

INVESTED IN YOUR GRANDCHILDREN'S HEALTH

Why do some people develop heart disease, stroke and cancer, while others don't? Frontier research into how these diseases start will open new insights into how ethnicity, lifestyle and environment impact our risks. The answers could save lives for generations to come.



Heart and Stroke Foundation researcher Dr. Sonia Anand

It's a sobering thought: today's Canadian children may live shorter, less healthy lives than their parents as a result of unhealthy behaviours. Some might even say we are living in a golden age of sedentary lives. The fact that eating healthy isn't always easy doesn't help.

It's time to spark a renaissance in the future of our families' wellbeing! Do you want to know how your children and grandchildren could avoid heart disease and stroke? So do we.

That's why the Heart and Stroke Foundation took a giant step closer to finding the answers. The Foundation

is providing \$2 million to a new \$16-million study that will track the health of more than 10,000 Canadians over several years, to learn why some develop heart disease, stroke and cancer, while others don't.

"Canadians come from diverse backgrounds and live in different regions with varied health behaviours, access to foods and health care," says Dr. Sonia Anand, one of the principal researchers.

"This study will help us decipher some of these complexities and help scientists, health care professionals and politicians better understand our health

and develop programs and policies that will benefit all Canadians."

The Canadian Alliance for Healthy Hearts and Minds, launched with the Canadian Partnership Against Cancer, is frontier research aimed at revealing the root causes of chronic disease, including ethnicity, environment and lifestyle.

Nearly two-thirds of deaths in Canada are due to chronic diseases. Yet we know that 80 per cent of premature heart disease and stroke is preventable. Uncovering the root causes could save lives for generations to come.

Join us in the quest for healthy lives free of heart disease and stroke.
Donate to the Heart and Stroke Foundation. Together we will make it happen.
heartandstroke.ca



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GRANDFATHER AND GRANDSON **FIGHT HEART DISEASE**



“There have been a lot of advancements in heart treatments thanks to the Heart and Stroke Foundation. Both my grandson and I have benefited from medications and treatments that extend the lives of patients of all ages.”

Late one night in December, 2005 Ray Johnson, 64, was rushed to St. Boniface Hospital in Winnipeg for what turned out to be successful emergency triple bypass surgery.

While visiting Ray in recovery, his daughter, Raelene, who was nine months pregnant, went into labour and was admitted to hospital, just one floor above her father.

What began as an amusing coincidence quickly turned into a nightmare when the baby’s heart rate registered off the charts at 200 beats per minute.

Their unborn son, Atli, was facing his own battle with heart disease.

Raelene was rushed in for an

emergency C-section and Atli was diagnosed with chaotic atrial tachycardia (irregular heart beat).

Doctors stopped and started Atli’s heart several times to try and gain normal rhythm, but were unsuccessful.

Atli stayed in the Neonatal Intensive Care Unit (NICU) for three weeks before he was sent home with medication to help control his heart rate.

Atli has since made tremendous progress and has been medication free for three years now.

Ray suffered a minor stroke last winter, but is also recovering well thanks to his quick action to get help in time.

Today, Ray is grateful for each day with his grandson, playing ball or going fishing.

With the goal of helping generations, the Heart and Stroke Foundation is funding a new large-scale research project to find out why some people develop chronic diseases like heart disease, stroke and cancer, while others don’t.

By learning the root causes, including ethnicity, genetics, lifestyle and environment we can find ways to prevent these diseases from affecting our children and grandchildren for generations to come.

Thanks to your support, research is giving children and youth the best start for long, healthy lives.

Help create more survivors. #CreateSurvivors



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