

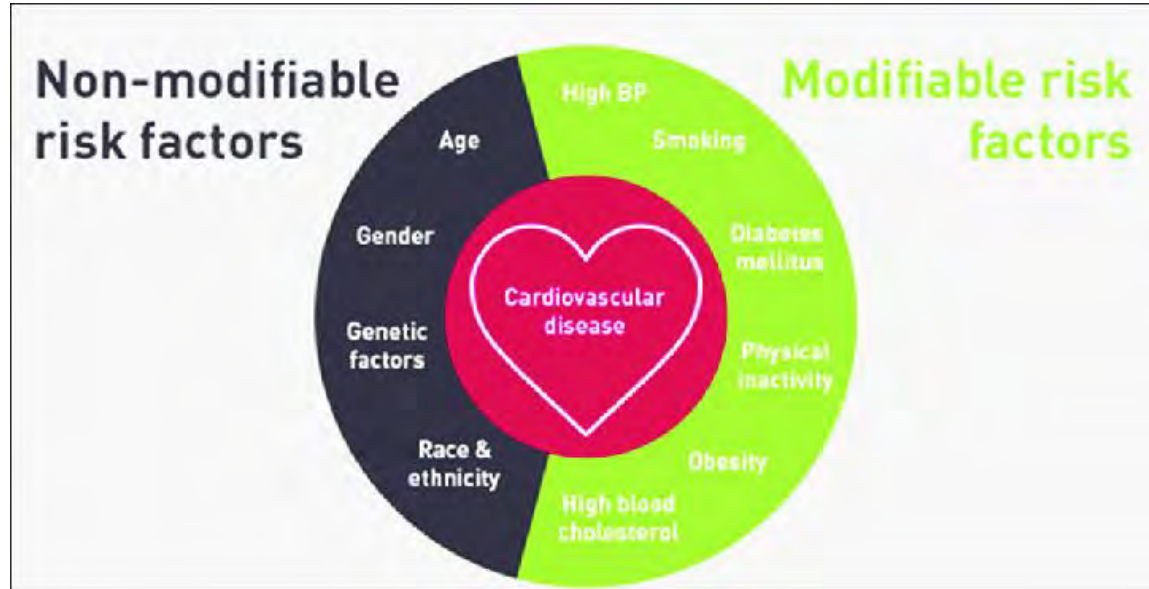


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Living with the Impact of a Mid-Life Heart Event



Dr. Rozen M. Alex, C. Psych
University of Ottawa Heart Institute



What happened to us?

Risk factors in mid life increased in the US from 2011-2017 (CDC)



What factors in my life may change?

- Changes in “normal” lifestyle
- Uncertainty-what is known and unknown
- Decisions-what is important?
- Cognitive/Physical Changes
- Changes to Career Goals/financial security?





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Work and CVD

Ask lots of questions

- **What is your job?**
- **What are permanent modifications, what are side effects?**

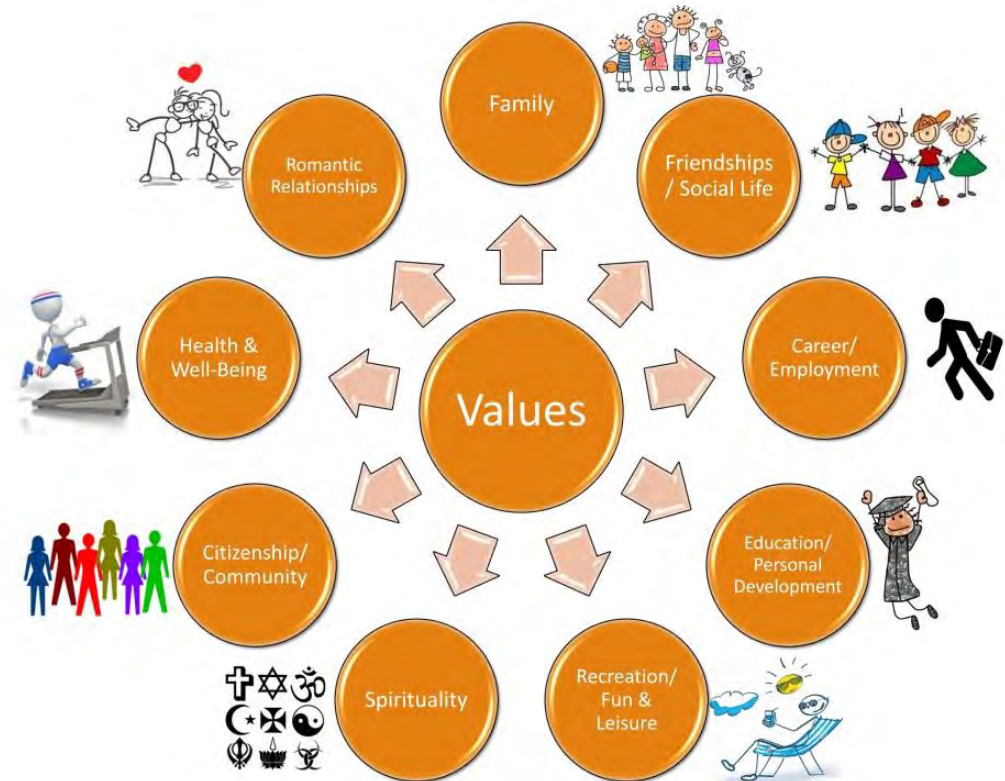




What is most important?

