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## Halt the Salt!



**The average Canadian consumes 2-3 times the daily recommended intake of sodium.**

In our modern, convenience-driven lifestyles, **processed foods** are the main culprit. In fact, 80% of dietary sodium comes from processed foods that are a regular part of many people's diets: packaged deli meats, hot dogs, canned soups and sauces, fast food and frozen meals and snacks, pickled foods, processed cheese and salted snacks.

### Shake the sodium from your diet!

**Eat more fresh foods and fewer processed foods.** It's obvious... but true. Most fresh fruits and vegetables are naturally low in sodium and fresh meat is lower in sodium than luncheon meat, bacon, hot dogs, sausage and ham.

**Opt for low-sodium products.** If you do buy processed foods, select those that have reduced sodium (check our guide on the back page).

**Ditch the shaker!** Stop adding more salt to food at the table.

**Use salt substitutes wisely:** To achieve that familiar salty taste, you may use too much of the substitute and actually not use less sodium.

*(Continued on back page)*

## The Day That Everything Changed

**"You never think it's going to be your family".**

Susan Curren knows more than anyone how a cardiac event can change the lives of everyone involved. In just 7 hours, her husband Hugh went from feeling slightly ill to being operated on by the MHC's cardiac team.

"It's scary how quickly things can change", says Susan. "We all read about heart disease and heart attacks but we never think it's going to happen to us or those we love, or the realities of the situation. I wasn't supposed to even be at home that afternoon" she says. "I dread to think what might have happened if I hadn't found him". Returning from work early, Susan found her husband in the basement – too weak to walk properly and gasping for breath. Even with these severe symptoms, neither considered a cardiac event. Susan drove Hugh to the hospital, and the situation deteriorated quickly. It was determined that Hugh was having a heart attack and he was moved to the cath lab for stent surgery. In shock, Susan began making calls to friends who rallied round in support. It was during one of these calls that things took a tragic turn.

**"How do you tell your kids that their Dad might not live through the night?"**

"The Nurse who'd been dealing with us rushed out to tell me that Hugh wasn't doing well at all, and it would be a good idea to gather immediate family to the hospital." Hugh's condition was deteriorating by the minute; his heart was failing and in response he had gone into liver shock and lung failure. It would later be discovered that during this time, he also suffered a stroke. Maritime Heart Center Cardiac Surgeon Greg Hirsch had by this point taken over the case, committing to what would amount to overnight surgery after already completing a full day in the OR. Dr. Hirsch had to break the news to Susan – Hugh needed a bypass, stent implant and mitral valve replacement. "His chances of survival were very slim" Susan says. "My world was spinning. Our children (14 year old Grace and 10 year old Ted) were en route to the hospital with friends to see Hugh. It happened so quickly that no-one really knew how serious things were. How do tell your kids that their Dad may not live through the night?".

**(Cont. on p2)**

### The Day That Everything Changed (from page 1)

At 6am Dr. Hirsch broke the news – Hugh had survived the surgery, but the next steps were critical. The MHC cardiac team kept Hugh in an enforced coma for as long as possible to give his body time to recover. His kidneys failed and he spent a week on dialysis – a further 3 weeks on a ventilator, and six weeks in total in the hospital. Slowly, Hugh improved, going through the six-week Cardiac Rehab Program with the support of his family and the MHC.

Speaking now, Susan still describes Hugh's recovery as a miracle. "When your heart fails, everything goes – lungs, liver, brain, kidneys... Hugh lost it all, and we thought we'd lost him. The Maritime Heart Center was a beacon of hope for us – the surgery, support, post-surgery decision making and follow-up care were instrumental in saving Hugh's life. The dedication was amazing – they just don't give up. All Maritimers should be incredibly proud – and thankful – that we have a world-class heart center right here".



**Susan and Hugh Curren**

Susan wrote a poem about her experiences that day, and has kindly given us permission to share it.

#### THE DAY THAT EVERYTHING CHANGED

The day began so sweetly,  
 Sunshine and heat to warm your bones  
 The children eagerly awaiting the long hot days of summer  
 When suddenly life hits a brick wall.  
 You see, a heart, which fuels your soul, can only take so much.

Strength comes in all manners,  
 A paramedic with calm concern,  
 Emergency doctors and nurses with practised efficiency,  
 Waiting room acquaintances with comforting arms,  
 Friends with unwavering love and support.

Heroes do have super powers,  
 A phone call to a friend,  
 Brings together a team  
 That makes the seemingly impossible  
 Possible.

Compassion everywhere,  
 Evident everywhere,  
 From everyone  
 Angels do exist.  
 Everyday, all day.  
 They were with me that day,  
 They were with my children,  
 But most importantly, they were with him  
 On that day that everything changed.

Strength, heroes, angels,  
 What more is there to say but  
 From our hearts, our souls,  
 Respect and gratitude always.



### MHC's H2K Program Now in 10 Schools

Physical Activity Initiative a major ongoing success

The H2K Program (Heart Healthy Kids) is our signature community health initiative, and we are happy to report the ongoing success of this venture – with an expansion into 10 schools across HRM! That means we now have **over 900 local children** involved in a program that we hope will enact a significant culture change around physical activity. **1 in 3 people in Nova Scotia will die of a heart-related condition** and **32% of Canadian children are overweight/obese** - and our H2K staff and volunteers are working tirelessly to implement this culture-change initiative and fight these shocking statistics. A recent Partnership Forum (hosted by Research Power Inc.) helped us form new community partnerships with CDHA, QEII Foundation, IWK, AstraZeneca and Maquet Dynamed. Thank You to all who are making this a reality.

