

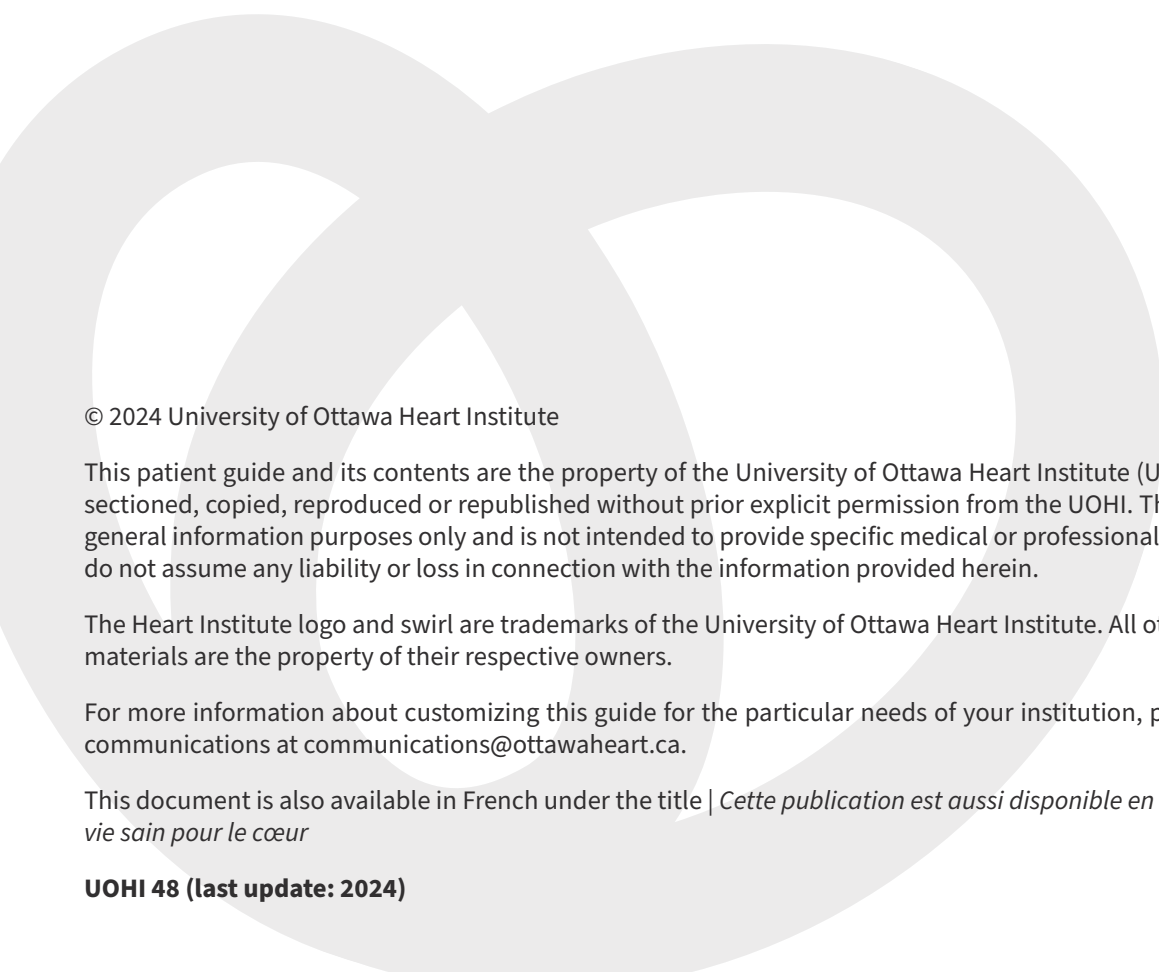


UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA

# Heart-Healthy Living



A GUIDE FOR PATIENTS AND FAMILIES



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This document is also available in French under the title | *Cette publication est aussi disponible en français sous le titre : Un mode de vie sain pour le cœur*

**UOHI 48 (last update: 2024)**

# PHONE NUMBERS

Use this page to keep track of the names and numbers of the health care professionals involved in your care.

**Cardiologist** Name \_\_\_\_\_

Phone Number \_\_\_\_\_

**Family Doctor** Name \_\_\_\_\_

Phone Number \_\_\_\_\_

**Pharmacy** Name \_\_\_\_\_

Phone Number \_\_\_\_\_

**Cardiovascular  
rehabilitation** Name \_\_\_\_\_

Phone Number \_\_\_\_\_

**Other** \_\_\_\_\_

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# ACKNOWLEDGEMENTS

The Heart-Healthy Living Guide was developed by a working committee of health professionals at the University of Ottawa Heart Institute. This guide was written by Heart Institute staff with experience caring for people with heart disease. A team of current and former patients reviewed the information to make sure that it was easy to read and understand. We hope that this guide helps you build a plan for heart-healthy living that you can stick with over the long term.

The Heart-Healthy Living Guide is supported by the University of Ottawa Heart Institute Patient Alumni Association. The Patient Alumni Association is committed to improving health care for people with heart disease.

# INTRODUCTION

We provide the best available care to manage your heart condition. We cannot cure your heart disease, but this guide will help you live a heart-healthy life. Heart disease is a chronic health condition that changes your life.

You choose how to respond to these changes. Take charge of your heart health and stay involved in your care. This guide will support you as you learn to take care of your heart and preserve your health.

## Here is our three-step plan for heart-healthy living:

Step 1	Get to know your own risk factors and plan how to manage them. Use the risk factor profile on page 7 to help you identify your risk factors and set health goals.
Step 2	Participate in a cardiovascular rehabilitation program. Work with specialists in nutrition, physical activity, stress management, return-to-work counselling, smoking cessation and other social and emotional services to develop a plan that meets your needs.
Step 3	Learn how to live and work with heart disease. Use the information here to help you get through the normal bouts of anxiety and emotional ups and downs.

# STEP 1: KNOW AND MANAGE YOUR RISK FACTORS

## Causes of Heart Disease

Coronary artery disease is caused by a combination of genetic and lifestyle factors. These are called risk factors. You should be aware of the following risk factors, but they are not under your control.

- **Your age**
  - Your risk of heart disease increases as you age.
- **Your sex**
  - Men over 55 have a higher risk of heart disease.
  - Women have a higher risk of heart disease after menopause.
- **Your heredity**
  - Heart disease runs in families.
  - Men have a higher risk if a parent or sibling was diagnosed before age 55.
  - Women have a higher risk if a parent or sibling was diagnosed before age 65.
  - With female relatives, the risk is higher if they were diagnosed before menopause.
- **Your ethnicity**
  - Indigenous Peoples and people of African or Asian descent are at a higher risk of heart disease.

### THE RISK FACTORS THAT YOU CAN CONTROL ARE:

- Smoking
- Excess body weight, especially around your waist
- High blood pressure (hypertension), particularly for people who are pregnant
- High or low blood cholesterol levels
- Lack of regular exercise
- High or low blood glucose levels that can lead to prediabetes and diabetes
- High stress levels
- Depression

Risk factors that you can control are called modifiable risk factors.

The table on page 8 summarizes modifiable risk factors. As you look at the table, decide which modifiable risk factors apply to you. The table will direct you to more information to help you take charge of your health.



## Modifiable Risk Factors for Heart Disease

RISK FACTOR	TARGET GOALS	INFORMATION SECTIONS	PG
Smoking	Smoke Free	<ul style="list-style-type: none"> <li>Smoking</li> </ul>	10
Obesity Waist Circumference	Obesity management is more than just reducing numbers on a scale—it's about improving overall health and well-being over the long term	<ul style="list-style-type: none"> <li>Heart-Healthy Nutrition</li> </ul>	11
High Blood Pressure	Less than 140/90 in your doctor's office and less than 135/85 at home	<ul style="list-style-type: none"> <li>Heart-Healthy Nutrition</li> <li>Blood Pressure</li> </ul>	11 19
	<i>If you have diabetes or kidney disease: less than 130/80 in your doctor's office and at home</i>	<ul style="list-style-type: none"> <li>Safe Medications</li> </ul>	37
High Cholesterol	Total Cholesterol: below 4.0 mmol/L	<ul style="list-style-type: none"> <li>Heart-Healthy Nutrition</li> </ul>	11
	HDL Cholesterol: above 1.0 mmol/L	<ul style="list-style-type: none"> <li>Cholesterol</li> </ul>	20
	LDL Cholesterol: below 1.8 mmol/L		
	Non-HDL Cholesterol: below 2.6 mmol/L		
	Triglycerides: below 1.7 mmol/L		
Physical Inactivity	Aim for 30 to 60 minutes of moderate exercise (example: brisk walking) on most days of the week	<ul style="list-style-type: none"> <li>Healthy Physical Activity</li> </ul>	21
If you have Diabetes	Fasting blood glucose and before meals: between 4.0 and 7.0 mmol/L	<ul style="list-style-type: none"> <li>Heart-Healthy Nutrition</li> <li>Diabetes</li> </ul>	11 25
	A1C: 7% or less		
If you have prediabetes	Fasting blood glucose and before meals: 4.0 and 6.0 mmol/L		
	A1C: less than 6.0%		
Stressed	Manage stress	<ul style="list-style-type: none"> <li>Stress</li> </ul>	27
Depressed	Manage depression	<ul style="list-style-type: none"> <li>Depression</li> </ul>	29



## The Importance of Achievable Goals

Setting goals that you can reach achieves two important things — it allows you to be successful in achieving your goal, establishing a positive result for your efforts, and it builds positive change into your habits. For example, if a good starting goal given your current eating patterns is to try to eat one serving of fruit each day, and at the end of the week, you achieve this goal, you will feel more positive about either continuing this goal or building on it. If, however, you challenge yourself to eat two servings of fruit each day, and by the end of the week you typically consumed one serving of fruit, you may feel like you failed in achieving your goal even though you have made an important change to your eating habits.

Taking care of your heart condition is for the long term. Your heart care team will help you make a plan that best suits your needs. It is important that you take an active role in your health. Goal setting is a good habit for success when making any changes to your life. Use SMART goals for heart-healthy changes.

## SMART Goals for Heart-Healthy Changes

When thinking about making heart-healthy lifestyle changes, it's easier to get started if you set some S.M.A.R.T. goals.

**Specific** – Decide what you are going to do and how to do it.

**Measurable** – Keep track of how you are doing.

**Achievable** – Pick something you think you can do. Start with small changes.

**Rewarding** – Think of how good you will feel when you make small changes.

**Time Frame** – Give yourself a time limit to reach your goal.

### EXAMPLE OF A SMART GOAL

**Goal:** I will eat at least five servings of fruit and vegetables each day.

#### **Specific**

- Eat one piece of fruit at breakfast and one piece of fruit at 4 p.m. when I get hungry.
- Eat one cup (two servings) of vegetables at lunch, and one cup (two servings) at supper.

#### **Measurable**

- Write down how many vegetables and fruit I eat each day.
- Use a measuring cup to make sure I eat one cup of vegetables.

#### **Achievable**

- I am going to start by eating two pieces of fruit each day.

#### **Rewarding**

- When I eat two pieces of fruit in one day I will feel like I have really done something to improve my health.

#### **Time Frame**

- This week I am going to eat more fruit.
- Next week I am going to eat more fruit and eat more vegetables.

