

# HEART-BEAT

A newsletter from [heartyparty.com](http://heartyparty.com)

Winter Edition, 2002 Volume 1, Issue 3

Promoting physical activity, healthy eating and a smoke-free environment!

## Doctors encouraged to get active about physical inactivity

Canadian doctors are being urged to tell their patients to get physical. Greater physical activity helps to address issues of obesity and other inactivity-related chronic diseases.

A series of articles published in the January, 2002, edition of Canadian Family Physician suggests that patients would increase their physical activity if advised by their doctor.

According to The College of Family Physicians of Canada 2001 National Family Physician Workforce Survey, 16 per cent of family physicians provide patients with a written physical activity prescription.

For more information, contact The College of Family Physicians of Canada at 905-629-0900, or visit the Active Ontario Web site at [www.activeontario.org](http://www.activeontario.org).

## From the Corner Office

### RIGHT IN YOUR BACKYARD

Active Ontario has announced its **SummerActive National Campaign** for 2002. The aim of these activities is to encourage people to quit smoking and to take up a physical activity. The SummerActive National Campaign will take place from May 6 to June 21. For more information, call Margaret Good, a Community Facilitator with Active Ontario, at (905) 898-4382.

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## Be Smart Cherish Your Heart Win Prizes

Fill out a ballot.

You may win some great prizes!

### Grand Prize

**Bicycles for a family of four**  
(sponsored by Cyclepath Newmarket)  
130 Davis Drive Newmarket

### First Prize

**Athletic Shoes for a family of four**

### Second Prize

**Two trial memberships (3 months)**  
at any Richmond Hill Parks, Recreation and Culture Fitness Centres  
(courtesy of the Town of Richmond Hill)

### Third Prize

**Lunch each week for one year at a variety  
of York Region eateries:**

The Olde Curiosity Tea Shop, 91 Main St. N., Markham  
Swiss Chalet, 11000 Yonge St., Richmond Hill  
Cynthia's Chinese Restaurant, 7700 Bathurst St., Thornhill  
Select Sandwich, 7800 Jane St., Concord  
Mr. Sub, 14760 Yonge St., Aurora  
Swiss Chalet, 9625 Yonge St., Richmond Hill  
Demetre Grand Café, 7540 Weston Rd., Woodbridge  
East Side Mario's, 2930 Steeles Ave., E., Thornhill  
Tokyo Teriyaki & Chinese Food, 10 East Wilmot, Richmond Hill  
Great Khan Mongolian Grill, 4396 Steeles Ave., E., Markham

### More Great Prizes

\$500 Gift Certificate  
Heart Smart Cookbooks by Bonnie Stern  
(in support of Heart and Stroke Foundation)  
Beautifully Healthy Basket (in support of Canadian Cancer Society)  
Go Veggie Cookbook  
(courtesy of Nu-Vitality Health and Wellness Centre)  
Active Wear (courtesy of the Town of Richmond Hill)  
Relax Basket (courtesy of Shoppers Drug Mart, Aurora South End)

PHYSICAL ACTIVITY, HEALTHY EATING, SMOKE-FREE  
LIVING - IT'S A WIN-WIN SITUATION.

Visit [www.heartyparty.com](http://www.heartyparty.com) for complete contest details  
and a list of events in your community.

I plan to make physical activity, healthy eating and smoke-free living part of my life in York Region. For more information call (905) 727-0022 ext. 3597.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_



## *Quitting for good ...It's worth the effort*

According to Health Canada (1999) over 40,000 deaths each year are related to smoking\*. Tobacco use is the number one cause of preventable death and disease in Canada, yet many Canadians continue to smoke.

Anyone who has tried to quit smoking, or who has tried to help someone quit, knows that quitting smoking can be difficult. Tobacco use is a powerful addiction that impacts on the body, mind and behaviour of the person who smokes. It takes a smoker an average of four to five quit attempts to succeed. There appears to be no easy solution, but quitting is worth the effort.