For the kids, it's a fun way to stay fit. For our H2K team, it provides a fertile study ground regarding peer-mentoring and activity and is already demonstrating significant improvements in measurable heart-health indicators in participating children.

#### H2K NEEDS VOLUNTEERS!!!

If you or someone you know can spare a couple of daytime hours per week, please give us a call:

February is Heart Month!

Let's drink to that!



**Buy a case of Harvest Wine to support the MHC!**

Great deals on mixed cases, with **\$25 per case sold donated to The Maritime Heart Center!**

**PLUS: Receive a \$25 tax receipt for every case purchased!**

This **AMAZING** offer from Harvest Wines and Spirits is exclusive to friends of the Maritime Heart Center!

**Place your order via our website or call 902-446-3669**

## Get ready to EAT YOUR HEART OUT, HALIFAX!!!

### MHC launches our first ever cookbook!

The Maritime Heart Center has teamed up with some of Halifax's best, most iconic and well-loved restaurants to bring you a new cookbook with a difference... to make a difference! **Eat Your Heart Out, Halifax!** will showcase our city through its food, its culture, its restaurants and its people and aims to promote heart-healthy living in a province where 1 in 3 people will die of a heart-related condition. This exciting new venture is being produced by Cook the Hood Publishing, a

Toronto-based publishing house that specialises in community food-centered initiatives and has already had big success with a similar series of books in Vancouver, BC.



### Eat Your Heart Out, Halifax!

features recipes from big names on the Halifax food scene such as Chives Bistro, Fid Resto, Onyx, Saege and The Waterfront Warehouse, plus favourites like The Armview, Burrito Jax and Mexico Lindo. The book is produced thanks to the generosity of the participating restaurants, whose contributions cover the publishing costs – meaning every cent from every sale goes directly into supporting the Maritime Heart Center's support and advocacy programs!

**THIS INCREDIBLE NEW COOKBOOK LAUNCHES IN MARCH 2011!**

Visit our website or call 902-446-3669 to pre-order!

## Bootcamp classes knock off the lbs!

The MHC has partnered with Palooka's Boxing Club and is now running ongoing, affordable bootcamp-style workout sessions – with all proceeds to the MHC!



If you're looking for a challenging workout that's effective but never boring, a bootcamp exercise routine may be your answer. Here's why.

**1. \$12 a class (or less if you subscribe to multiple classes)**

**2. Maximize your exercise efficiency**

If you have limited time to exercise, a bootcamp workout is one of the most efficient programs around. It allows you to get aerobic and strength training done in a single workout which means you'll spend less time exercising. - but you'll still burn a substantial number of calories due to the intensity of the workout and firm and tone all your major muscle groups. Bootcamp is a great way to start your day.



**3. Great calorie burners**

Because you're moving rapidly from exercise to exercise and working upper and lower body at the same time, bootcamp workouts burn big calories. You can expect to burn off up to 600 calories per hour during a single bootcamp exercise session. This is more calories than you'll burn with most other types of exercise.

**4. Alleviate boredom**

Yes, a bootcamp exercise routine is challenging - but never boring. Time goes by quickly when you're engaged in so many types of exercises. Time can drag when you're walking on a treadmill, but with a bootcamp workout you'll be surprised to look up and see the session is almost over.

**5. Suitable for ALL fitness levels**

Because of the circuit-style format, ANYBODY can benefit from bootcamp. Every exercise can be modified to make it easier or harder, so people with different fitness levels and goals can enjoy the same classes.



CLASSES ARE ONGOING AT PALOOKA'S BOXING CLUB

Visit our website or call us for more details

### HALT the SALT! (from p1)

**Spice it up:** Fresh and dried herbs and spices are an excellent and flavourful way to zing up your cooking without cranking up the sodium.



**Know your limit - season within it:** The recommended maximum daily amount of sodium is 2300mg or 5ml - **equivalent to just one teaspoon.** Bear this in mind next time you're adding salt to cooking.

**Learn your labels:** Food nutrition labels - particularly % of daily value (%DV) per serving information - is a great way to monitor everything from sodium to fat to nutrients when making decisions on processed foods. And remember - **most cans and packages contain at least 2 servings** - so don't be misled and make sure you understand the serving size!



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The MHC is excited to be a part of this SUPERB new health initiative from the CBC! Join us as we motivate and inspire our fellow Nova Scotian's to make a healthy change in their lives to live better, to Live Right Now.

[www.cbc.ca/liverightnow](http://www.cbc.ca/liverightnow)

### Get heart-healthy. Get Inspired. GET INVOLVED.

We can only do what we do thanks to our donors, sponsors and volunteers and we are always eager to make new connections with business owners, community groups, individuals... ANYBODY who wants to help us make a difference.

Contact us today to see how you can get INVOLVED

1 in 3

Nova Scotians will die of a heart-related condition.

HELP US MAKE HEART DISEASE A THING OF THE PAST



MARITIME heart CENTER

heart. health. hope.

**YES!**

I want to donate to the Maritime Heart Center

Amount:  \$10  \$15  
 \$25  \$50  
 \$75  \$100 Other: \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Card Type:  Visa  MasterCard  AMEX

P/code: \_\_\_\_\_

Card No: \_\_\_\_\_

email: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Expiry: \_\_\_\_/\_\_\_\_

Please make cheques payable to **The Maritime Heart Center**

Do not add me to the Maritime Heart Center mailing list

\*\*\* Secure donations can also be made online \*\*\*

We offer an easy monthly donation scheme. Please tick here if you would like to be contacted regarding this

Tax Receipt Required?  Yes  No  
(\$20 or more)