# Smoking

## HOW SMOKING AFFECTS YOUR HEART

The chemicals in tobacco smoke damage your heart and blood vessels. The carbon monoxide from cigarettes damages your arteries.

Smoking also:

- raises your LDL (lousy) cholesterol.
- lowers your HDL (healthy) cholesterol.
- speeds up your heart rate.
- increases your blood pressure.

Smoking after a heart attack increases the chances of a second heart attack. Smoking may cause re-stenosis (re-blocking) of the coronary arteries.

## IF YOU SMOKE, QUIT!

- Quitting smoking is the single most important thing you can do to improve your health.
- Your health improves within 20 minutes of your last cigarette. After one year of not smoking, your risk of a heart attack is lowered by half.

The Heart Institute's Quit Smoking Program is available for anyone who wants to quit. We use proven techniques and individualized counselling to help people quit. Please call 613-696-7069 to register for the Quit Smoking Program.

There are other options for quitting smoking in our region. It is up to you to decide which option is best.

Keep in mind: The more support you have when you try to quit, the better.

## MORE INFORMATION ABOUT QUITTING SMOKING

### Websites

- Canadian Cancer Society Smokers' Helpline: [www.smokershelpline.ca](http://www.smokershelpline.ca)

### Quit Smoking Assistance Programs

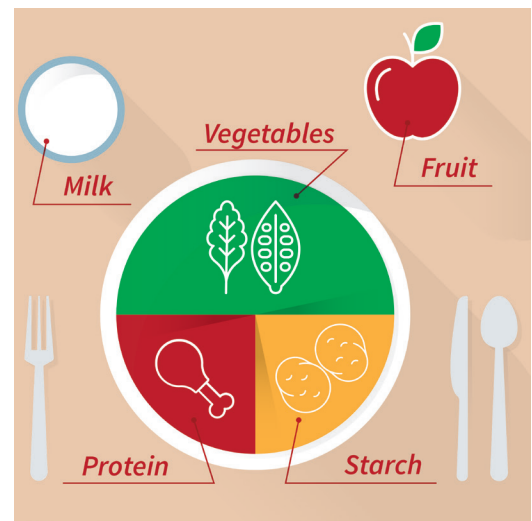
- The Quit Smoking Program (QSP) is a nurse-led clinic that provides you with one-on-one support while you quit smoking. Your "quit plan" is tailored to your needs in a supportive atmosphere. Visit [www.ottawaheart.ca/clinic/quit-smoking-program](http://www.ottawaheart.ca/clinic/quit-smoking-program) to learn more.
- For a list of programs in Eastern Ontario and Western Quebec, see Appendix 1.

# Heart-Healthy Eating

## HOW WHAT YOU EAT AFFECTS YOUR HEART

The food that you eat affects many of the important risk factors linked with heart disease, for example...

- Your blood cholesterol.
- Your blood pressure.
- Your glucose levels if you have diabetes.
- Your risk for another cardiac event.



## TOP 10 TIPS FOR HEALTHY EATING

Making healthy food choices doesn't have to be overwhelming. These tips will get you on your way.

- 1. Cook at home more often.** Cooking at home makes it easier to avoid processed food. It can be as simple as scrambled eggs, whole grain toast, tomato and cucumber slices.
- 2. How you eat is as important as what you eat.** Enjoy mealtimes and the food you eat! Enjoy your food without distractions like your smart phone or TV. Sit down and enjoy a meal at a table. If you live with others, eat together.
- 3. Listen to your body.** Eat when you're hungry and stop when you feel satisfied.
- 4. Eat at regular times.** Eat breakfast within one to two hours after waking up. Don't wait too long between your meals. It's harder to make healthy choices when you're hungry.
- 5. Plan healthy snacks.** Try whole grain crackers and peanut butter or hummus, a piece of fruit and a few unsalted nuts, or frozen berries and plain yogurt.
- 6. Eat a variety of vegetables and fruit at every meal.** Enjoy brightly coloured whole vegetables and fruit. Fresh or frozen, try them in different ways—raw, roasted, or sautéed.
- 7. Eat whole grains more often.** Switch to brown rice, whole wheat pasta, dark rye bread or oatmeal. Try something new in your soup, salad or casserole like quinoa, bulgur or barley.
- 8. Eat fish at least twice a week.** Trout, salmon, tuna and sardines are some tasty options. Try fresh, frozen or canned.
- 9. Include legumes like beans, chickpeas, lentils, nuts and seeds more often.** Add them to salads, soups and grain dishes such as rice, quinoa or couscous. Legumes can replace meat in your meals. Try a vegetarian chili.
- 10. Don't be afraid of fat.** You need fat for good health and it adds flavour to your cooking. Use plant-based fats such as olive or canola oil.

## COOK AT HOME MORE OFTEN

### What is a home cooked meal?

- Meals cooked at home should include at least three food groups (vegetables and fruit, grain products, milk and alternatives, meat and alternates).
- Meals cooked at home don't need to be fancy or time consuming.
- Meals can be as simple as a peanut butter and banana sandwich and a glass of milk.
- Use whole, unprocessed food.

### Why should I cook at home?

- Cooking at home gives you more control over the what goes into your food.
- Cooking at home is cheaper than eating pre-made meals or at restaurants.
- Food cooked at home is lower in sodium (salt) fat and sugar.

### Tips to cook more at home

- Cook with your family and friends.
- Try new recipes.
- Cook large batches of soups, stews and casseroles on the weekend to eat during the week or freeze for another day.
- Keep ingredients like canned fish, eggs, frozen vegetables and brown rice in your cupboard for fast easy meals.
- Plan ahead and make a weekly meal plan.

## HOW YOU EAT IS AS IMPORTANT AS WHAT YOU EAT

### How should I eat?

- Sit at the table to eat.
- Avoid distractions while you eat. Focus on the food.
- Turn off all screens including television, phones, tablets and computers.
- If you live with others, eat together.
- If you live alone, set the table nicely and listen to music.

### Why should I eat at the table?

- Eating while doing other things means you pay less attention to what you eat. You may end up eating faster and consuming more food.
- Sit at a table to help you focus on what and how much you are eating.
- Eating with others is a great opportunity to connect with friends and family.

### Tips to start eating at the table

- Start by eating at the table once or twice each week.
- If it's too difficult to eat supper together at the table, start with breakfast.
- At work, eat lunch away from your desk.

## LISTEN TO YOUR BODY

### Why should I listen to my body?

- There is no one right way to eat.
- Don't diet. Think about making small changes.
- Choose nourishing, tasty food.
- Eating is about more than just nutrients.
- Eating is social and should be enjoyable.

### How do I listen to my body?

- Listen to your body's cues. Eat when you feel hungry.
- Stop eating when you feel full.
- Enjoy the food that you are eating.
- Use all your senses when eating.

### Tips to listen to your body

- Turn off all distractions, such as the TV, computer or tablet.
- Eat slowly and taste the food you are eating.
- Pause during and after your meal to ask yourself how full you are.

## EAT AT REGULAR TIMES

### What are regular meals?

- Eat breakfast within one to two hours after waking up.
- Aim to eat every four to six hours after breakfast.
- Try not to skip meals.
- Plan a snack if you know it will be longer than six hours between meals.

### Why should I eat regular meals?

- Skipping meals leaves you feeling extra hungry. By the time you get to the next meal you might eat too much.
- When you are very hungry it's hard to reach for healthy food and to eat slowly.

### Tips to eat regular meals

- Start by eating breakfast on a daily basis. If you never eat breakfast, start by eating it once or twice a week.
- Set an alarm to remind yourself to eat.
- Book an appointment in your work calendar to avoid interruption.
- Plan your meals. They can be simple.

## PLAN HEALTHY SNACKS

### What is a healthy snack?

- A healthy snack includes at least two food groups (vegetables and fruit, grain products, milk and alternatives, meat and alternatives).
- Keep your serving sizes small.

### Why should I plan healthy snacks?

- Healthy snacking can help you feel full between meals.
- Healthy snacking can help you to keep your energy level up.
- Snacking can make it easier to eat enough vegetables and fruits.

### Tips for healthy snacking

- Plan snacks ahead of time.
- Snack when you are hungry, not because you are bored or stressed.
- Don't eat while driving.
- Eat snacks out of a bowl instead of the container.
- Enjoy your snack without distractions like TV, smart phones, books, computers or tablets.

## EAT A VARIETY OF VEGETABLES AND FRUIT AT EVERY MEAL

### Why should I eat more?

- Eating seven servings of vegetables and fruit each day may help reduce your risk of developing heart disease, diabetes, cancer and stroke.
- Eating enough vegetables and fruit can help lower cholesterol and blood pressure.

### What is a serving of vegetables and fruit?

- A serving of most raw or cooked vegetables is ½ cup.
- A serving of most fruit is ½ cup or one small piece of fruit (size of a tennis ball).
- Choose whole vegetables and fruit more often than juice.

### Tips to include more vegetables and fruit

- Eat a vegetable or fruit at all meals.
- Have an apple, orange, banana, kiwi or melon for a snack.
- Keep raw, cut up vegetables in the fridge for snacking.
- Move your vegetables and fruit out of the crisper and onto a higher shelf.
- Use fresh or frozen vegetables and fruit more often. If you buy canned make sure to look for options with no added salt.
- Roast vegetables and eat them leftover all week.

## EAT WHOLE GRAINS MORE OFTEN

### What are whole grains?

- Whole grains include the entire seed of the plant.
- Whole grains are higher in fibre, vitamins and minerals.
- They include oatmeal, bulgur, brown or wild rice, barley, quinoa and popcorn.

### Why should I eat more?

- Eating whole grains may help reduce your risk of heart disease, diabetes, cancer and stroke.
- Oatmeal, barley and psyllium are high in soluble fiber, which helps lower LDL (lousy) cholesterol.

### Tips to include more whole grains

- Use brown or wild rice instead of white rice.
- Have oatmeal for breakfast or snack a few times each week.
- Add quinoa or barley to salads.
- Use dark rye bread or whole grain bread instead of white bread.
- Use whole grain pasta instead of white (or try half and half).

## EAT FISH AT LEAST TWICE A WEEK

### What fish should I eat?

- Choose fatty fish more often.
- Try salmon, mackerel, pickerel, sardines or trout.
- Aim to eat fish at least twice each week.
- Seafood like oysters, mussels, shrimp, and lobster are also good choices.

### Why should I eat fish?

- Eating fish can help lower your risk of having more heart problems.
- Fatty fish are high in omega-3 fats which may help reduce your risk of heart disease.
- Fish is a good source of protein.

### Tips to eat more fish

- Use fresh, frozen or canned fish.
- Use canned salmon to make a sandwich.
- Add canned fish to salads.
- Bake frozen fish for a quick easy weeknight meal.
- Have sardines on toast or whole grain crackers.
- Add fresh or frozen fish to a curry.



## INCLUDE LEGUMES LIKE BEANS, CHICKPEAS, LENTILS, NUTS AND SEEDS MORE OFTEN

### What are legumes?

- Legumes include most beans like chickpeas, kidney beans, black beans and white beans.
- Nuts and seeds will give you many of the same benefits.
- Nuts and seeds make an excellent snack.

### Why should I eat more?

- Eating nuts, seeds, beans and lentils can help reduce your risk of heart disease, diabetes and other chronic diseases.
- Nuts, seeds, beans and lentils can help lower your cholesterol and blood pressure.
- Aim to include them at least four to five times per week.