While some of the benefits of quitting will take time, other changes to the body will start almost immediately when a person stops smoking:

- \* Within two days of quitting, a smoker's senses of taste and smell begin to improve
- \* Within four weeks of quitting, blood circulation also improves and lungs start to work better
- \* Within three years of quitting, a smoker's risk of a heart attack is about the same as someone who has never smoked
- \* After ten years of being smoke-free, the risk of developing lung cancer drops by 50 percent

Quitting is a process that requires planning, requires certain skills, and a willingness and a commitment from the smoker to make changes. Quitting experiences will vary from person to person. Each time a quit attempt is made, a smoker learns more about his/her personal addiction and makes changes to the quit plan that will help him/her to be more successful at the next attempt.

*To increase the chance of success, consider the following steps:*

- \* Find a strong personal reason to quit, such as health, pregnancy or money
- \* Understand your own smoking behaviour: what triggers you to smoke -when and where do you smoke
- \* Obtain information about different quitting methods and products. It is important to choose a method of quitting that is right for you
- \* Look for assistance, such as advice from health professionals, support from families and friends
- \* Set a quit date for a time when you are feeling the least stressed
- \* Plan ways to deal with cravings and urges ahead of time

*York Region Health Services offers a wide range of programs and services*

*On tobacco-free living:*

- \* Information sessions about quitting or helping someone to quit
- \* Information sessions about tobacco-free living and the effects of Second-hand smoke
- \* Displays with tobacco-free living and cessation resources
- \* Consultation on starting a peer support group for cessation
- \* Individual counselling by phone or in person

*Tobacco-free living promotes healthy living for you and your loved ones.*

*For more information about tobacco programs and services in the community or workplace contact the York Region Health Services*

*Health Connection Line:*

*1-800-361-5653 or 905-895-8004*

*[smoking.cessation@region.york.on.ca](mailto:smoking.cessation@region.york.on.ca)*

*\*Health Canada, Mortality Attributable to Tobacco Use in Canada and its Regions, 1999.*

*The Regional Municipality of York, 17250 Yonge Street,  
Newmarket, Ontario L3Y 6Z1*

*Tel: (905) 895-1231, 1-877-GO4-YORK (1-877-464-9675)*

*Website: [www.region.york.on.ca](http://www.region.york.on.ca)*

*Our sincere thanks to Nina Wong of York Region Health Services for submitting this article.*

*\* Health Canada, Mortality Attributable to Tobacco Use in Canada and its Regions, 1999.*

# What's Your Poison?

When you smoke you inhale up to 4000 chemicals including these poisons:

Acetone  
(Paint stripper)

Mercury

Lead

Benzene

Dimethylnitrosamine

Nicotine

Cadmium  
(Used in car batteries)

Carbon monoxide  
(Poisonous gas in car exhausts)

Benzopyrene

Vinyl Chloride  
(Makes PVC)

Hydrogen Cyanide  
(Poison used in gas chambers)

4-Aminobiphenyl

Urethane

Toluene  
(Industrial solvent)

Arsenic  
(White ant poison)

Dibenzacridine

Phenol

Formaldehyde

DDT (Insecticide)

**It's enough  
to make  
you sick.  
Very sick.**

Canadian Cancer Society  Société canadienne du cancer

## What's Your Poison?

Most people know smoking is not healthy. What they don't know is that smoking is poisonous - for the smoker and for the people who breathe secondhand smoke.

When you inhale tobacco smoke from your cigarette, or secondhand smoke, you breathe over 4,000 chemicals, including these poisons.

**Acetone** - Commonly used as a paint stripper.

**Hydrogen Cyanide** - Used in gas chambers.

**Mercury, Lead and Cadmium** - All three are toxic heavy metals. Mercury is the liquid used in thermometers. Lead and cadmium are found in car batteries.

**Carbon Monoxide** - The deadly, colourless, odourless gas in car exhaust.

**DDT** - An insecticide banned in Canada because it harms the environment.

**Formaldehyde** - Used in funeral homes as embalming fluid and in buildings as insulation.

**Arsenic** - Used as poison for pest control.

**Nicotine** - A drug, as addictive as heroin, that causes blood vessels to constrict and blood pressure to rise.

Each year, thousands of Canadians die from tobacco related illnesses, including cancer, heart disease or stroke. The Canadian Cancer Society doesn't want you to be another statistic.

