easier for your body to process. Foods high on the GI (more than 70) make blood sugar levels and insulin levels spike much too fast.

By maintaining a diet based on low GI, you can reduce your risk of developing heart disease, prevent type 2 diabetes or avoid serious side effects if you already have diabetes. It can also curb your appetite and help you lose weight. It also gives you more energy over a longer period of time.

Low glycemic index carbohydrates help regulate your blood sugar (glucose) levels.

1. Try to incorporate at least one low glycemic index starch per meal.
2. Include whole grains in your daily diet.
3. Use the least processed or coarse grain or flour.
4. Add low GI foods to existing meals: e.g. add green beans to a serving of rice to reduce the GI of the overall meal.
5. Snack smart – avoid starchy, high GI foods.
6. Fruits, vegetables and legumes are mostly low GI foods.



Here are sample GI foods to choose and avoid.
 Don't avoid all high-glycemic index foods, some are
 low-calorie and very nutritious

| LOW Glycemic Index - GOOD | | HIGH Glycemic Index - BAD | |
|--|--------|---------------------------|--------|
| FOOD | RATING | FOOD | RATING |
| Asparagus, Broccoli, Celery, Cucumber, Green Beans, Lettuce, Peppers, Snow Peas, Spinach, Zucchini | <15 | Raisins | 64 |
| Low Fat Yogurt, unsweetened | <15 | Rye bread | 68 |
| Peanuts | <15 | White bread | 70 |
| Tomatoes | 15 | Bagel | 72 |
| Cherries | 22 | Honey | 73 |
| Plums | 24 | Mashed potatoes | 73 |
| Grapefruit | 25 | Doughnuts | 75 |
| Peach | 28 | French fries | 76 |
| Soy milk | 30 | Pretzels | 81 |
| Fat-free milk | 32 | Dates | 103 |

Your diet should include foods rich in fiber, vitamins, carbohydrates and minerals. One should include fruit and a combination of starchy and non-starchy vegetables. Eating balanced meals and snacks if necessary to keep blood sugar levels under control, optimize organ function, develop strong muscle and bones and prevent serious health issues. A good meal plan that fits your lifestyle is the key.



To get your own copy of the Canada's Food Guide, visit www.healthcanada.gc.ca/foodguide

How much is a serving for an Adult?

The Canada Food Guide recommends eating 7 to 10 servings of fruits and vegetables, 6 to 8 servings of grain products, 2 to 3 servings of milk products and 2 to 3 servings of meat or meat alternatives per day to stay healthy. Don't panic. A serving is not a heaping plate full.

For example 1 serving of vegetables is equal to

- 1 medium sized apple, banana or carrot as a snack
- 1 scoop of peas with your dinner or a small bowl of peaches for dessert
- 1 small glass of juice
- 1 small side salad with your dinner
- 1 small box of raisins with your lunch



| QUICK REFERENCE | | |
|-------------------------------------|--------|------------------------------------|
| 1 SERVING | EQUALS | SIZE |
| Meat | = | 1 Deck of cards or 1 cassette tape |
| Fruit | = | 1 Tennis ball |
| Cheese | = | 1 Adult thumb |
| Salad dressing, butter or margarine | = | 1 Quarter |
| One cup | = | 1 Adult fist |
| One half cup | = | 1 Ice cream scoop |
| Peanut butter | = | 1 Golf ball |

Organic versus Conventional foods

Scientific research to date has not been able to show without a shadow of doubt that there is evidence that organically grown foods are better or safer than conventionally grown foods.

Organically grown and conventionally grown foods have to meet the same guidelines and standards before being sold to the public. Conventional foods are grown with the protection of pesticides and need to be thoroughly washed before cooking or eating but so do organic foods since they are exposed to organic materials, human handling and transport.



Drinking Water

Your body is estimated to be between 60% and 70% water. Your body needs water to regulate your body temperature, allow nutrients and oxygen to flow through the body and helps remove waste.

If you get dehydrated (lack of sufficient fluids), you may develop headaches, joint and muscle pain, constipation, and in severe cases, confusion and disorientation.