### Tips to include more nuts, seeds, beans and lentils

- Add chickpeas to a main course salad.
- Add kidney beans to chili.
- Eat one vegetarian meal once each week.
- Make bean salad and keep it in the fridge for lunches.
- Eat nuts as a snack.
- Add nuts or seeds to your salad.

## DON'T BE AFRAID OF FAT

### Why is fat important?

- Fats play an important role in your body.
- Fats give your body energy, support cell growth, help your body make hormones, and keep your body warm.
- Fats make food taste good and keep you full.

### Which fats should I eat more often?

- Choose unsaturated fats more often.
- Unsaturated fats come from plant sources including nuts, seeds and avocado.
- Use olive oil or canola oil more often.
- Make your own salad dressing at home using olive oil or canola oil.
- Eat nuts and seeds as a snack.

### Which fats should I eat less often?

- Trans fats are found mainly in processed food. Cooking at home more often will help you avoid them.
- Choose saturated fats less often. Saturated fats come from animal-based products like red meat and dairy.
- Limit your intake of red meat to once or twice per week.
- Choose low fat dairy more often.

# Heart-Healthy Eating Resources

## NUTRITION WORKSHOPS

Our dietitian offers three interactive heart-healthy eating workshops.

- Daytime and evening workshops run for 60 minutes.
- The workshops are free.
- Pick up your workshops schedule at the Heart Institute or check our calendar at [www.ottawaheart.ca](http://www.ottawaheart.ca) for dates and times.

*\*Watch the Nutrition 101 and 201 webinars: <https://www.ottawaheart.ca/patients-visitors/tools-and-resources/living-well-heart-disease/healthy-eating>*

**Nutrition 101:** Learn how to read food labels and get the facts on fat, cholesterol, fibre and salt.

**Nutrition 201:** Learn about trends in nutrition including super food, supplements and the Mediterranean diet.

**Rediscover Eating:** A five-week program to help you rethink your relationship with food. Learn to set realistic goals and plan meals for weight management.

## WEBSITES

- **Dietitians of Canada:** [www.dietitians.ca](http://www.dietitians.ca)
- **Heart and Stroke Foundation:** [www.heartandstroke.ca](http://www.heartandstroke.ca)
- **Health Canada:** [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)
- **Diabetes Canada:** [www.diabetes.ca](http://www.diabetes.ca)
- **American Heart Association:** [www.americanheart.org](http://www.americanheart.org)
- **Obesity Canada:** [www.obesitycanada.ca](http://www.obesitycanada.ca)
- **Unlock Food:** [www.unlockfood.ca](http://www.unlockfood.ca)
- **Ottawa Public Health:** [www.ottawapublichealth.ca](http://www.ottawapublichealth.ca)

## COOKBOOKS

- **Yum & Yummer: Ridiculously Tasty Recipes That'll Blow Your Mind, But Not Your Diet:** Podleski, Greta 2017
- **Hold That Hidden Salt!: Recipes for Delicious Alternatives to Processed, Salt-Heavy Supermarket Favourites:** Tilley, Maureen 2011
- **Nourish: Whole Food Recipes featuring Seeds, Nuts, and Beans:** Nettie Cronish, Cara Rosenbloom, 2016
- **Dietitians of Canada Cook! 275 Recipes:** Waisman, Mary Sue, 2011
- **Jamie's 15 Minute Meals:** Oliver, Jamie 2016

## A Word about Alcohol

We recommend that patients with heart disease do not drink alcohol. If you do drink, it is important that you understand ways to reduce the risk of long-term impacts to your heart and overall health. Low risk guidelines recommend no more than one to two standard drinks per week. If you drink over two drinks per week you are increasing your risk of certain cancers, heart disease and stroke. For more information about your personal risks with the use of alcohol, please speak with your healthcare team.

### A standard drink

- 341 ml (12 oz) 5 % beer or cooler = one standard bottle or can
- 142 ml (5 oz) 12 % wine = measure and mark on your wineglass
- 43 ml (1.5 oz) 40 % liquor = use a shot glass or measure three tablespoons

### Please note

People who drink often or every day may need support to safely reduce or quit. Please contact your primary care provider (family physician or nurse practitioner) or one of the resources listed below.

**For more information, please consult Canada's Guidance on Alcohol and Health, Public Summary:** [Drinking Less Is Better \(Infographic\) | Canadian Centre on Substance Use and Addiction \(ccsa.ca\)](#).

### Resources to support you in managing your alcohol use:

- **Rapid Access to Addictions Medicine Clinic**  
613-722-6521 extension 6508  
[theroyal.accessraam.ca](http://theroyal.accessraam.ca)
- **AccessMHA**  
Coordinated access and navigation to free mental health, substance use health, and addictions resources in eastern Ontario  
[accessmha.ca](http://accessmha.ca)
- **Connex Ontario**  
Mental health and addiction treatment services  
1-866-531-2600  
[connexontario.ca](http://connexontario.ca)

# High Blood Pressure

## HOW HIGH BLOOD PRESSURE AFFECTS YOUR HEART

High blood pressure makes your heart work harder, damages your blood vessels, and can cause plaque build-up. All these factors lead to heart damage. A healthy blood pressure can improve your heart health and lower your risk of a stroke.

## WHAT YOU CAN DO TO CONTROL YOUR BLOOD PRESSURE

- Aim to make healthier food choices.
- Achieve and maintain your personal “best” weight in the context of a healthy lifestyle.
- Be active every day and follow your physical activity plan.
- Practice stress management skills that work for you.
- Quit smoking.

## More Information about High Blood Pressure

### WEBSITES

- **Unlock Food:** [unlockfood.ca](http://unlockfood.ca)
- **Heart and Stroke Foundation of Canada:** [www.heartandstroke.ca](http://www.heartandstroke.ca)
- **Prevention and Wellness Centre:** [pwc.ottawaheart.ca](http://pwc.ottawaheart.ca)



# High Blood Cholesterol

## HOW CHOLESTEROL AFFECTS YOUR HEART

Your liver produces a fat-like substance called cholesterol. Some of the cholesterol in your blood comes from the food you eat.

The most important types of cholesterol in your blood are:

- low density lipoprotein cholesterol or LDL.
- high density lipoprotein cholesterol or HDL.

### **L Is for “Lousy”**

- LDL cholesterol is bad because it carries fats to your organs.
- It causes build-up of cholesterol (plaque) on the walls of the arteries in your heart.
- High levels of LDL damage artery walls.
- Eating heart-healthy food can help lower your LDL.

### **H Is for “Healthy”**

- HDL cholesterol is good because it carries away excess fats from your body organs.
- The more HDL you have in your blood, the better protected you are against the build-up of plaque in your arteries.
- Regular exercise and quitting smoking can help increase HDL.

### **How You Can Improve Your Cholesterol**

- Be aware of your cholesterol levels.
- Follow your heart health nutrition plan.
- Aim to make healthier food choices (page 11).
- If you smoke, stop or cut down the number of cigarettes you smoke (page 10).
- Be active every day and follow your Physical Activity Plan (page 20).
- Go to a nutrition workshop (page 17).
- Take your cholesterol medications as prescribed by your doctor.

## More Information about High Blood Cholesterol

### WEBSITES

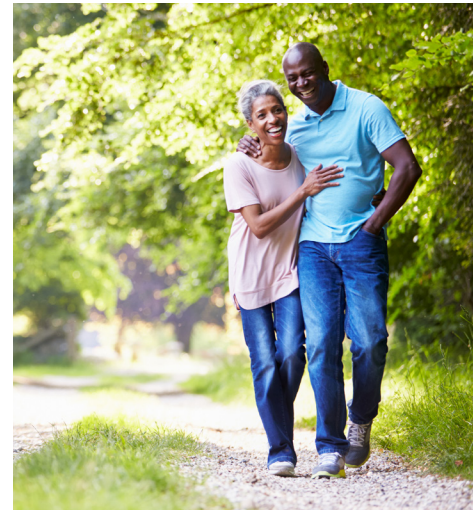
- **Unlock Food:** [www.unlockfood.ca](http://www.unlockfood.ca)
- **Heart and Stroke Foundation of Canada:** [www.heartandstroke.ca](http://www.heartandstroke.ca)
- **Prevention and Wellness Centre:** [pwc.ottawaheart.ca](http://pwc.ottawaheart.ca)
- **Canadian Women’s Heart Health Centre:** [cwhhc.ottawaheart.ca](http://cwhhc.ottawaheart.ca)

# Physical Activity

## START AND MAINTAIN A REGULAR EXERCISE PROGRAM

### Physical activity will:

- strengthen your heart and lungs.
- improve your HDL (good) cholesterol and triglycerides (fat in the blood).
- lower your blood pressure.
- help you work towards your personal “best weight” in the context of a healthy lifestyle.
- improve your blood glucose (sugar) levels.
- improve your muscle tone and bone density.
- increase your stamina.
- improve your confidence.
- improve your ability to cope with stress.
- decrease anxiety and depression.



## HOW A LACK OF REGULAR EXERCISE AFFECTS YOUR HEART

Physical inactivity or lack of regular exercise is a risk factor for heart disease. People who do not exercise regularly have twice the risk for heart disease compared to those who exercise regularly. In fact, the amount of risk to your heart caused by lack of regular exercise is comparable to having high cholesterol, high blood pressure, and cigarette smoking.

## SET A S.M.A.R.T. EXERCISE GOAL (SEE PAGE 9 OF THIS GUIDE)

### Aim to:

- exercise on most days of the week.
- start with a gentle warm-up.
- work towards 30 minutes of non-stop exercise with your heart rate elevated.
- finish off with a gentle cool down.
- work towards getting 200 to 400 minutes of aerobic exercise weekly. That’s about 30 to 60 minutes of exercise every day on most days of the week.

Aerobic exercise is non-stop exercise that uses large muscle groups and increases your heart rate. Swimming, cycling, skating and brisk walking are some examples of good aerobic exercises.

Have you had a recent surgery or procedure? Make sure you know how to exercise safely. Every procedure or surgery at the Heart Institute has its own guide. Check your guide for instructions about exercising after your surgery or procedure.

## REMEMBER!

Even exercising for 10 minutes at a time is beneficial.

# Helpful Physical Activity Tips

## BREATHING

- Aim for relaxed and steady breathing while you exercise.
- Avoid straining and never hold your breath.

## PACE AND INTENSITY

- You should be able to carry on a conversation while you exercise.
- This is known as the “talk test.”
- Once you can comfortably walk for 30 minutes, try gradually increasing your speed or arm swing.

## TERRAIN

- Walk on flat ground for the first 30 minutes of your walk.
- If you have to walk up a hill, walk slowly.

## EATING

- Wait at least one hour after a meal before you exercise (the larger the meal, the longer the wait time).

## WEATHER

- Avoid exercising in very hot or very cold temperatures.
- In hot or humid weather, walk in the morning and later at night when it’s cooler.
- In cold or windy weather, exercise indoors. Use stationary equipment, walk in the hallways of your dwelling or in a mall.
- If you exercise outdoors in cold weather, choose warmer times of the day. Cover your face with a scarf to help warm the air before it reaches your lungs.

## POSTURE

- Keep your shoulders back and relaxed. Good posture is important.