**Be a nonsmoker.  
Choose smoke-free spaces.  
Help children to remain smoke-free.**

*Reprinted courtesy of the Canadian Cancer Society*

Smoking is the most significant cause of preventable illness, disability and premature death in Canada (Chief Medical Officer of Health Report, 1996).

Within 24 hours of quitting smoking, your chance of a heart attack decreases.

Cigarette smoking is the leading cause of lung cancer for both men and women.

If you stop smoking before the onset of irreversible heart and circulatory disease, your body will begin to repair itself. Repair begins almost immediately.

 **smokers'HELPLINE**  
CANADIAN CANCER SOCIETY

**WANT HELP QUITTING SMOKING?**

Call the Canadian Cancer Society's Smokers' Helpline at **1-877-513-5333**  
or visit the Ontario Cancer Society web site at [www.ontario.cancer.ca](http://www.ontario.cancer.ca)

Visit our web site at [heartyparty.com](http://heartyparty.com) for information on:

Heart Health

Stress Management

Physical Activity

Healthy Eating

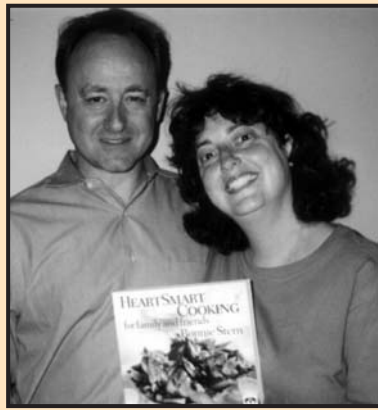
Smoke-Free Living

Community Events

## LAST YEAR'S CONTEST WINNERS

**Dear Eleanor & Nicky:**

Just a short note to thank you for the Bonnie Stern "HeartSmart Cooking" cookbook. My wife, Susan, and I found some great recipes that the whole family enjoys. We are all eating smarter, and feeling better.



Sincerely,

Michael Korman  
Brookview Drive  
Aurora, Ontario

***Straight from the Heart...***

**BONNIE STERN**

is coming to the  
**REGENCY BANQUET CENTRE**

April 6, 10:00am - 12:30pm

8400 Jane Street N., Concord

Cooking demonstrations, cooking tips  
and food sampling.

**GET YOUR FREE BOOKLET**



**Be Smart.**  
CHERISH YOUR HEART.

Call our office to receive complimentary copies

## FRUIT SMOOTHIE

2 CUPS fruit - fresh, frozen or canned \*\*see below  
1 CUP milk or vanilla-flavoured soy beverage  
¾ CUP Lower-fat yogurt (vanilla or other flavour that complements fruit)

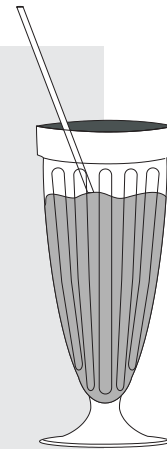
### DIRECTIONS:

- 1) In a blender, liquefy fruit with a small amount of milk
- 2) Add remaining milk and yogurt; blend until smooth
- 3) If shake is too thick, add extra milk or soy beverage to achieve desired consistency

\*\* Choose from a variety of fruit, such as banana, strawberry, blueberry, cherry, raspberry, peach, mango, kiwi or pear.

Makes 2 servings (1 serving = 1 2/3 cup)

*Adapted from: Banana-Berry Wake-up Shake. Dietitians of Canada Great Food Fast, Bev Lallaghan, RD and Lynn Roblin, RD, 2000.*



### Nutrient Analysis Per Serving

Calories	234	Carbohydrates	43.8 g
Protein	8.7 g	Dietary Fibre	3.2 g
Fat	3.8 g	Sodium	114 mg

*Excellent source of calcium, riboflavin, B<sub>6</sub>, B<sub>12</sub>. Good source of vitamin C and folate. Moderate source of dietary fibre*



York Region Heart Health Program



Please send your feedback or submissions to:  
**300 Harry Walker Parkway South Newmarket, Ontario L3Y 8E2**  
**Nicky Rauzon-Wright (905) 727-0022 Ext. 3597.**

**Fax: (905) 830-1174**