

Your generous gifts at work in 2018

An update on how your gifts are funding breakthroughs and saving lives



Better health for Canadian families

Creating new ways to care for caregivers after a stroke

Thanks to your support Dr. Cameron’s innovative research will help caregivers and grieving relatives after a family member suffers a stroke.

The Problem:

Every nine minutes, another Canadian suffers a stroke. It’s an event that affects one’s whole family. We know that Family care partners – especially spouses – are instrumental in all aspects of care, including end of life care. But they too often face significant financial, physical and emotional costs and this can hamper the care they provide to their loved one who has experienced a stroke.

“If the family is doing better, that helps the stroke patient do better.”

–Dr. Jill Cameron, University of Toronto,
Department of Occupational Science and Occupational Therapy

The Solution:

Dr. Jill Cameron is working to change this troubling fact. Her research aims to understand the experiences and identify and address a family’s changing needs for support after a loved one experiences a stroke.

Through your support Dr. Cameron has become a pioneer in this field, as very little research has been conducted to understand the experiences of family caregivers. Through interviews and qualitative research, she will learn what caregivers would like to receive from the health care system to help them cope with their family member’s death.

Dr. Cameron’s research will be vital in creating new programs and services offered by the health and social care systems to meet the needs of families who have been affected by stroke. Heart and Stroke will work with Dr. Cameron as she updates what is learned from this study to improve the existing *Timing It Right Stroke Family Support Program* to care for families during palliative care and bereavement.

Your gifts support research that can help bring better health to families impacted by stroke. Thank you!

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What happens to families after a stroke?

A personal story

Yves Savoie has lost several relatives to heart disease. He's also experienced first-hand the impact that a stroke can have on an entire family.

"About two years ago, my mom passed away from complications of a major stroke," he says. "She'd been paralyzed for five years before she died."

After his mother's stroke, Yves' sisters in New Brunswick were immediately thrust into unexpected new roles as caregivers.

"My mom, Madeleine, was a pediatric nurse and a fantastic mom," says Yves. "She lived much of her life reducing the suffering of others." Now she was dependent on her children and family.

For Yves, it was sad and difficult to see his mother in pain and unable to live the life she once did. And in his role as National CEO of Heart & Stroke, he has seen the stress that many families endure when a loved one has suffered a stroke. Losing her is the main reason why he accepted the position to work at Heart & Stroke.

After a loved one leaves the hospital, the primary responsibility for everyday care falls on family members.

"Every day I look at my mother's photo on my desk. It reminds me how critical our work is to prevent heart disease and stroke."

— Yves Savoie, National CEO

That means that caregivers' daily routines must adapt to a new normal. The support a stroke survivor requires can sometimes be difficult and emotionally draining. Many families are overwhelmed and stretched thin by these demands.

Would you know when someone is having a stroke?

Recognizing the signs and acting quickly could mean the difference between life and death, or between a full recovery and lasting disability.

LEARN THE SIGNS OF STROKE

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.

Act **F A S T** because the quicker you act, the more of the person you save.

Are you a caregiver for a loved one?

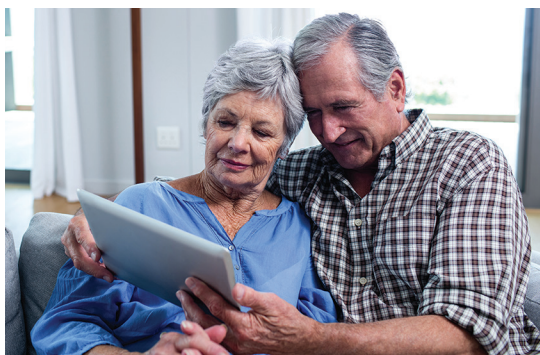
Or have you personally experienced heart disease or stroke?

Recovery can be difficult for everyone. But you don't have to face it alone. Connecting with other people who know what you are going through can help the recovery journey.

Heart & Stroke's "Community of Survivors" and our newly launched "Care Supporters' Community" are places you can be reassured that you are not alone. There are others who are living similar experiences, and who understand and can offer practical advice. Members care, share and help pay it forward. Ask questions. Get answers. Give and receive support from Canadians like you.

Join the Community of Survivors or Caregivers today!

Visit www.HeartandStroke.ca/Survivors or call 1-866-353-1847 today.



Share your story!

We want to hear from YOU.

Stories like Yves's [previous page] inspire the work we do and the people who give to Heart & Stroke. What's your story?

Share your story with us today.

> email: MyStory@HeartandStroke.ca

> online: www.HeartandStroke.ca/MyStory



Thanks to people like you, **Bill S-5, An Act to Amend the Tobacco Act**, has been passed into law in Canada.

Big tobacco WIN!

Years of effort pay off with changes that will reduce smoking. Thanks to the passionate support of donors like you, volunteers and countless other Canadians, we continue to make great strides in the fight against heart disease and stroke. When we join together to speak up and make our voices heard, positive change happens.

Heart & Stroke's fight for plain packaging started in 2014 and ramped up in 2016/17 with Heart & Stroke's advocacy campaign. Successes along the way include adding health warnings to cigarette packages, tax increases, banning smoking in public places like restaurants and bars, and restricting tobacco companies from sponsoring public events. There's no better recent example of what we can accomplish together than the *Bill S-5, An Act to Amend the Tobacco Act*, which was recently passed into Canadian law thanks to you.

Bill S-5 authorizes plain and standardized tobacco packages, a policy measure that will strip away the appeal of tobacco products and increase the effectiveness of health warnings. The Bill also mandates regulatory safety standards on e-cigarettes, and creates restrictions on their marketing and promotion to protect non-smokers and youth.

Thank you for caring and for speaking up to push governments and policy makers for tobacco control legislation. Thanks to you, Canada will now have some of the toughest tobacco plain packaging laws in the world.

That's the power of advocacy – of individual voices united by a cause. That's the power that drives our campaigns for a healthier Canada.

“This important legislation is the next step in the Government's efforts to protect young Canadians from nicotine addiction and tobacco use.”

—*The Honourable Ginette Petitpas Taylor*
Minister of Health

Take charge of your heart health in 2019

You've got to talk more about heart disease. **Your life could depend on it.**

But do you know what to ask your doctor?

Many don't know that heart disease is the leading cause of premature death in Canada. At the same time, most people do not talk regularly with their healthcare provider about their own heart risks.

It's time to take charge of your heart health this year!

Get your FREE guide on heart health at www.HeartandStroke.ca/HeartHealth



Warning signs of a heart attack

The holidays can be one of the most joyous times of year, however, many don't know that it can also be a somber time as research indicates that there is an increased risk of cardiac deaths during the holidays.

Signs can vary and may be different for men and women. If you experience any of these signs, call 9-1-1 or your local emergency number immediately.



Chest discomfort
(Pressure, squeezing, fullness or pain, burning or heaviness)



Sweating



Upper body discomfort
(Neck, jaw, shoulder, arms, back)



Nausea



Shortness of breath



Light-headedness

3 EASY, SECURE WAYS TO GIVE TODAY

 Send in your enclosed reply card  visit HeartandStroke.ca/donors  Call 1-877-882-2582

Monthly Giving: Maximize your impact and simplify your giving!

Your monthly gift will provide the steady stream of funding needed to keep vital research moving forward year-round. Please call **1-877-882-2582** or visit www.BreakthroughFund.ca

Will your legacy be a future free from heart disease and stroke?

For your complimentary copy of "A Guide To Preparing Your Will," call Lori Sussman at **1-800-205-4438 ext. 2** or visit www.HeartandStroke.ca/Legacy