Keeping your body hydrated is key to good health. Choose water often throughout the day rather than soda drinks or coffee. Consider plain water or low calorie water flavouring products or sport drinks. Juices are good as well as they have vitamins and nutrients.

How much is enough? A good guideline is to take your body weight in pounds and divide that number in half. That gives you the number of ounces a day that you need to drink. If you are physically active, exercise or are in a hot environment where you would perspire more, you will need to take in another eight ounce glass for every 20 minutes you are active to compensate.



Healthy Hearts

Quick Tips for Dieters

DiETING does not need to be painful. To ensure you stay with your meal plan, here are a few tips that may help:

- Eat a good breakfast – people who eat breakfast tend to eat 5% less calories during the rest of the day.
- Keep “healthy” snacks at your fingertips to curb those cravings; celery, carrots, or rice cakes. Stay away from high calorie, high sodium and high fat snack bars.
- Try to balance your intake by having 30% of your daily intake at breakfast, 5% as a mid morning snack, 20% at lunch, another 5% snack in mid afternoon and 40% at dinner. This will leave you with a full feeling throughout much of the day and keep your metabolism steady.
- Use herbs and spices to flavour your food to replace sauces, condiments and salt.
- To satisfy your sweet tooth, use flavour essences such as vanilla in candles or air fresheners. The scent will reduce your craving for fattening sweets.
- Potatoes (not fried), provide a full feeling and act like fiber once ingested. Their natural resistant starch content maintains your blood sugar level and can reduce body fat.
- Eliminate soda pop from your diet. Even the diet versions are bad for you as the phosphorous content contributes to osteoporosis. Replace pop with carbonated waters at first – they’ll still satisfy your craving for something “bubbly” - then eliminate the carbonation over time.
- Stress often makes people eat more or make unhealthy food choices. Reduce your stress level with deep breathing exercises, quiet walks and relaxation.

The  family of pharmacies.



Tips

If you tend to eat lunch at your desk or do not feel you have time to have a decent meal, here are some tips to improve your diet:

- At work, keep healthy snacks in your desk to nibble on such as boxes of raisins, an apple or a banana, single serving fruit cups or either canned or dried fruit.
- Buy pre-washed and pre-cut salads.
- Add canned tuna or salmon to your salad for a more nutritious meal.
- Try frozen vegetables that can be cooked or heated in the microwave.
- Keep low fat yogurt in the fridge for a quick, nutritious snack.
- Buy frozen fruit for a healthy topping on cereal instead of sugar.
- Keep baby carrots in the fridge – they are sweet and tasty.
- Keep washed, trimmed celery sticks handy for a quick snack.
- For a healthy snack, microwave popcorn instead of eating potato chips.
- Protein or power bars are a healthier alternative to chocolate bars while still satisfying a chocolate craving.
- Keep a bowl of fruit in plain sight .
- Make your own frozen TV dinners for nutritious, hot meals.

Supplements: Vitamins, Minerals & Herbals

With today's busy lifestyles, eating regular healthy meals may not always be possible. To ensure your body gets its daily nutrient requirements, a vitamin and mineral supplement may be helpful. These are especially important in doctor or dietitian/nutritionist supervised weight loss programs. Your Rexall family pharmacist or your doctor can be a great source of information on this topic.



Alternative Medications - Herbals

Natural and herbal medicines have become quite popular as an alternative to prescription medications.

It is important however to remember that herbal products are still a form of medication and should be used with caution. You should consult your Rexall family pharmacist to identify any drug interaction with your other medications.

These natural medicines can be beneficial if taken responsibly but are not meant to be a treatment for serious or chronic ailments nor in the case of a heart attack or stroke.

Here are some natural medicines that studies have shown could be beneficial. Before starting any herbal regimen, talk to your doctor or Rexall family pharmacist.

