



# Better Health

Keewatin Yatthe Regional Health Authority  
MONTHLY HEALTH PROMOTION NEWSLETTER

**February 2013 Theme – Heart Health**



## Welcome, Tansi, Edlaneté!

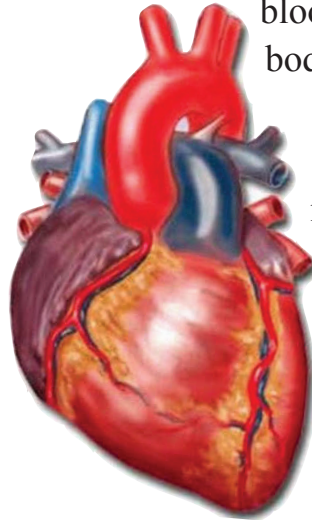
Thanks for taking time to check out our new feature newsletter dedicated to **Better Health**. We hope you find the information useful in making **Better Health** choices!

Remember to share this with co-workers and clients. Post in your facility and in your community.

Send your questions and submissions to:  
[amanda.laboucane@kyrha.sk.ca](mailto:amanda.laboucane@kyrha.sk.ca)  
(306) 235-5833

## Diabetes and heart health

People with diabetes are at high risk of heart disease. High blood sugars can cause damage throughout your body, including to your heart and blood vessels.



### Reduce your risk

To reach desired heart health targets — and to make sure you stay on target — you may need medications or adjustments to medications.

### For more information:

Check out the Canadian Diabetes Association website: [www.diabetes.ca](http://www.diabetes.ca)  
Or contact Sandra Clarke, Diabetes Nurse Educator: 306-235-5842 or 1-888-274-8506.

*Smoking restricts blood vessels. So does diabetes. You can't change having diabetes, but you can stop damage caused by smoking!*

**smokers' helpline**

[smokershelpline.ca](http://smokershelpline.ca)  
1 877 513-5333



**FREE**  **Heart and Stroke Risk Assessment**  [www.heartandstroke.sk.ca](http://www.heartandstroke.sk.ca)

## Protect your heart!

- 1 Keep your **blood pressure** and **cholesterol** in check;
- 2 Ask your doctor about taking aspirin every day;
- 3 Be physically **active** and maintain **healthy body weight**;
- 4 **Eat wisely**;
- 5 **Don't smoke**, and if you do, try to **quit!**

## RECIPE

**For a healthy heart:** *Cut back on foods high in saturated and trans fats as well as cholesterol (like butter, eggs and whole milk). Eat more foods high in fibre (like fruits, vegetables and whole grain bread and bannock).*



*Try 30 minutes of moderate exercise, like a brisk walk, on most days!*