## STRETCHING

- After your walks, stretch your calf muscles.
  - Stand straight, close to a solid surface on which you can use your hands for balance.
  - Place one leg behind the other, shoulder width apart, with both feet pointing forward.
  - Bend the knee that is forward while keeping the back knee straight until you feel a stretch in the back leg. Keep both heels on the ground.
  - Hold for 30 to 60 seconds. Repeat with the other leg. Repeat exercise two to three times.







If you experience nausea, headaches, dizziness, chest pain or palpitations (racing heart), stop and rest until the symptoms decrease. If you have Nitroglycerin spray, use as directed by your doctor.

If these symptoms continue, **call 911** or go to your nearest emergency room.

## KEEP TRACK OF YOUR PROGRESS

Use the Rating of Perceived Exertion (RPE) scale to measure how easy or hard you find an exercise. The scale ranges from six to 20. Six (nothing at all) indicates how you feel when resting. Twenty (very, very heavy) is how you feel during a difficult activity. Take into account your breathing and how tired you feel.

The change in how you feel over time helps you track your progress.

## HOW TO TAKE YOUR PULSE

- Place your index and middle fingers on the thumb side of your wrist just below the creases. Press lightly and feel the beat in the artery running down that side of your wrist.
- Use a clock, timer, or stopwatch to help you record the number of beats you feel in a ten-second frame.
- Multiply this number by six. This is your resting pulse.
- Repeat this during exercise or before you cool down. For most people, the target is 20-40 beats every minute above resting heart rate.

You might be on a medication that slows your heart down. This kind of medication is called a beta-blocker (for example, Metoprolol, Bisoprolol, Atenolol or Sotalol).

Heart rate monitors help if you can't find your pulse or if you want to track your heart rate. A heart monitor may not work if you have an irregular heart rhythm like atrial fibrillation.

Most clubs or gyms post heart rate charts. These charts give you a target heart rate based on age. Heart rate monitors and exercise equipment also give you a target based on age. If you take a beta-blocker to slow your heart rate, you can't follow these targets.

### Rating of Perceived Exertion (RPE) Scale

6	Nothing at all
7-8	Extremely light
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

## **MORE TIPS TO STAY ACTIVE**

1. Choose an activity that you enjoy and that fits with your lifestyle.
2. Exercise with a buddy.
3. Keep an exercise log. This way you can see your progress and track how you feel.
4. Set SMART goals and talk about them with important people in your life.
5. Reward yourself when you reach your goals.
6. Track your progress. Focus on the effort rather than the end result.
7. It's normal to slip out of your exercise routine. When you notice it happen, start from where you left off.
8. Plan your activity for the cold winter months (for example, mall walking).

# Prediabetes and Diabetes

## HOW GLUCOSE AFFECTS YOUR HEART

Type 2 diabetes is a progressive disease. Even before you are diagnosed with diabetes, you may have high blood glucose (blood sugar) levels after you eat. This is called prediabetes. This can lead to insulin deficiency. Insulin is a hormone that unlocks our body's cell doors so that glucose can be taken up as fuel. Abnormal blood glucose levels lead to an inflammatory response in the vessel wall. This can allow plaque to build in the arteries (atherosclerosis), which may cause instability and plaque rupture.

## HOW TO KEEP YOUR BLOOD GLUCOSE LEVELS HEALTHY

- Take your medications as prescribed by your doctor.
- Join a diabetes education program to learn how to manage glucose.
- Monitor and track your blood glucose.
- Aim to eat healthier food.
- Be active every day and follow your physical activity plan.
- Work towards your personal “best” weight in the context of a healthy lifestyle.
- Visit your family doctor or diabetes specialist regularly.

## MEAL PLANNING TIPS

1. Eat regular meals. Aim to eat every four to six hours. Have a healthy snack if meals are more than four to six hours apart.
2. Eat breakfast every day.
3. Limit sugars and sweets like soft drinks, fruit juice, desserts, candies, jam, syrup and honey.
4. If you are thirsty, drink water or sugar-free drinks. Remember to follow fluid limits prescribed by your doctor or diabetes specialist.
5. Find more information in the Heart-Health Eating section.

## More Information about Diabetes and Prediabetes

It's natural to have questions about what food to eat. A registered dietitian can help you make healthier food choices.

If you have diabetes and are taking insulin, speak with your family doctor. You may need to see an endocrinologist (a doctor specializing in diabetes).

### FIND A COMMUNITY DIABETES EDUCATION PROGRAM NEAR YOU

- **Champlain Diabetes Regional Coordination Centre (DRCC) website:** [www.champlaindrcc.ca](http://www.champlaindrcc.ca) (Ottawa and surrounding area)
- **Diabète Québec:** [www.diabete.qc.ca](http://www.diabete.qc.ca) (province of Quebec)
- **Diabetes Canada:** 1-800-BANTING (226-8464) or e-mail at [info@diabetes.ca](mailto:info@diabetes.ca)

### BOOKS

- **The Essential Diabetes Book:** Mayo Clinic, 2014.
- **Diabetes For Canadians For Dummies:** Blumer, Ian, and Rubin, Alan L., 2013.
- **Choice Menus Presents: Meal Planning with Recipes for One or Two People:** Hollands, Marjorie, 2004.
- **Diabetes Meals for Good Health:** Graham, Karen, 2012.
- **Complete Canadian Diabetes Cookbook:** Younker, Katherine, 2005.

### WEBSITES

- **Diabetes Canada:** [www.diabetes.ca](http://www.diabetes.ca), 1-800-BANTING (226-8464)
- **Unlock Foods:** [www.unlockfood.ca](http://www.unlockfood.ca)
- **Dietitians of Canada:** [www.dietitians.ca](http://www.dietitians.ca)
- **Diabète Québec:** [www.diabete.qc.ca](http://www.diabete.qc.ca)

# Stress

## HOW STRESS AFFECTS YOUR HEART

When you are stressed, your body releases stress hormones. Your body reacts to stress in many ways.

- Your heart rate and blood pressure go up.
- Your breathing is faster and shallow.
- You start sweating.
- Your entire body feels like it is in high gear.

In the short term, these reactions can help you. They make you more alert and able to deal with the stressful situation. Long-term stress is not good for you. Your body turns fat cells meant to give you extra energy into cholesterol. Platelets in the blood become more “sticky,” putting you at risk of blockages. Patterns of daily life may change, making it harder to eat well, exercise regularly and get enough rest.

## HOW YOU CAN MANAGE YOUR STRESS

Join a stress management program (see below). Learn how to identify what stresses you and how it affects you. These programs can teach you stress management skills like breathing and relaxation exercises.

- Exercise every day to reduce the effects of stress.
- Identify and talk to the people in your life who support you.
- Talk to a health professional if you feel anxious, depressed or overwhelmed.
- Look for books or websites.
- Join a stress management program.
- Ask for a referral to counselling services.

## Where to Find More Information about Stress

### STRESS MANAGEMENT PROGRAM

The University of Ottawa Heart Institute Minto Prevention and Rehabilitation Centre provides a skills-oriented stress management program that teaches a variety of techniques to better manage stress. Choose from six 90-minute group sessions covering different topics, like:

- breathing and muscle relaxation.
- assertive communication.
- positive thinking.
- getting better sleep.

The courses take place at the University of Ottawa Heart Institute, 40 Ruskin St., Ottawa. To register call 613-696-7399.

### WOMEN@HEART

Phone: 613-696-7000 ext. 10412

<https://cwhhc.ottawaheart.ca/programs-and-services/womenheart-program>

### Canadian Women's Heart Health Centre

[cwhhc.ottawaheart.ca](http://cwhhc.ottawaheart.ca)

The Women@Heart program is a peer support program led by women with heart disease, for women with heart disease. The program creates a caring environment where women learn from and support each other on the road to recovery. This community program gives women with heart disease access to emotional support and education. It is free.

### BOOKS

- **Don't Sweat the Small Stuff... And It's All Small Stuff:** Carlson, Richard, 1997.
- **Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain and Illness:** Kabat-Zinn, Jon, 2013.
- **Stress, Sanity and Survival:** Woolfolk, Robert, and Richardson, Franck C., 1979.
- **The Relaxation and Stress Reduction Workbook:** Davis, Martha; Robbins Eshelman, Elizabeth; and McKay, Matthew, 2019.

# Depression

Depression is common in people with heart problems. Nearly one in five patients experience clinical (or major) depression. If you have at least five symptoms listed below for over two weeks, talk to your doctor.

- Loss of interest in activities that you usually enjoy.
- Changes in appetite.
- Losing or gaining weight too quickly.
- Sleep problems.
- Low energy.
- Memory or concentration problems.
- Decrease in normal social activities.
- Avoiding friends and family.
- Feeling sad, worthless, helpless or hopeless.
- Changes in sexual desire.
- Thoughts about death or suicide.

## HOW DEPRESSION AFFECTS YOUR HEART

Depression is associated with the risk of plaque build-up in the arteries and blood clots. Depression makes it harder for your immune system to fight off germs and viruses.

Depression influences the decisions you make. People with depression often find it difficult to make healthy choices like quitting smoking, getting exercise, eating well or taking medications regularly.



## WHAT YOU CAN DO IF YOU FEEL DEPRESSED

Depression often causes negative thinking. Learning how to think positively can help. Get support by talking with your family and friends or join a support group. You can also talk to your doctor or a mental health professional (social worker, psychologist or psychiatrist) about treatments and strategies for coping with depression.

Do activities you enjoy, even when you don't feel like it. They can help improve your mood. Regular exercise can also improve your mood. Set SMART goals and celebrate when you achieve them. Try writing down your daily activities to prove to yourself that you are making gains.

Make sure to take time for yourself away from daily stresses. Consider joining a cardiovascular rehabilitation program to educate yourself and gain confidence about your recovery.

## More Information about Depression

### BOOKS

- **Feeling Good: The New Mood Therapy:** Burns, David, 2017.
- **Mind Over Mood: Change How You Feel by Changing the Way You Think:** Greenberger, Dennis; Padesky, Christine A.; 2015.

### WEBSITES

- **Canadian Mental Health Association:** [www.cmha.ca](http://www.cmha.ca)
- **Canadian Psychological Association:** [www.cpa.ca](http://www.cpa.ca)

# Anxiety

Anxiety can be a distressing emotion. Most cardiac patients feel fearful or nervous about their health condition. The word “anxiety” is often used to cover a number of problems. Generalized anxiety, panic attacks and post-traumatic stress disorder all relate to anxiety.

About one in five patients experience symptoms of anxiety, including:

- uncontrollable worry.
- feeling “on edge” or restless.
- feeling irritable.
- muscle tension.
- light-headedness.
- sleep problems.
- being easily fatigued.
- difficulty breathing.
- increased heart rate.
- headaches.
- sweating.

## HOW ANXIETY AFFECTS YOUR HEART

Anxiety increases the risk of an irregular heart beat and triggers spasms. Both of these may cause heart problems. Unhealthy habits like smoking, overeating, poor sleep and decreased physical activity are linked to anxiety.

## WHAT YOU CAN DO IF YOU FEEL ANXIOUS

- Learn to recognize when you start feeling anxious. Plan ways to manage your feelings.
- Learn how to handle stressful situations instead of avoiding them (for example, practice slow and deep breathing).
- Imagine scenes that are relaxing and pleasant.
- Learn relaxation skills (for example, tense and release the muscles throughout your body).
- Distract yourself from the thoughts or symptoms that make you anxious (for example, count backwards from 100 in threes).
- Do something you enjoy (for example, reading a funny book or getting a back rub).
- Share your fears and worries with someone you trust.
- Challenge your thinking (for example, tell yourself, “I can handle this, I’ve done it before,” or “I’m not going to die. It is normal for my heart to pump harder when I am exercising”).