- Coenzyme Q10 is a natural enzyme produced by the body but depletes itself as we get older or develop heart disease. Some prescription drugs may also reduce your level of Q10. Although there is no scientific evidence or measure of it's efficacy, preliminary studies show that, Q10 may help reduce high blood pressure, slow down dementia in Alzheimer patients, reduce angina (chest pain due to clogged arteries) and is claimed to possibly improve heart function.
- Garlic prevents the oxidation of LDL cholesterol and may prevent the liver from producing excess fat and cholesterol.
- Hawthorn dilates coronary blood vessels, improving the flow of blood to the heart. It also aids the body to rid itself of excess salt and water.
- Ginkgo biloba improves the flow of blood through the body. It is also an antioxidant.
- Ginger helps reduce cholesterol, lower blood pressure and prevent blood clots.

For in depth information on herbal and natural medications, visit www.rexall.ca

Activity



In order to maintain a healthy weight and keep energy levels high, you need to exercise on a regular basis. Exercise doesn't have to be a work out in a gym. It can involve your daily activities such as walking, gardening, swimming, bicycling or sports such as tennis, golf or badminton. Be sure to consult with your doctor before undertaking any intense physical activity and start slowly and build up. Don't overdo it the first time as you may harm yourself physically.

TARGET HEART RATE CHART

| AGE | TARGET ZONE 65% - 85% (BEATS PER MINUTE) | AVERAGE MAXIMUM HEART RATE (100%) |
|-----|--|--------------------------------------|
| 20 | 130-170 | 200 |
| 25 | 126-167 | 195 |
| 30 | 124-162 | 190 |
| 35 | 120-157 | 185 |
| 40 | 117-153 | 180 |
| 45 | 114-150 | 175 |
| 50 | 111-145 | 170 |
| 55 | 107-140 | 165 |
| 60 | 104-136 | 160 |
| 64 | 101-132 | 155 |
| 70 | 98-128 | 150 |

What you need to know:

- Performing physical activity 3 Times a Week / 30 Minutes a Day is the suggested routine for beginners.
- Daily physical activity can lower your blood pressure by up to 10 mmHg.
- Maintaining an elevated heart rate for the full 30 minutes is essential when trying to get in shape.
- Your maximum heart rate is the maximum amount of times your heart can beat in one minute.
- You should work at 65% to 85% of your maximum heart rate; this is called your target heart rate.
- Your target heart rate is determined by subtracting your age from 220, then multiplying it by between 65% and 85%.

Example for a 50 year-old:

$$220 - 50 \text{ (age)} = 170$$

$$170 \times 0.65 = 110.5$$

$$170 \times 0.85 = 144.5$$

- Therefore the heart rate for a 50 year old during exercise should be at least 110 beats per minute and no more than 144 beats per minute.
- Take your pulse every 10 minutes to make sure you are working within your target heart rate. Before any strengthening and stretching exercises begin you must adequately warm up your body first, by gradually increasing your heart rate.
- This can be done through walking, jogging, jumping jacks, skipping, etc.



Getting proper exercise doesn't have to be hard work. It can be fun.

There are simple activities that you can incorporate in your day that don't take extra time or effort.

- When shopping, park your car a distance away and walk to the store.
- Take the stairs at work rather than the elevator.
- Take a walk at night with your kids, your dog or a friend.
- If the weather is poor, walk in the mall.
- Go dancing.
- Take up yoga or join a fitness club.
- Play with your children or grandchildren.
- Laugh often.
- Start a garden.
- Take the stairs instead of the elevator at work .
- Go for a walk after lunch and/or after dinner.
- Take the stairs at the mall instead of the escalator.
- Start a neighbourhood evening walk club.
- Pick weekend activities that are more physically demanding, hiking, swimming, bicycling.



Healthy Hearts

Things to think about

Contemporary lifestyles have changed the way our children spend their time. Computer games, television and less physical activity in school have created a sedentary lifestyle for our kids, contributing to childhood obesity and early onset of heart disease and diabetes.



Plan family friendly activities to keep your kids in shape and get involved. Taking part in these activities with your children will keep you in shape and get you involved in their daily activities. This is also a great way to communicate and get closer to your kids.

