**Heart Health – Patient Handouts**

A variety of resources are available to assist you in communicating key messages to patients. Here is a summary of some that may be helpful to have available at Station D:

Heart Attack and Stroke Risk Screening (HealthLinkBC)

<https://www.healthlinkbc.ca/health-topics/ug2562>

Heart Healthy Eating (HealthlinkBC)

<https://www.healthlinkbc.ca/healthlinkbc-files/heart-healthy-eating>

Comparing Sugar Substitutes (HealthLinkBC)

<https://www.healthlinkbc.ca/health-topics/abj7112>

Food Portion Guide (CDA)

<http://guidelines.diabetes.ca/cdacpg/media/documents/patient-resources/handy-portion-guide.pdf>

Physical Activity (HealthLinkBC)

<https://www.healthlinkbc.ca/physical-activity>

Body Mass and Waist Size (HealthLinkBC)

<https://www.healthlinkbc.ca/health-topics/ug2333>

Blood Pressure (HealthLinkBC)

<https://www.healthlinkbc.ca/health-topics/hw62787>

Checking Your Blood Pressure at Home (HealthLinkBC)

<https://www.healthlinkbc.ca/health-topics/zp2624>

Home Blood Pressure Log (HealthLinkBC)

<https://www.healthlinkbc.ca/sites/default/libraries/healthwise/media/pdf/hw/form_tb1868.pdf>

Cholesterol (HealthLinkBC)

<https://www.healthlinkbc.ca/health-topics/hw115432>