Think of a plan for problems that cause you anxiety so you are ready when the problems come up. Try to let go of things that are beyond your control.

The cardiovascular rehabilitation psychologist may recommend you attend the Managing Emotions group, a program for cardiac patients experiencing feelings of depression and/or anxiety. Topics include:

- Role and awareness of emotions.
- Relaxation skills.
- Managing uncertainty.
- Problematic thinking styles.
- Communication skills.
- Problem solving.
- Managing expectations.

## More Information about Anxiety

### BOOKS

- **The Anxiety and Phobia Workbook (6th Ed.):** Bourne, Edmund J., 2015.

### WEBSITES

- **Canadian Mental Health Association:** [www.cmha.ca](http://www.cmha.ca)
- **Canadian Psychological Association:** [www.cpa.ca](http://www.cpa.ca)
- **Anxiety Disorders Association of Canada:** [www.anxietycanada.ca](http://www.anxietycanada.ca)
- **MAP for Adults:** [www.maps.anxietycanada.com](http://www.maps.anxietycanada.com)
- **Bounce Back Ontario:** [www.bouncebackontario.ca](http://www.bouncebackontario.ca)

# STEP 2: JOIN A CARDIOVASCULAR REHABILITATION PROGRAM

## Your Next Step to a Heart-Healthy Lifestyle

### What is Cardiovascular Rehabilitation?

Cardiovascular rehabilitation (CR) is a program made up of education, exercise, counselling, and support that will help you to make healthy living a part of your everyday life. The program also helps you understand how to take care of your own heart health after leaving the hospital, which can help prevent a future hospitalization and reduce your chances of having another cardiac event.

You can choose from a variety of programs that will be personalized to meet your needs. Our programs are offered by phone, computer, and in person at the Heart Institute.

For those living outside of Ottawa, the Heart Institute partners with several cardiovascular rehabilitation programs throughout the Eastern Ontario region. These programs allow patients to access services closer to home.

To see a list of programs and their contact information, read our brochure ([ottawaheart.ca/cardiovascular-rehabilitation-brochure](http://ottawaheart.ca/cardiovascular-rehabilitation-brochure)), visit the website ([ottawaheart.ca](http://ottawaheart.ca)), or call the Heart Institute Cardiovascular Rehabilitation program and ask about the program nearest to you: 613-696-7068.

### Your Cardiovascular Rehabilitation Appointment



To make or change your appointment with Cardiovascular Rehabilitation, please contact us at 613-696-7068.

### While You Wait For Your Cardiovascular Rehabilitation Program

#### FREE WEBINAR

“**While You Wait for Your Cardiovascular Rehabilitation Program**” is a free webinar open to anyone who wants to learn more about cardiovascular rehabilitation and what to do at home before starting a CR program. It is taught by a registered nurse and a physiotherapist. Classes are available weekly, online, and by telephone. No registration required. You can confirm the meeting time and video link (if applicable) on the Heart Institute’s online event calendar. Visit [ottawaheart.ca/calendar](http://ottawaheart.ca/calendar).

## HeartWise Exercise

**Phone:** 613-696-7387

**Email:** HeartWise@ottawaheart.ca

[heartwise.ottawaheart.ca](http://heartwise.ottawaheart.ca)

HeartWise Exercise partners with community organizations to develop programming and designate facilities, programs, and classes where individuals can exercise regularly to prevent or limit the effects of living with a chronic health condition. Ideally, this program would supplement a formal cardiovascular rehabilitation program, but could also be an alternative if cardiovascular rehabilitation is not an option.

There are a variety of HeartWise Exercise program options to choose from. Select the program that suits your needs. There are walking programs, free exercise options, and a variety of gym settings. All programs offer training workshops and have a defibrillator onsite. To find a location near you, visit the Locations tab of the HeartWise Exercise website: [heartwise.ottawaheart.ca/locations](http://heartwise.ottawaheart.ca/locations).



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



# STEP 3: LIVING AND WORKING WITH HEART DISEASE

## Expect an Adjustment Period

As you recover, it is normal to feel uncertain, anxious or depressed about your health. You may wonder if you should go back to work or make other life changes. You may want to find out how to lower stress and improve your quality of life.

Most people will regain their confidence over the next few months as they recover and are more active.

## Manage Your Medications Safely

When you were discharged, you probably received a new medication prescription. Tell your doctor all the medications and supplements that you were taking before. This way you can both feel confident that you are getting the right prescription.

When you receive your prescription, make sure that you ask your doctor:

- What is the name of the medication?
- Why is it being prescribed?
- When and how should it be taken?
- How long will you need to take it?
- What side effects should you expect to have?
- What should you do about the side effects?

Use the same pharmacy for all your prescriptions. Your pharmacist keeps a complete list of all your medications and makes sure that your medications can be safely taken together. When you pick up your prescription, ask your pharmacist:

- What is the best way to take the medication?
- What is written on the labels?
- Ask for written information about the medication.
- Ask for a list of all of your current medications.

Make a list of your medications and always carry it with you. Make sure the list includes all of your medications, vitamins, supplements and herbals. Also list any allergies and immunizations, and your pharmacy phone number. Review the list regularly with your doctor or pharmacist. Take the medication as prescribed by your doctor. Discuss any concerns about your medications openly and honestly with your doctor. Tell your doctor about any side effects. You may be able to take a different medication. Talk to your doctor before you stop taking a medication.

Here are some tips to help you remember to take your medication.

- Take your medications at regular times each day.
- Associate your medications with daily activities like brushing your teeth, eating a meal or bedtime.
- Use a pill organizer (dosette) with different compartments for different times of the day or ask your pharmacy to organize your pills in blister packs.
- Keep a one-day supply of your medications in your bag or at the office.
- If your medications are too complicated, ask your doctor if something simpler can be prescribed.
- Put a note in your calendar to remind you to pick up your prescription refills. Ask your pharmacist if they can call you when your refills are ready.

Store your medications in a cool, dry place. Heat or humidity will speed up the expiry of your drugs.

If you are worried about the cost of your medication, talk to your doctor. Your doctor might be able to give you a less expensive medication. You can also check if the Ontario Trillium Program can help with the cost.

- **Phone:** 1-800-575-5386
- **Website:** <https://www.ontario.ca/page/get-help-high-prescription-drug-costs>



## Get the Most from Your Follow-up Clinic Appointments

- Bring a list of your medications and plan to review it with your doctor.
- Make a list of your questions and concerns.
- Bring a family member or friend with you and ask them to take notes.
- Ask questions if you are not sure you understand the information.

### WHEN THINKING ABOUT QUESTIONS TO ASK YOUR DOCTOR, CONSIDER

- When can you go back to work?
- When can you start driving again?
- Have you had any unusual symptoms?
- Have your medications changed?
- Are you having side effects?
- Can you continue your usual activities?
- Are there any activities you have to stop?
- Will you come back for another appointment?

### QUESTIONS FOR THE DOCTOR ABOUT YOUR RECOVERY/PROGRESS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Plan Your Return to Work

When you can go back to work depends on many factors, including:

- the stability of your condition.
- how safe it is for you to do your job.
- any licensing requirements (for example, if you are a truck driver or a pilot).
- the physical and mental demands of your job.

The Cardiovascular rehabilitation Program has a vocational counselor who specializes in work-related issues. Talk to your family doctor as well.

At work, ask if help is available through a human resources staff member, an occupational health nurse, company doctor or union representative.

### WHAT YOUR DOCTOR NEEDS TO KNOW ABOUT YOUR JOB

Take a copy of your job description to your doctor. Your doctor needs to know:

- if you do any physical work like lifting or carrying.
- if you use heavy tools like jackhammers.
- if you work in hot, cold or fummy conditions.
- if you do shift work.
- if your job is stressful or has frequent deadlines.

### USEFUL PAPERWORK FOR RETURN TO WORK

Your doctor can give you a form, letter or medical certificate listing activities you can and cannot perform at work. Your doctor can also advise as to when you should go back to your job and for how long you should work. It is common for people to go back to work on “light duty.” Your doctor can explain what this means. Your doctor can propose a time frame during which you should perform only “light duties” at work.

## Sexual Health and Heart Disease

It is normal to be anxious about sexual activity after a cardiac event. Sexual health is part of your recovery. You should feel free to talk to your health care team if you have questions or concerns.

### THINGS THAT CAN AFFECT YOUR SEX LIFE AFTER A CARDIAC EVENT

- Depression.
- Medications.
- Feeling anxious that sex may bring on more heart problems.

### SEXUAL ACTIVITY AFTER A HEART ATTACK

After a heart attack, your doctor might ask you to wait up to six weeks before resuming sexual activity. After this healing period, the risk of having a heart attack during sex is actually quite low. The risk is even less if you exercise regularly and take your medication.

Your heart reacts to sex like any other physical activity. Your heart rate and your blood pressure naturally rise. Compare the activity to taking a brisk walk on a level surface.

### TIPS FOR A HEALTHY SEX LIFE AFTER A CARDIAC EVENT

- These past few weeks were stressful for you and your partner. Both of you might still be tired. Plan sexual activity for when you have energy and are least bothered by other health issues.
- Give yourself a few hours to digest after a large meal.
- The effort on your heart is about the same regardless of your position.
- Limit the amount of alcohol you drink and avoid using tobacco. Both may affect sexual function.
- Tell your doctor if you have chest pain or shortness of breath.

### ERECTILE DYSFUNCTION AND HEART HEALTH

Erectile dysfunction (ED) is often linked with heart disease. The same factors that contribute to blocking the arteries of your heart can block arteries elsewhere in your body. A heart-healthy diet, exercise and reaching a healthy weight will correct ED in 30% of obese patients.

Some medications may also contribute to ED. Talk to your doctor if you suspect your medications are a factor.

## ED MEDICATION AFTER A HEART ATTACK

Check with your doctor before starting or resuming ED medications (Viagra®, Cialis® or Levitra®). These medications are usually safe, but can affect your blood pressure if taken with nitroglycerin (spray under the tongue, pills or patches).

You should not take any form of nitroglycerin within 24 hours after taking Viagra® or Levitra®, or within 48 hours if you take Cialis®.

**Call 911** if you have chest pain within 24 hours of taking Viagra, Levitra or Cialis. Tell the paramedics and emergency room doctor you have taken these drugs.

## OTHER ED TREATMENTS

Patients taking nitroglycerin may not be able to take medication for ED. If you can't take ED medications, we will refer you to a urologist. Here are some other treatments a urologist might offer for ED.

- Medications injected into the penis.
- A vacuum device.
- Surgery to put in a penile prosthesis.

## TREATMENTS FOR SEXUAL DYSFUNCTION IN WOMEN WITH HEART DISEASE

Sexual dysfunction in women looks different than in men. For women, sexual dysfunction often means problems with desire, arousal and orgasm.

## TALK TO YOUR DOCTOR ABOUT THESE TREATMENTS

- A clitoral vacuum device.
- Other medications if you are taking antidepressants.

