

Exercise Is Powerful Medicine!

BY DAYNA STODDART



When working with clients, I am amazed at how many are unaware of the Canadian Physical Activity Guidelines. As we age, it is more important than ever to be active in healthcare settings, in communities, at work and at home.

To achieve health benefits, and improve functional abilities, adults aged 65 years and older should implement the following on a weekly basis:

- 1 Aerobic training 5-7 days/week
- 2 Strength training 2-3 days/week
- 3 Balance training daily
- 4 Stretching daily

Accumulate at least 150 minutes of moderate to vigorous-intensity **AEROBIC** physical activity per week in sessions of 10 minutes or more. For example, 30 minutes of brisk walking, five days per week. Aerobic activity targets both heart and brain health.

NOTE: Moderately intense activities will cause you to sweat a little and to breathe harder. Vigorously intense activities will cause you to sweat and be out of breath.

STRENGTH TRAINING is beneficial to maintain functional strength, bone density and independence.

BALANCE TRAINING is important to reduce the risk of falls and subsequent injuries. Those with poor mobility should perform activities to enhance balance and prevent falls.

STRETCHING helps maintain flexibility and range of motion in joints.



How to Detect Stroke Symptoms and Reach F.A.S.T.

BY JAN RICHARDS

Meeting the Canadian Physical Activity Guidelines provides health benefits and can reduce your chance of developing the conditions below by the figures in **green**; more physical activity and exercise leading to physical fitness can reduce your chances by the figures in **blue**!

Reduce incidence of hypertension by
33 - 60%

Reduce incidence of diabetes by
25 - 58%

Reduce incidence of CVD by
33 - 50%

Reduce risk of stroke by
31 - 45%

Reduce risk of colon cancer by
30 - 60%

Reduce mortality and risk of recurrent breast cancer by
25 - 50%

Reduce risk of developing Alzheimer's by
40%

Decrease depression as effectively as medications or cognitive behavioural therapy

Reduce risk of premature death by
31 - 50%

F

– **FACE** is drooping?

A

– **ARM** is weak or numb?

S

– **SPEECH** is slurred or jumbled?

T

– **TIME TO CALL 911!!**

These are the signs that someone is having a stroke.

DO YOU KNOW F.A.S.T.?

Do you know that a stroke (brain attack) is the third leading cause of death in Canada? Of those folks who have a stroke, 25% make a full recovery, 60% are left with some form of disability and 15% die. Do you know that 50,000 new strokes are diagnosed every year with approximately 426,000 Canadians living with the effects of stroke at a cost of \$2.7 billion a year to the Canadian economy?

Do you know that a stroke occurs when either a blood clot cuts off the blood flow to the brain or a blood vessel in the brain ruptures causing bleeding within the brain?

Symptoms happen quickly therefore it is imperative to seek medical attention FAST to minimize brain damage.

Do you know that the Ontario Stroke Network aims to decrease the incidence of stroke and improve patient care and medical outcomes for patients in Ontario? This model

of care includes Regional Stroke Centres, District Stroke Centres and community hospitals, including Stroke Prevention Clinics. The Ministry of Health has specific guidelines at each of these stroke care centres. Initiated in 2000, this province-wide, evidence-based, integrated comprehensive stroke service continues to improve stroke care in Ontario.

Emergency Medical Services (EMS) have detailed protocols as to where patients are to be transferred. Sunnybrook Health Sciences Centre is our Regional Stroke Centre; Mackenzie Richmond Hill Hospital is our District Stroke Centre and Markham Stouffville Hospital is our Stroke Prevention Clinic. The severity of a patient's symptoms and the type of medical expertise required will determine where EMS will decide to transport patients for the best care.

Remember to Act FAST because Time is Brain!