



Heartland Health Region

Healthy People, Health Communities and Service Excellence in an enduring System

HealthLine
1-877-800-0002
healthlineonline.ca

For Immediate Release

Heart to Heart™ - Help for Heart Patients

Chances are you know somebody in your community who has been a heart patient. Maybe they have had a heart attack, are suffering from angina, or have had heart surgery. The road back to a healthy and full lifestyle can be difficult. Living with heart disease may raise many questions and fears. Understanding what has happened is a vital part of recovery. That's where **Heart To Heart™** comes in.

Heart To Heart™, developed by the Heart and Stroke Foundation, is a program combining education and support for cardiac patients and their partners. During each two-hour session, information is presented on a variety of topics including cardiology, nutrition, physical activity, and medications.

Patients and their partners get together with a facilitator who has been trained by the Heart and Stroke Foundation. The sessions take place in the relaxed, informal setting of a small group where people can talk to each other comfortably and openly, sharing their experiences and discussing common problems and concerns.

The facilitator assists participants in understanding the attitudes, behaviours, and skills necessary to bring about needed lifestyle changes. Participants also learn where to go to find more information and what resources are available to them in their community.

The program is unique because it is designed not only to address the concerns of the cardiac patient but those of the partner and family as well. When a partner is involved in the recovery process, research has shown that patients are more likely to do well.

By the end of the program, both patients and their partners are better equipped to cope with life ahead and lead as healthy a life as possible for them. More than one participant has said that **Heart To Heart™** is "priceless!"

The Heartland Health Region will offer the **Heart to Heart™** program in four sessions starting Wednesday, March 30th from 1:30-4:30 p.m. Other sessions will be on three following Wednesdays, April 6th, April 13th, and April 20th. The sessions will be offered in six communities (Outlook, Davidson, Unity, Kindersley, Rosetown, and Biggar) with the use of the Telehealth system. Participants will be able to see and hear discussions from all six locations.

Please register by contacting Cathy Longtin, Chronic Disease Nurse for Heartland Health Region, phone 882-6413 ext 208 or email cathy.longtin@hrha.sk.ca.

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Media:

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Visit Heartland's website at www.hrha.sk.ca!