## SUGGESTIONS FOR MAINTAINING YOUR SEX LIFE

Sex is not always about intercourse. Explore your senses: hold hands, hug and touch your partner. Create a bit of romance with music, candles and special scents. Agree to have honest discussions and tell each other what you like and don't like.

# THE LAST WORD

This guide gives you information and tips to help you set personal health goals. We know that the return to health can take a lot of effort.

Remember that you are not alone. Sometimes, making changes in your life requires help. Involve your family, join a cardiovascular rehabilitation program and stay in touch with your family doctor. There is a lot of support and information out there to help you.

If you have any questions, please contact the Heart Institute Prevention and Rehabilitation Centre. Best wishes for your continued journey back to health!



## Where to Go for More Information

### Prevention & Wellness Centre

The University of Ottawa Heart Institute's Prevention & Wellness Centre is open to patients, family members and the public.

Our Prevention & Wellness Centre can help you:

- learn how to prevent, detect and manage heart disease.
- find more information about a specific question or concern.
- learn how to lower your risk of heart disease.

**Location:** S-Level, S112

**House of Operation:** 8 a.m. to 4 p.m.

**Phone:** 613-696-7071 or 1-866-399-4432

**Email:** [pwc@ottawaheart.ca](mailto:pwc@ottawaheart.ca)

**Website:** [pwc.ottawaheart.ca](http://pwc.ottawaheart.ca)

### CARDIOPREVENT PROGRAM

*CardioPrevent*<sup>®</sup> is a heart health program that helps people with risk factors lower their chances of developing cardiovascular disease.

During the year-long program, health coaches will guide and support you through a customized program plan that is based on your personal risk factors.

Participation is free, but requires a referral by a physician or nurse practitioner.

Visit [pwc.ottawaheart.ca](http://pwc.ottawaheart.ca) or call 613-696-7071 for more information.

## Heart Disease Support Groups

Programs, classes, workshops, and support group meetings are updated regularly on the Heart Institute's website. Visit [ottawaheart.ca/calendar](http://ottawaheart.ca/calendar) to learn about upcoming events that may be of interest to you.

### HEART INSTITUTE ALUMNI

**Alumni Office:** 613-696-7241

**E-mail:** [info@ottawaheartalumni.ca](mailto:info@ottawaheartalumni.ca)

### OTTAWA HEART SUPPORT GROUP

**Telephone:** 613-824-9563

**Website:** [www.ottawaheartsupportgroup.com](http://www.ottawaheartsupportgroup.com)

**Email:** [info@ottawaheartsupportgroup.com](mailto:info@ottawaheartsupportgroup.com)

Free monthly information and support meetings for anyone diagnosed with heart disease. Open to patients and family members.

- **William Holland:** 613-824-9563
- **Cheryl Drain:** 613-839-1331
- **George Power:** 613-830-9822

### OTTAWA ICD SUPPORT GROUP

**Telephone:** 613-696-7000 ext. 13095

**Email:** [LMacarthur@ottawaheart.ca](mailto:LMacarthur@ottawaheart.ca)

Free monthly information and support meetings. Open to all ICD patients and family members.

# WOMEN'S HEART HEALTH

Women's experience with the management of their health differs from men in many important ways, and heart health is no exception.

Women face a unique array of risk factors predisposing them to heart and vascular disease. In addition to risk factors, such as diabetes, smoking, high cholesterol, physical inactivity, stress and anxiety, and hypertension, women are vulnerable to heart disease due to menopause, pregnancy-related complications, and potentially certain birth control medications.

Women may also experience a distinctive set of symptoms that often go unrecognized. For instance, women are more likely than men to have heart attack symptoms unrelated to chest pain, such as neck pain, jaw pain, shoulder pain, upper back or abdominal discomfort, unusual fatigue, nausea, shortness of breath and more.

As a result, women are less likely to recognize the signs of heart disease and to seek help early. Ongoing research continues to evaluate diagnosis, treatment, and prevention strategies tailored to the unique needs of women.

## Know your connections

Provided with the right resources and actions, it is possible to prevent heart disease or improve the outcomes of your diagnosis, allowing you to lead a healthy life.

### WOMEN'S HEART HEALTH CLINIC

The **Women's Heart Health Clinic** at the University of Ottawa Heart Institute (UOHI) aims to guide women toward understanding their risk factors, symptoms, treatments, and outcomes.

The clinic assesses patients with microvascular coronary artery disease, myocardial infarction with non-obstructive coronary arteries (MINOCA), ischemic heart disease without any occlusion of coronary arteries (INOCA), spontaneous coronary artery dissection (SCAD), unexplained chest pain; it also evaluates the cardiovascular risk in women with hypertensive disorders of pregnancy or gestational diabetes.

If you wish to be seen at the Women's Heart Health Clinic, speak with your doctor about obtaining a referral.

### CARDIOVASCULAR REHABILITATION PROGRAM

Following a cardiac event, cardiovascular rehabilitation is the next step on the road to recovery. You are eligible to take part in the **Heart Institute's cardiovascular rehabilitation** program if you are a patient who has had a cardiac event, such as a heart attack, coronary artery bypass graft (CABG) or other heart surgery, heart failure, heart transplant, angioplasty, and others.

Please visit our website to learn more: [ottawaheart.ca/cardiac-rehabilitation-program](http://ottawaheart.ca/cardiac-rehabilitation-program).

## CANADIAN WOMEN'S HEART HEALTH CENTRE

A lack of social support after a cardiac event affects prognosis, particularly in women. The **Canadian Women's Heart Health Centre** at the UOHI also offers the **Women@Heart** program, a peer support program led by women with heart disease, for women with heart disease.

Women@Heart provides women with heart disease, in every community, with access to emotional support, educational support, and a caring environment for a better recovery after a cardiac event. You do not need a referral from a doctor to participate in the Women@Heart program. If you are interested in participating, please visit our website: [cwhhc.ottawaheart.ca/womenheart-program](http://cwhhc.ottawaheart.ca/womenheart-program).

You can also join the Women's Heart Health Clinic's patient education groups virtually. Each session focuses on a specific subject pertaining to women's heart health and is presented by specialists. To register, please call 613-696-7000, extension 15429.





# HEART INSTITUTE PATIENT ALUMNI

## WE CAN HELP. WE'VE BEEN THERE

The Patient Alumni is a diverse community of current and former University of Ottawa Heart Institute patients, their families, friends and caregivers. We support the Heart Institute by sharing information about the prevention and treatment of heart disease, and by helping to fund projects and services to improve patient comfort and care.

By joining the Alumni, you will become part of a very unique community!

The Heart Institute is the only hospital in Canada that has formed an alumni group to stay in contact with discharged patients and their families. For over 40 years, the Heart Institute has delivered world-class care to thousands of patients. Our goal is to stay in touch, stay informed, and contribute to the Institute's quality of care and future success.

## WHY JOIN THE ALUMNI?

Joining is free, thanks to the partnership and financial support of the Heart Institute and its fundraising Foundation.

As an Alumni member, you'll get up-to-date information through our:

- e-letters.
- websites.
- lectures, courses and special events.

For more information and access to free membership, visit our website: [ottawaheartalumni.ca](http://ottawaheartalumni.ca)

Or contact us at:

**Email:** [alumni@ottawaheart.ca](mailto:alumni@ottawaheart.ca)

**Tel:** 613-696-7241



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



PATIENT ALUMNI  
ASSOCIATION DES  
ANCIENS PATIENTS

# APPENDIX 1: CARDIOVASCULAR REHABILITATION MENTAL HEALTH RESOURCES

## In case of emergency

### CRISIS LINE

**Telephone:** 613-722-6914 (Ottawa)

**Telephone:** 1-866-996-0991 (Outside Ottawa)

**Who:** Serves people aged 16 and older

**Web:** [www.crisisline.ca](http://www.crisisline.ca)

### DISTRESS CENTRE

**Telephone:** 343-306-5550 (Ottawa)

**Telephone:** 1-800-465-4442 (Lanark County)

**Who:** Serves all ages

**Web:** [www.dcottawa.on.ca](http://www.dcottawa.on.ca)

## How to locate community-based psychological services

**NOTE:** There is a fee for service – ranges up to \$225/50 minute session; often partially covered by insurance, but may require referral from a GP.

Psychologists can be located by searching on the following websites:

**College of Psychologists of Ontario:** [www.cpo.on.ca](http://www.cpo.on.ca)

**Ottawa Academy of Psychology:** [www.ottawa-psychologists.org](http://www.ottawa-psychologists.org)

**Ontario Psychological Association:** [www.psych.on.ca](http://www.psych.on.ca)

### OTTAWA COMMUNITY IMMIGRANT SERVICES ORGANIZATION (COUNSELLING SERVICES)

Clinical counselling and mental health support for immigrants and refugees.

**Telephone:** 613-725-0202

**Web:** [www.ociso.org](http://www.ociso.org)

**Email:** [mentalhealth.outreach@ociso.org](mailto:mentalhealth.outreach@ociso.org)

Walk-in counselling support offered on Thursdays from 11 a.m. to 5 p.m. in Arabic, French, and English.

## Low-cost psychological or counselling services

### CENTRE FOR PSYCHOLOGICAL SERVICES AND RESEARCH

**Where:** University of Ottawa

**Telephone:** 613-562-5289

**Web:** [www.socialsciences.uottawa.ca/psy/eng/cps.asp](http://www.socialsciences.uottawa.ca/psy/eng/cps.asp)

**Fees:** \$60/hour session based on a family income of \$45,000; <\$45,000 qualifies for a discount.

## COUNSELLING AND PASTORAL SERVICES

**Where:** St. Paul's University

**Telephone:** 613-782-3022 or 613-782-3023

**Web:** [ustpaul.ca/en/centre-for-counselling-home\\_360\\_120.htm](http://ustpaul.ca/en/centre-for-counselling-home_360_120.htm)

**Fees:** \$30-75/hour session; exact fee is based on income

## FAMILY SERVICES À LA FAMILLE OTTAWA

**Where:** 312 Parkdale Avenue

**Telephone:** 613-725-3601

**Web:** [www.familyservicesottawa.org](http://www.familyservicesottawa.org)

**Fees:** based on income, can be as low as \$10; unsubsidized can be up to \$130/session

## CATHOLIC FAMILY SERVICES OTTAWA

**Where:** 310 Olmstead St.

**Telephone:** 613-233-8478

**Web:** [www.cfsottawa.ca](http://www.cfsottawa.ca)

**Email:** [info@cfsottawa.ca](mailto:info@cfsottawa.ca)

## JEWISH FAMILY SERVICES OF OTTAWA

**Where:** 2255 Carling Ave.

**Telephone:** 613-722-2225

**Web:** [www.jfsottawa.com](http://www.jfsottawa.com)

**Email:** [info@jfsottawa.com](mailto:info@jfsottawa.com)

## THE WALK-IN COUNSELLING CLINIC OTTAWA

**Web:** [walkincounselling.com](http://walkincounselling.com)

## Addictions treatment programs

### ROYAL OTTAWA HOSPITAL ADDICTION SERVICES

**Telephone:** 613-722-6521 ext.6058

### CENTRE FOR ADDICTION AND MENTAL HEALTH OTTAWA (SERVING OTTAWA-CARLETON)

**Toll Free:** 888-441-2892

**Telephone:** 613-569-6024

## Mindfulness-based programs

There is a fee for service – ranges from \$425-\$700/course; often partially covered by insurance when accompanied by referral from a GP; check websites for course dates

## OTTAWA MINDFULNESS CLINIC

**Telephone:** 613-745-5366 ext. 200

**Website:** [www.ottawamindfulnessclinic.com](http://www.ottawamindfulnessclinic.com)

Also offer a “burnout resiliency” training program

## THE MINDFULNESS CLINIC

**Website:** [www.themindfulnessclinic.ca](http://www.themindfulnessclinic.ca)

**Email:** [info@themindfulnessclinic.ca](mailto:info@themindfulnessclinic.ca)

Located in Toronto however offer an on-line course for anyone in Ontario

## Associations and support groups

### MOOD DISORDERS ASSOCIATION

**Website:** [www.mooddisorders.ca](http://www.mooddisorders.ca) | [www.mooddisordersottawa.ca](http://www.mooddisordersottawa.ca)

**Telephone:** 1-888-486-8236

Education and support groups for individuals and family members, as well as ongoing wellness courses.

