

MY Heart IN MY Hands

Cardiovascular Disease Risk Factor Activity: Fact or Fiction?

Materials:

- None

Instructions:

- Divide your guests up into 2 teams. Ask the teams to keep track of their points.
- The hostess begins by reading a question to team 1, followed by Fact or Fiction?
- If team 1 answers correctly, they get a point. If they answer incorrectly, no one gets the point.
- The hostess then proceeds to ask team 2 a question and so on until all of the questions are asked
- The team with the highest score wins!

Questions:

- You can control all of your risk factors for cardiovascular disease. Fact or Fiction? **Fiction.** It is important to recognize that there are some risk factors for cardiovascular disease that we can't do anything about. These include age, gender, family history, and ethnicity.
- In Canada, cardiovascular disease is responsible for more female deaths than breast cancer. Fact or Fiction? **Fact.** 6 times more NL women died from cardiovascular disease as breast cancer in 2013.
- Heart attacks usually occur during physical exertion. Fact or Fiction? **Fiction.** Unlike angina, heart attacks usually occur when you are not moving.
- The "S" in FAST stands for Stretch: Can I stretch my arms. Fact or Fiction? **Fiction.** The S in FAST stands for Speech: Is it slurred or jumbled. If so call 911 immediately. The F stands for Face: is it drooping? The A stands for Arms: Can I raise both? S stands for Speech: Is it slurred or jumbled and the T stands for Time: time to call 9-1-1 immediately.



heartandstroke.ca/myheartinmyhands

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- When experiencing angina during physical exertion, the best thing to do is to keep moving. Fact or Fiction? **Fiction**. If you experience angina during physical exertion, stop what you are doing and allow yourself to rest. Get in a comfortable position and tell/call someone.
- Smoking, age, and physical inactivity are all risk factors for cardiovascular disease that we can control. Fact or Fiction? **Fiction**. We can control our physical activity levels and whether or not we smoke but we cannot control our age.
- Symptoms of angina and heart attack for women may include jaw or back pain. Fact or Fiction? **Fact**. Although the most common sign of a heart attack is chest pain or discomfort, it's not always one of the symptoms. You might have shortness of breath, nausea, sweating, or feel lightheaded.
- A Stroke occurs when a blood vessel in the brain is cut off, leaks or bursts. Fact or Fiction? **Fact**. A stroke is a sudden loss of brain function. It is caused by the interruption of the flow of blood to the brain (ischemic stroke) or the rupture of blood vessels in the brain (hemorrhagic stroke).
- The effects of stroke are always the same. Fact or Fiction? **Fiction**. The effects of a stroke depend on where the brain was injured as well as on how much damage occurred. A stroke can impact any number of areas including your ability to move, see, remember, speak, reason, read and write.
- A transient ischemic attack (TIA) or a "mini-stroke" happens when a clot stops blood from flowing to the brain for a short time. Fact or Fiction? **Fact**. A TIA is a medical emergency. Call 9-1-1 or your local emergency immediately.
- During a heart attack, your heart stops beating. Fact or Fiction? **Fiction**. During a heart attack, your heart is almost always still beating but blood supply to it is blocked. That cuts off the heart's oxygen supply, which can injure the heart. When your heart suddenly stops beating, it's called "cardiac arrest."
- I should have my blood pressure checked by my healthcare provider at least once every year. Fact or Fiction? **Fact**. However, if you have been diagnosed with high blood pressure (or other related conditions), your doctor may recommend that you get it checked more often. Be sure to ask your doctor how often you should have your blood pressure checked.
- Abdominal fat carries the greatest health risk. Fact or Fiction? **Fact**. People who have excess abdominal fat, or who carry the most weight around their middle, could be at greater risk than people who have the most fat around their hips and thighs. Remember, hips are where the bones are, but your waist is the middle space between your hips and your bottom ribs.
- Calculated from a person's weight and height, body mass index (BMI) is a direct measure of body fatness. Fact or Fiction? **Fiction**. BMI cannot distinguish between body fatness, muscle mass, or skeletal mass. However, it is the most widely investigated and most useful indicator to date of health risk associated with being underweight or overweight.
- If you have one high reading, it means that you have high blood pressure. Fact or Fiction? **Fiction**. One high reading does not necessarily mean that you have high blood pressure. If you have one high reading, you should have it measured at least two more times on separate days to check whether it is consistently high.