- If your child is an avid computer gamer, substitute their sit down games with interactive computer programs that require standing.
- Encourage physical activity such as soccer or swimming.
- Limit sit down time to reading and homework.
- Assign chores such as walking the dog, mowing the lawn, cleaning their rooms or the garage.
- Take an after dinner walk around the neighbourhood. It's a great opportunity to talk to your kids and know what is going on in their lives.
- Encourage your kids to join organized sports and attend games to support them. Cheering is a great exercise.

Remember to maintain a healthy diet and exercise regularly. Watch your weight and adopt a positive attitude about life and you will feel better and live longer. We want you around for a long time!



The  family of pharmacies.

Smoking Cessation



Smoking and/or exposure to second-hand smoke has many negative health effects that increase your risk of developing heart disease and stroke. Smoking contributes to the build-up of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, increases your blood pressure and makes your heart work harder. Smoking also nearly doubles the risk of ischemic stroke.

Every 12 minutes, 1 Canadian dies of a tobacco-related illness. Tobacco kills 47,000 Canadians each year... more than murders, suicides, alcohol-related deaths and car accidents combined. Although smoking is decreasing amongst older men, it is actually on the rise in women and youths.

Smoking is a contributing factor to more than two dozen diseases and health conditions.

| | | |
|---|--------------|-----------------|
| HEART DISEASE | INFLUENZA | THYROID DISEASE |
| LUNG CANCER | GUM DISEASE | PNEUMONIA |
| CANCER OF THE MOUTH, THROAT AND VOICE BOX | TOOTH DECAY | SLEEP DISORDERS |
| EMPHYSEMA | CATARACTS | BRONCHITIS |
| HIGH BLOOD PRESSURE | IMPOTENCE | PEPTIC ULCERS |
| HIGH CHOLESTEROL | OSTEOPOROSIS | |

Women who smoke have an increased risk of developing

| | |
|--------------------|--------------------|
| CERVICAL CANCER | FERTILITY PROBLEMS |
| MENSTRUAL PROBLEMS | MISCARRIAGES |

The Good News

Once you become smoke-free and avoid exposure to second-hand smoke, you will immediately reduce your risk of heart attack and stroke. The sooner you become smoke-free the sooner your body can start to recover and it doesn't take long to see the effects.

- Within 48 hours, your chances of having a heart attack start to go down and your sense of smell and taste begin to improve.
- Within 1 year, your risk of suffering a smoking-related heart attack is cut in half.
- Within 15 years, your risk of heart attack is the same as someone who never smoked at all!



No more excuses for not quitting!

MYTH: QUITTING IS EXPENSIVE.

REALITY: The cost of using a smoking cessation aid ranges from \$3.00 to \$10.00 per day over the course of 6 to 12 weeks. This cost is insignificant compared to the cost of cigarettes over a lifetime. It could cost you your life or the life of a loved one who is exposed to your cigarette smoke. How much is that worth?

MYTH: IT HELPS ME RELAX

REALITY: Nicotine is a stimulant. Smoking actually increases your blood pressure and heart rate. How relaxing does that sound?

MYTH: I'VE TRIED QUITTING BUT I CAN'T. WHY SHOULD I TRY AGAIN?

REALITY: Quitting is hard because smoking is an addiction. Most people have many attempts before they win the battle. There are several methods of quitting. Talk to your doctor or Rexall family pharmacist for help.

| NON PRESCRIPTION AIDS | PRESCRIPTION AIDS |
|--|--|
| Nicotine Replacement Therapy (available as Gum, Patch, Nasal Spray, Inhaler or Lozenges) | Bupropion (Zyban) Varenicline (Champix) |

MYTH: I ONLY SMOKE A COUPLE OF CIGARETTES A DAY. IT DOESN'T HURT. I KNOW I CAN QUIT, I JUST DON'T WANT TO.