### ANXIETY DISORDERS ASSOCIATION

**Website:** [www.anxietydisordersontario.ca](http://www.anxietydisordersontario.ca)

Education and supports for individuals and family members, as well as a 14-week anxiety management course for \$425, as well as a drop-in mindfulness and relaxation class (\$12/class)

### CANADIAN MENTAL HEALTH ASSOCIATION

**Telephone:** (416) 646-5557

**Website:** <https://cmha.ca>

Free program to help manage chronic conditions for both patients and caregivers.

### ONLINE RESOURCES

**Anti-depressant skills workbooks:** [comh.ca/selfcare](http://comh.ca/selfcare)

**Free workbooks that can be downloaded or read online:** The Mindfulness Solution, [mindfulness-solution.com](http://mindfulness-solution.com)

**Free mindfulness recordings that can be downloaded or listened to online**

**Online Support Service:** [bigwhitewall.ca](http://bigwhitewall.ca), Ontario residents have access for free

**Online interactive program:** [moodgym.com.au](http://moodgym.com.au), small fee associated with this program

## Resources outside of Ottawa

### LANARK, LEEDS, AND GRENVILLE AREA/ADDICTIONS AND MENTAL HEALTH SERVICES

**Telephone:** 1-866-499-8445, 613-342-2262

**Website:** <https://llgamh.ca>

Counselling, case management, peer support, psychiatry, housing options, residential treatment, support for caregivers/family, links to other supports, recreation and social activities, help with hoarding.

### SOUTHEASTHEALTHLINE.CA

**Telephone:** 613-341-3884

**Toll Free:** 1-800-267-6041

**Website:** [SouthEasthealthline.ca](http://SouthEasthealthline.ca)

SouthEasthealthline.ca is an innovative resource website, providing consumers and health care providers with accurate and up-to-date information about health services across the south east region of Ontario.

### LANARK COUNTY MENTAL HEALTH

**Website:** [lanarkmentalhealth.com](http://lanarkmentalhealth.com)

**Carleton Place:** 613-257-5915

**Smiths Falls:** 613-283-2170

### DISTRESS CENTRE LANARK LEEDS AND GRENVILLE

**Telephone:** 1-800-465-4442, phone line open 17:00-24:00

**Website:** <https://developmentalservices.com/services-distress>

### CHAMPLAIN HEALTH LINE MENTAL HEALTH SERVICES FOR OTTAWA AND SURROUNDING AREAS

**Website:** [champlainhealthline.ca](http://champlainhealthline.ca)

## More resources on mental health services

### DIRECTORY OF OTTAWA COMMUNITY SERVICES

**Telephone:** 211 or 613-761-9076

**Toll free:** 1-877-761-9076

**Where:** [cominfo-ottawa.org](http://cominfo-ottawa.org)

### eMENTAL HEALTH

**Website:** [ementalhealth.ca](http://ementalhealth.ca)

## Self-help resources

### EMOTIONAL HEART HEALTH

1. Thriving with Heart Disease: The Leading Authority on the emotional effects of heart disease tell you and your family how to health and reclaim your Lives (2003) by Sotile
2. It's not all in your head: How worry about your health could be making you sick- and what you can do about it (2005) by Asmundson and Tylor
3. Full Catastrophe Living: Using the Wisdom of your body and Mind to Face Stress Pain, and Illness (1990) by Kabat-Zinn

### MANAGING STRESS

1. 10 Simple Solutions to Stress: How to Tame Tension & Start Enjoying Your Life, by Claire Michaels Wheeler (2007). Oakland, CA: New Harbinger Publications, Inc.
2. The Relaxation & Stress Reduction Workbook (6th edition), by Martha Davis, Elizabeth Robbins Eshelman, & Matthew McKay (2008). Oakland, CA: New Harbinger Publications, Inc.
3. Solving Life's Problems: A 5-Step Guide to Enhanced Well-Being, by A. Nezu, C. Nezu, & T. D'Zurilla (2006). New York: Springer.
4. How to get control of your time and your life by Alan Lakein (1989).

### ANXIETY

1. The Mindfulness & Acceptance Workbook for Anxiety by J.P. Forsyth & G.H. Eifert (2008). Oakland, CA: New Harbinger Publications, Inc.
2. Women who Worry too Much: How to Stop Worry and Anxiety From Ruining Relationships, Work, and Fun, by Holly Hazlett-Stevens (2005). Oakland, CA: New Harbinger.
3. When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism (2nd ed.), by Martin Antony & Richard Swinson (2009). Oakland, CA: New Harbinger.
4. The Anxiety and Phobia Workbook (5th edition), by E.J. Bourne. (2010). Oakland, CA: New Harbinger.

5. One less thing to worry about. Uncommon wisdom for coping with common anxieties, by Jerily Ross & Robin Cantor-Cooke (2009). New York: Random House.
6. Relaxation Audio: [comh.ca/pchc/resources/audio](http://comh.ca/pchc/resources/audio)

## DEPRESSION

1. Feeling Good: The New Mood Therapy, by D.D. Burns. (1999). New York: Avon.
2. Antidepressant Skills Workbook by D. Bilsker & R. Paterson (2005). Consortium for Organizational Mental Healthcare (COMH). Download free in print and audio formats at: [comh.ca/selfcare/](http://comh.ca/selfcare/)
3. The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness, by M. Williams, J. Teasdale, Z. Segal, & J. Katat-Zinn. (2007). New York: Guilford Press.
4. The Mindfulness & Acceptance Workbook for Depression by K. D. Strosahl & P.J. Robinson (2008). Oakland, CA: New Harbinger Publications, Inc.
5. Exercise for Mood and Anxiety: Proven Strategies for Overcoming Depression and Enhancing Well-Being by Michael Otto & Jasper Smits (2011). New York: Oxford University Press.
6. The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT by Russ Harris (2008). Trumpeter
7. Coping with Suicidal Thoughts: [sfu.ca/carmha/publications/coping-with-suicidal-thoughts.html](http://sfu.ca/carmha/publications/coping-with-suicidal-thoughts.html)
8. Mind Over Mood by Christine A. Padesky & Dennis Greenberger (1995). The Guilford Press.

## ANGER MANAGEMENT

1. Dr. Weisinger's Anger Work-Out Book: Step-by-Step Methods for Greater Productivity, Better Relationships, Healthier Life by Hendrie Weisinger (1985). William Morrow and Company.
2. Responding to Anger. A Workbook, by L. Bilodeau. (2001). Center City, MN: Hazelden.
3. When Anger Hurts: Quieting the Storm Within, by Matthew McKay, Judith McKay, & Peter D. Rogers (2003). Oakland, CA: New Harbinger
4. The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships, by H. Lerner. (1997). New York: Harper Perennial.
5. The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships, by Laura J. Petracek & Sandra P. Thomas (2004). Oakland, CA: New Harbinger.
6. ACT on Life Not on Anger by G.H. Eifert, M. McKay, & J.P. Forsyth. (2006). Oakland, CA: New Harbinger.

## ASSERTIVENESS & COMMUNICATION

1. Your Perfect Right: A Guide to Assertive Living (7th edition), by R. Alberti & M. Emmons. (1995). San Luis Obispo, CA: Impact.

2. The Assertive Woman (4th edition), by S.Phelps & N.Austin. (2002). San Luis Obispo,CA: Impact.
3. The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships, By Randy Paterson, (2000). Oakland, CA: New Harbinger Publications.
4. Messages. The Communication Skills Book By M. McKay, M. Davis, & P. Fanning (2009). Oakland, CA: New Harbinger Publications.
5. Assertiveness Chapter from The Anxiety and Phobia Workbook (5th edition)”, by E.J.Bourne. (2010). Oakland, CA: New Harbinger.

## **SELF-ESTEEM**

1. The Self-Esteem Workbook: A Simple, Effective Program for Mastery of Liking Yourself, by Glenn R. Schiraldi (2001). Oakland, CA: New Harbinger.
2. 10 Simple Solutions for Building Self-Esteem: How to End Self-doubt, Gain Confidence, and Create A Positive Self-image, by Glenn R. Schiraldi (2007). Oakland, CA: New Harbinger Publications, Inc.

## **COPING WITH PAIN**

1. Managing Pain Before It Manages You (3rd ed.), by Margaret A. Caudill (2009). New York: Guilford Press.
2. Living Beyond Your Pain. Using Acceptance & Commitment Therapy to Ease Pain by Joanne Dahl & Tobias Lundgren (2006). Oakland, CA: New Harbinger.
3. 10 Simple Solutions to Chronic Pain: How To Stop Pain From Controlling Your Life by Blake H. Tearnan (2007). Oakland, CA: New Harbinger.
4. 10 Simple Solutions to Migraines: Recognize Triggers, Control Symptoms, and Reclaim Your Life by Dawn
5. A. Marcus (2006). Oakland, CA: New Harbinger.

## **SLEEP**

1. The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need by Stephanie A Silberman (2009). Oakland, CA: New Harbinger.
2. Relief from Insomnia: Getting the sleep of your dreams. by Charles Morin (1995). New York: Guilford Press (Not available in print but copies in public library system)
3. No more sleepless nights by Peter Hauri & Shirley Linde (2001). San Francisco, CA: Wiley.
4. Quiet your mind and get to sleep by Colleen Carney (2009). New Harbinger Publications.



## SUBSTANCE USE

1. Controlling Your Drinking: Tools to Make Moderation Work for You” (2nd Ed) by William R. Miller and Ricardo F. Muñoz (2013). Guilford Press

## List of recommended web resources

### POSITIVE COPING WITH HEALTH CONDITION

**Online workbook:** <https://psychhealthandsafety.org/pcwhc>

### LIVING HEALTHY CHAMPLAIN

**Local workshops regarding living a healthy life with chronic conditions and mindfulness awareness:** [www.livinghealthychamplain.ca/](http://www.livinghealthychamplain.ca/)

### MINDFULNESS BASED STRESS REDUCTION

**Free online 8 week self guided course:** [palousemindfulness.com](http://palousemindfulness.com)

### ONLINE COURSES FOR MENTAL HEALTH WELL BEING AND LIVING WITH CHRONIC CONDITIONS

**Website:** <https://onlinetherapyuser.ca/wellbeing-program>

### STRESS

**Relaxation Audio File:** [comh.ca/pchc/resources/audio/index.cfm](http://comh.ca/pchc/resources/audio/index.cfm)

### ANXIETY

**[anxietybc.com](http://anxietybc.com):** British Columbia has developed excellent resources for adults with anxiety problems and parents of anxious children. This material is up to date and covers a wide variety of concerns.