May have ignored our own needs as life has become busier.

Realign values with personal health
(and clearly defining what that means)





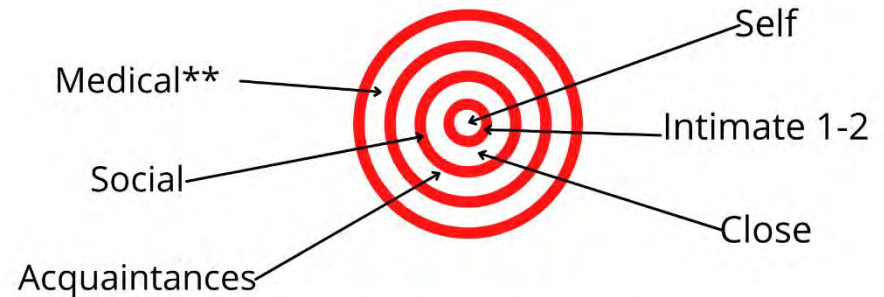
Characteristics

Acceptance	Accomplishment	Accountability	Adaptability	Adventurousness	Altruism	Ambition
Charity	Cheerfulness	Collaboration	Commitment	Compassion	Competence	Conscientiousness
Courage	Courtesy	Credibility	Dependability	Determination	Diversity	Efficiency
Fairness	Flexibility	Generosity	Genuine	Hardworking	Honesty	Humility
Integrity	Joy	Kindness	Loyalty	Obedience	Optimism	Patience
Peace	Perseverance	Resilience	Respect	Responsibility	Righteousness	Serenity
Self-Discipline	Sharing	Sincerity	Supportive	Thoughtfulness	Tolerance	Wisdom



Communication is important

- **The amount of give and take depends on level of relationship**
 - Boundaries, not everyone is entitled to explanations about what is going on.
- **Building relationships on all levels is important**
 - Sometimes you need people to distract you
 - Sometimes you need people to lean on
 - Support for your caregiving responsibilities
- **Medical staff rules are different but communication just as important.**



** Different rules apply for medical, give and take not equal, but communication more important



Know when to take care of yourself!

- **Learn your signs and symptoms**
- **“Normal” Stress, and low mood vs need support**
- **Communicate your needs**
- **Get together with others to advocate for your needs.**
- **Know/Ask what resources you may need**

What is Clinical Depression?

Symptoms:

- Sad or irritable mood
- Loss of interest or motivation
- Change in appetite and/or weight
- Insomnia or excessive sleeping
- Physical slowing down of the body OR agitation/restlessness
- Fatigue or loss of energy
- Feelings of worthlessness and/or excessive guilt
- Diminished concentration
- Thoughts of death or suicide





What is an Anxiety Disorder?

Symptoms:

- Excessive worry (daily)
- Difficult to control the worry
- Problems falling or staying asleep (hard to “turn off” your mind)
- Feeling of restlessness or being “on edge”
- Muscle tension
- Problems with concentration
- Irritability
- Fatigue





Look towards your strengths!





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When feeling down, remember what are your top “feel good” strategies?





I want more support...

Talk to your family doctor

- Family Health Teams may have access to psychiatry and psychology
- Refer to other resources (e.g. C-PROMPT, OSP accessmha)
- Empower you about coping with your current health status
- Workplace Employee Assistance programs
- Mind Beacon
- AbilitiCBT
- CCAC 310-2222 (no area code required)

Check for health/rehab psychologists/psychotherapists (Ottawa Academy of Psychology)

Check/advocate to your local LHIN (e.g. Champlain

<https://www.livinghealthyhamplain.ca/en/workshops>)

Check within our Patient Alumni



More Resources

Calm

This mobile app was designed to assist with managing stress and sleeping better. This app offers meditation, sleep stories, breathing programs and relaxing music.

Headspace

A former Buddhist monk created Headspace as a way to help people everywhere learn about meditation. People can try it for 10 days to see whether they want to pay for longer use.

Frantic World

A professor of clinical psychology from Oxford, England offers a range of free audio meditations for new and experienced meditators. There is even a fun “chocolate meditation.”



More Resources

Buddhify

Buddhify offers a fun, gamified approach to creating a meditation practice. Buddhify uses bright, cartoony graphics and simple language, and it's designed to be used on the go. The app has different settings — home, traveling, walking, gym — so that you can squeeze in a meditation wherever you are, and offers audio and video meditations suited to your current setting.



Final resources:

Ottawa Employment Hub <https://ottawaemploymenthub.ca/>

Community Employment Resource Centre: <https://www.cercottawa.ca/>

Ottawa Library Resource Page <https://bibliottawalibrary.ca/en/career-planning-and-job-searching>

Living Healthy Champlain <https://www.livinghealthy Champlain.ca/>

Health coaching is a free phone support program to help you manage your conditions and take control of your health.