REALITY: One cigarette is one too many. In its pure form, the nicotine found in cigarettes is poisonous. Here are a few of the additional chemicals you are inhaling with each puff.

| | |
|-------------------------|--|
| Nicotine | used in insecticides and one of the most addictive substances known to man |
| Benzene | a common solvent in fuel |
| Formaldehyde | used in embalming dead bodies |
| Ammonia | used in toilet bowl cleaners |
| Acetone | main ingredient in nail polish remover |
| Carbon monoxide | exhaust fumes from cars |
| Arsenic | rat poison |
| Hydrogen cyanide | was used in gas chambers to terminate death row criminals |

There are at least 60 more ingredients used in cigarettes that are potentially lethal.

MYTH: IT'S MY LIFE AND IT DOESN'T AFFECT ANYONE ELSE BUT ME.

REALITY: Approximately 67% of tobacco smoke is not inhaled by the smoker but rather released into the surrounding air and inhaled by others. Second hand smoke contains 2 times the tar and 5 times the carbon monoxide than does the smoke inhaled by the smoker. Children exposed to second hand smoke are more likely to suffer from allergies, asthma, ear and sinus infections, colds, respiratory tract infections, impaired lung function, childhood cancers, heart disease and SIDS (Sudden Infant Death Syndrome).

Tips for Quitting

You won't be successful if you don't really want to quit. Decide to quit, for your own reasons. Everyone has a different reason for quitting smoking. It may be concern for your personal health or the health of loved ones around you. It may be the financial impact smoking has on your cash flow that gives you that extra incentive. Whatever the reason, make that choice and don't put it off. Quit today!

1. Set a quit date and stick to it.
2. Prior to your quit date, keep a "diary" of each cigarette you smoke; what time, with whom and what you were doing at the time. Evaluate your diary and look for patterns. Avoiding the people or situations that influence you to smoke, at least in the beginning when you are most vulnerable, will help your quit attempt be more successful.
3. Make a list of reasons you are quitting and post it everywhere you usually smoke as a reminder. Keep in mind what causes you to start smoking and avoid that situation.
4. Hang a calendar on your fridge and record your progress and any setbacks. Keeping a private diary of your thoughts as you go through the process is also therapeutic and may come in handy if you ever get the urge again to start smoking.
5. Get rid of everything related to smoking, ashtrays, lighters, etc.

6. Most smokers don't notice because they are constantly exposed to their cigarettes, but cigarette smoke gets imbedded in your clothes, your furniture, your carpets and everything in your home. Get rid of the smell of cigarettes by washing or dry cleaning your clothes and giving your house a good cleaning to rid the area of that cigarette smell.
7. Enlist the help of an ex-smoker or someone else who wants to quit smoking. They can identify with what you are going through and can help you stick with it. Nothing is more inspiring than someone who has fought the battle and won.
8. Enlist the support of your spouse, family or health practitioner. These are all people who want what's best for you and your health. Studies have even proven that those with a support system in place are much more successful in their quit attempts.
9. Change your routine. If a certain daily activity involved smoking, change that pattern. Smoking is an addiction and a bad habit. Changing patterns in your routine will help you control the urges.
10. When you get a craving, go for a walk, change activity, chew gum or drink water, all of which are good for you anyway. Most cravings will generally pass after approximately 10 minutes.
11. You may feel edgy or tense for the first few days. If you feel you are slipping, talk to someone about what you are going through. It will get it out of your system and also help others around you understand.
12. You will notice early on that your sense of taste and smell are improving. Enjoy this new experience, but eat regular meals and try to avoid snacking, as nibbling can become a substitute for smoking. If you feel you must snack on something, remember to choose healthy snacks.



13. As an added incentive, start a money jar and each day add to it the money you would have spent on cigarettes. Watching those savings grow will astonish you and give you that added boost.
14. Most people plan a big reward for themselves if they quit smoking – like a trip. This is a great incentive but don't forget to give yourself frequent, smaller rewards too. Each day is a struggle and deserves to be recognized as a success.

If you give in to your craving and smoke, don't give up. You may need to try several times before you can kick the habit completely. It takes the average person 5-7 quit attempts before they are finally successful. However, each quit attempt builds your confidence, generally lasts longer than the previous time and gets you one step closer to being smoke free. Remember, you CAN do this!