**[paniccenter.net](http://paniccenter.net):** An interactive website based in Ontario dedicated to helping those who suffer from panic disorder. Provides an online support group that is professionally moderated

**[anxieties.com](http://anxieties.com):** A free Internet self-help site based in the US with web-based programs for persons suffering from anxiety, panic attacks, phobias, obsessive-compulsive disorder (OCD), fear of flying and post traumatic stress disorder (PTSD).

## DEPRESSION

**[moodgym.anu.edu.au](http://moodgym.anu.edu.au)**: A well researched Australian website for depression

**[changeways.com](http://changeways.com)**: (then go to self-care depression program) A Canadian website with a well developed program

**[evolutionhealth.care](http://evolutionhealth.care)**: Has a free, interactive 16-session cognitive-behaviour therapy course; also has an anonymous online support group, informed by health educators.

## CHRONIC PAIN

**U.S. Pain Foundation:** [uspainfoundation.org](http://uspainfoundation.org)

**American Chronic Pain Association:** [theacpa.org](http://theacpa.org)

**Arthritis Foundation:** [arthritis.org](http://arthritis.org)

**Canadian Pain Coalition:** [rsdcanada.ca](http://rsdcanada.ca)

**Chronic Pain Association of Canada:** [chronicpaincanada.com](http://chronicpaincanada.com)

**Chronic Pain Support Services:** <https://www.champlainhealthline.ca/displayservice.aspx?id=167689>

## INSOMNIA

**[sleepeducation.com](http://sleepeducation.com)**: This is a comprehensive patient education website sponsored by the American Academy of Sleep Med National Sleep Foundation

**[sleepfoundation.org](http://sleepfoundation.org)**: This is a large comprehensive patient education website sponsored by the largest patient sleep advocacy group, the National Sleep Foundation. The site has been re-organized since the last review.

**[talkaboutsleee.com](http://talkaboutsleee.com)**: This is an industry sponsored comprehensive patient education website with many features including chat and message boards.

**WebMD Sleep Disorders Health Center:** [webmd.com/sleep-disorders/default.htm](http://webmd.com/sleep-disorders/default.htm)

## List of local self-help organizations

### MOOD DISORDERS OTTAWA

**Website:** [mooddisordersottawa.ca](http://mooddisordersottawa.ca)

Offers a bi-monthly, free support group for adults with mood disorders. For more information, call the MDO Info-Line 613-526-5406, or send an email to [mdosupport@hotmail.com](mailto:mdosupport@hotmail.com)

## ANXIETY DISORDERS ASSOCIATION OF ONTARIO

**Website:** [anxietydisordersontario.ca](http://anxietydisordersontario.ca)

## OTTAWA COMMUNITY IMMIGRANT SERVICES ORGANIZATION

**Website:** <https://ociso.org>

Offers counselling for individuals, couples, and families.

Services available in over 50 languages.

## Non-exhaustive app list

**Disclaimer:** The activities, tools, and information found in the APPs listed below are suggested as adjuncts to your treatment. In no way do these APPs substitute the care provided by a trained professional. If you believe that you may be suffering from depression or another mental health disorder consider seeking help from a licensed mental health professional. Similarly, if you are unsure whether these apps are right for you or about how to best implement content, be sure to consult a licensed health professional about your concerns

**NOTE:** Apps may be associated with fees, please do not feel as though you must use the ones with a fee

### ADDICTIONS

**OA Speakers** (Overeaters Anonymous – recovery stories)

**InTheRooms** (Alcoholism-Virtual Support/recovery/self-help)

**QUIT THAT** (tracks minutes from stopping a behaviour and cost savings since stopping behaviour)

### ANXIETY

**Anxiety Reliever** (free trial version, monthly upgrade fee)

**Anxiety Coach**

## **MOOD**

**MoodKit**

**iCOUCH CBT**

**CBT iCoach (sleep)**

**MoodTracker**

**Icbt app**

**MoodKit**

## **RELAXATION AND MINDFULNESS**

**MindShift CBT** (Anxiety education and tools to walk you through situation; including body scan with voice options)

**Breathe2Relax**

**Breathe**

**Mindfulness Coach**

**Take a break!**

**Headspace**

**Happify**

## **MINDFULLY EATING**

**EAT BREATHE THRIVE** (Hunger awareness and needs assessment with self-soothing meditation)

# APPENDIX 2: QUIT SMOKING ASSISTANCE PROGRAMS

## Ontario

### CANADIAN CANCER SOCIETY'S SMOKERS' HELPLINE

1-877-513-5333

The Canadian Cancer Society's Smokers' Helpline is available for all smokers, even those not ready to quit. Family members and friends can use the helpline to find out how to help a smoker quit. The helpline is toll-free and confidential. Service is offered in English or French.

Monday to Thursday from 8 a.m. to 9 p.m.; Friday from 8 a.m. to 6 p.m.; Saturday and Sunday from 9 a.m. to 5 p.m.

## Ottawa

### UNIVERSITY OF OTTAWA HEART INSTITUTE QUIT SMOKING PROGRAM

613-696-7069 or 1-866-399-4432

Prevention and Wellness Centre, H-S112a

40 Ruskin Street, Ottawa, ON

The Quit Smoking Program has three parts:

- Behavioural therapy.
- Medication (for example, nicotine replacement therapy, Champix and Zyban).
- Relapse prevention to make sure you don't take up smoking again.

Language: Offered in English and French.

Cost: Covered by the Ontario Health Card, or the Régie d'assurance maladie du Québec.

### OTTAWA PUBLIC HEALTH

613-580-6744 or 1-866-426-8885

100 Constellation Crescent

7th Floor, East, Ottawa, ON

### CENTRETOWN COMMUNITY HEALTH CENTRE

613-233-4443

420 Cooper Street, Ottawa, ON

### CARLINGTON COMMUNITY AND HEALTH SERVICES

613-722-4000

900 Merivale Road, Ottawa, ON

### PINECREST-QUEENSWAY HEALTH & COMMUNITY SERVICES

613-820-4922

1365 Richmond Road, 2nd Floor, Ottawa, ON

### SANDY HILL COMMUNITY HEALTH CENTRE

613-789-7752

221 Nelson Street (at Rideau), Ottawa, ON

Language: Offered in French.

## **SOMERSET WEST COMMUNITY HEALTH CENTRE**

613-238-8210  
55 Eccles Street, Ottawa, ON

## **WABANO CENTRE FOR ABORIGINAL HEALTH**

613-748-5999  
1299 Montreal Road, Ottawa, ON  
Tuesdays from 7:00 p.m. to 8:30 p.m.

## **Eastern Ontario Region**

### **EASTERN ONTARIO HEALTH UNIT**

613-933-1375 or 1-800-267-7120  
1000 Pitt Street, Cornwall, ON  
Quit smoking workshops and brief counselling.  
Language: Offered in English and French.

- **Rockland:** 613-446-1400
- **Hawkesbury:** 613-632-4355 or 1-800-565-2314
- **Alexandria:** 613-525-1112
- **Cornwall:** 613-933-1375 or 1-800-267-7120
- **Winchester :**613-774-2739
- **Casselman:** 613-764-2841 or 1-800-267-8260

## **Renfrew County and District**

### **RENFREW COUNTRY AND DISTRICT HEALTH UNIT**

613-732-3629 or 1-800-267-1097  
7 International Drive, Pembroke, ON  
Quit smoking sessions and programs, minimal contact intervention, and free self-help quit information.

### **HEALTH INFO LINE**

613-735-8666 or 1-800-267-1097 ext. 666

### **RENFREW COUNTY AND DISTRICT HEALTH UNIT**

613-623-2991 or 1-800-465-5000  
346 John Street North, Arnprior, ON

### **RENFREW COUNTY AND DISTRICT HEALTH UNIT**

613-756-2744 or 1-800-267-8824  
149 Dunn Street, Barry's Bay, ON

### **RENFREW COUNTY AND DISTRICT HEALTH UNIT**

613-432-5853 or 1-800-804-0772  
180 Plaunt Street South, Renfrew, ON

### **CANADIAN CANCER SOCIETY RENFREW COUNTY UNIT**

613-735-2571  
1217 Pembroke Street East, Pembroke, ON

## **STRENGTHENING THE FORCES HEALTH PROMOTION OFFICE**

613-687-5511 ext. 4685

57 Festubert Blvd., Unit P – 118, C.F.B. Petawawa, ON

“BUTT OUT” program for military members, their families, and members of the defence team.

## **Kingston Area**

### **KFL&A PUBLIC HEALTH TOBACCO INFORMATION LINE**

613-549-1232 ext. 333

1-800-267-7875 ext. 333

221 Portsmouth Avenue, Kingston, ON

Smoke-Free for Good Group

(Mondays 7–8 p.m.)

### **HASTINGS & PRINCE EDWARD COUNTIES HEALTH**

613-966-5500

### **TOBACCOTALK LINE**

613-966-5513 ext. 600 or

1-800-267-2803 ext. 600

Unit 179 North Park Street, Belleville, ON

Quit smoking classes, free self-help quit information, free quit smoking kits

## **Leeds, Grenville & Lanark District**

### **LEEDS, GRENVILLE & LANARK DISTRICT HEALTH UNIT**

613-345-5685

458 Laurantier Boulevard, Brockville, ON

Brief counselling and free self-help quit information.

### **MERRICKVILLE DISTRICT COMMUNITY HEALTH CENTRE**

613-269-3400 ext. 237

354 Read Street Merrickville, ON

Individual and group counselling

## **Quebec**

### **CANADIAN CANCER SOCIETY'S SMOKERS' HELPLINE**

1-866-527-7383

The Canadian Cancer Society's Smokers' Helpline is available for all smokers, even those not ready to quit. Family members and friends can use the helpline to find out how to help a smoker quit. The helpline is toll-free and confidential. Service is offered English or French.

Hours of Operation: Monday to Friday 8 a.m. – 8 p.m.

## Gatineau/Hull Region

### **CLSC SAINT-RÉDEMPTEUR**

819-770-6900 ext. 2278  
85, rue St-Rédempteur, Gatineau, QC

### **CLSC LEGUERRIER**

819-684-2251 ext. 218 or 227  
425, rue LeGuerrier, Gatineau, QC

### **CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE GATINEAU**

819-561-2550  
777, boul. de la Gappe, Gatineau, QC  
Centre de service à la communauté et siège social

### **CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE MANSFIELD-ET-PONTEFRACT**

819-683-3000  
160, chemin de la Chute, C.P. 430, Mansfield, QC

### **CLSC ET CENTRE D'HÉBERGEMENT DE LA PETITE-NATION**

819-983-7341 ext. 380  
14, rue St-André, St-André-Avellin, QC

### **CENTRE DE SANTÉ ET DE SERVICES SOCIAUX DE LA VALLÉE-DE-LA-GATINEAU**

1-866-441-2600 or 819-422-3548  
309, boul. Desjardins, Maniwaki, QC

### **CLSC DE VAL-DES-MONTS**

819-671-3777 or 819-456-2819  
1884, route du Carrefour, Val-des-Monts, QC

### **CLSC DE VALLÉE-DE-LA-LIÈVRE**

819-986-3359  
578, rue MacLaren Est, Gatineau, QC