If you do not feel ready to quit right now, there are still a few things you can do to improve your health:

- Decrease the number of cigarettes you smoke each day. Even one cigarette less per day can improve your odds. There are many over-the-counter smoking cessation aids that can make this easier – speak to your Rexall Family Pharmacist about which option may be best for you.
- Do not smoke inside either your house or car – even when no one else is home. Smoke lingers and doing this will eliminate the chance of inhaling second hand smoke by your spouse or kids.
- Keep a smoking diary. It will get you thinking about why and when you smoke.

Taking even a few steps towards better health will make you feel better and inspire you to quit. Cutting out even one cigarette a day can motivate you to make this a gradual process towards being completely smoke-free or will at the very least demonstrate to you that you can do it!

Quit Smoking Assessment

Please complete this form and bring it to your Rexall family pharmacist or your doctor. The answers you provide will help them to determine the best course of action to help you quit smoking.

NAME: _____

History and Pattern of Smoking

How many cigarettes do you usually smoke per day?

Normally: _____ Maximum: _____

When do you usually smoke?

- First thing in the morning
- Socially
- With coffee
- Late at night
- While working
- After meals
- Other: _____

At what age did you start smoking? _____

Why did you start smoking? _____

- Have you been diagnosed with heart disease or cardiovascular disease? YES NO
- Does your family have a history of heart disease? YES NO
- Are you taking contraceptives? YES NO
- Are you living with other family members? YES NO
- Are there children in your household? YES NO
- Does anyone in your household suffer from asthma? YES NO
- Is smoking permitted at work? YES NO
- Do you associate with friends or co-workers who smoke? YES NO
- Do you consume more than 2 drinks per day? YES NO

Motivation

Why do you want to quit smoking now?

- Worried about your personal health
- Worried about the health of family
- Risk of serious illness
- Pressure from family or friends
- Can't smoke at work
- Financial reasons, cost of smoking
- Pregnant or planning to get pregnant
- Don't know why
- Other: _____

Plan and Method

Have you tried to quit smoking before?

YES NO

If you have tried quitting before, what method did you use?

- Quit completely with no aides ("Cold Turkey")
- Gradually reducing number of cigarettes per day
- Slowly reduced number of cigarettes per day
- Acupuncture
- Hypnosis
- Used a medication
- Gum
- Patch
- Herbal
- Prescription
- Other method: _____

How long were you successful in quitting? _____

Why did you start smoking again?

- Too hard to quit
- Method did not work
- Environment made it too difficult
- Problems with the medication
- Irritability or anxiety
- Other: _____

What is your level of commitment to quit this time?

- Have to
- Not sure you can quit
- Don't really want to stop
- Very determined
- Contemplating quitting
- Need help with quitting

My Action Plan for a Healthier Life

Get started today! This chart can help you get started and keep to your action plan. Record your current status and talk to your doctor or Rexall family pharmacist about what your realistic healthy targets should be. Record your progress regularly (monthly or weekly).

| | MY CURRENT STATUS | STAGE 1 | STAGE 2 | STAGE 3 | MY TARGET |
|------------------|-------------------|---------|---------|---------|-----------|
| BLOOD PRESSURE | | | | | |
| CHOLESTEROL | | | | | |
| WEIGHT | | | | | |
| WAIST SIZE | | | | | |
| ACTIVITY LEVEL | | | | | |
| NUTRITION STATUS | | | | | |
| SMOKING | | | | | |

Comments/Notes: _____

Comments/Notes: _____

Lined area for notes on page 44.

Comments/Notes: _____

Lined area for notes on page 45.

The  family of pharmacies:



PharmaPlus

*The Medicine
Shoppes*
PHARMACY

Guardian

I·D·A

Disclaimer: This booklet is for information purposes only and can not replace the expert advice and services of a physician, pharmacist or medical professional.

This booklet was printed on earth-friendly recycled, windmill-powered paper. Good for you. Good for mother earth.