



HEART &  
STROKE  
FOUNDATION  
OF BC & YUKON

*Finding answers. For life.*

# Educational Resources Catalogue Winter Updates

1-888-HSF-INFO

[www.heartandstroke.bc.ca/patientprograms](http://www.heartandstroke.bc.ca/patientprograms)

# Contents

## Welcome

Information Resources Policies . . . . .	2
Order Form . . . . .	4

## General Public Materials

Risk Factors . . . . .	5
Blood Pressure . . . . .	5
Cholesterol . . . . .	7
Diabetes . . . . .	7
Nutrition . . . . .	9
Physical Activity . . . . .	12
Stress . . . . .	15
Smoking . . . . .	15
Heart . . . . .	17
Stroke . . . . .	21
Cookbooks . . . . .	23

## MultiLingual

Chinese . . . . .	25
Punjabi . . . . .	29

## Resuscitation Resource List . . . . .31

Many of the Heart and Stroke Foundation resources and materials are downloadable from our website at :

[www.heartandstroke.bc.ca/patientprograms](http://www.heartandstroke.bc.ca/patientprograms)

# Welcome

## EXCELLENCE IN RESEARCH EQUALS EXCELLENCE IN KNOWLEDGE.

Welcome to the Educational Resource Catalogue of the Heart and Stroke Foundation of BC & Yukon. The Foundation pays for all the postage and materials we send. As a nonprofit organization, we appreciate donations made on behalf of your organization to help cover some of the costs incurred by providing materials.

### Guidelines to help you order materials:

- There is no cost for bulk orders. However, we reserve the right to limit quantities and/or charge a cost recovery fee, at the discretion of the Foundation.
- Pick up orders; please call in your order two to three days in advance to ensure that someone will be able to assist you.
- Please place orders well in advance. We recommend allowing up to two to three weeks for orders that require shipping and three to five days for pick up orders.
- If shipping is required, the least expensive shipping method will be used.

### Resuscitation (ECC/CPR) Materials:

- Registration Cards require a valid and current CPR instructor number from one of the Foundation's Registered Training Affiliates before release of certificates.
- Payment is required prior to shipping.

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To place your order, complete the Pamphlet Order Form on page 4.  
Fax or mail your orders to the Heart and Stroke Foundation, Provincial Office.

If you have any questions regarding materials or the ordering process, please call us.

**Heart and Stroke Foundation of BC & Yukon**  
Provincial Office  
200-1212 West Broadway, Vancouver, BC, V6H 3V2  
T. 604.736.4404  
F. 604.730.7355

**1.888.HSF.INFO** (1.888.473.4636)  
**[www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca)**

**To access the catalogue online visit the  
Heart and Stroke Foundation at:**

**[www.heartandstroke.bc.ca/patientprograms](http://www.heartandstroke.bc.ca/patientprograms)**

Click on Educational Resource Catalogue  
(PDF)



# Risk Factors / Blood Pressure



To complete your own personal Blood Pressure Assessments,  
please visit our website at: <http://www.heartandstroke.ca/bp>

# Risk Factors



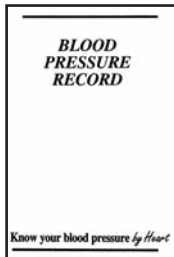
## Taking Control: Actions to Lower Your Risk

Risk factor information for heart disease and stroke, including the warning signs of heart attack or stroke, identifying personal risk factors, information on high blood pressure, high blood cholesterol, smoking, diabetes, etc.

The Taking Control pamphlet is downloadable:

[http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/TAKING\\_CONTROL\\_ENG\\_FEB08.PDF](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/TAKING_CONTROL_ENG_FEB08.PDF)

# Blood Pressure



## Blood Pressure Record Wallet Card

Card to record date, blood pressure and BMI.

Also a checklist and suggestions on keeping your blood pressure healthy.



## Get Your Blood Pressure Under Control

This booklet describes the relationship between high blood pressure, heart disease, stroke and the risk factors for developing high blood pressure and provides tips and tools on how to control high blood pressure. Includes charts for recording blood pressure reading and weekly medications.

Get Your Blood Pressure Under Control is downloadable:

[http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/BP\\_Brochure\\_ENG\\_HSF\\_Oct08.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/BP_Brochure_ENG_HSF_Oct08.pdf)

# Cholesterol / Diabetes



**For more information regarding cholesterol**, please visit our website at [www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca) and click on Cholesterol. Feel free to talk to a registered dietitian at Dial-A-Dietitian (604-732-9191 or 1-800-667-3438).

**For more information regarding diabetes**, please visit our website at [www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca), or contact your local branch of the Canadian Diabetes Association.

# Cholesterol



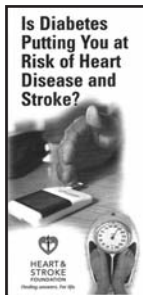
## Living with Cholesterol

An easy-to-read booklet for understanding cholesterol and how it affects your health, where it comes from and what Canadians can do to keep it at proper levels.

Living with Cholesterol is downloadable:

[http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Living\\_with\\_Cholesterol\\_ENG.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Living_with_Cholesterol_ENG.pdf)

# Diabetes



## Diabetes

An informative brochure that explains what diabetes is, how it affects high cholesterol and includes tips for managing diabetes.

# Nutrition



**For more information regarding a healthy diet and nutrition** please visit our website at [www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca) and click on Eating Well or Cooking Recipes for Life. Feel free to talk to a registered dietitian regarding nutritional and cholesterol issues at Dial-A-Dietitian (604-732-9191 or 1-800-667-3438).

# Nutrition



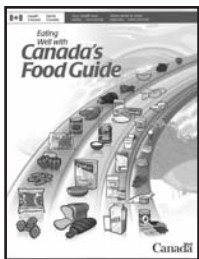
## Health Check

This three panel brochure is an introduction to the Health Check program. The brochure explains how the program works to help the consumer make healthy choices.



## 5 to 10 a Day

This brochure emphasizes the importance of including five to 10 servings of fruit and vegetables into your daily diet. For those who find it difficult to eat this many servings, some helpful and tasty tips and suggestions are included. (Please note that this brochure may not be available for bulk ordering)



## Canada's Food Guide

A colourful double-sided sheet displays the food groups and the number of servings recommended per day.

For quantities 15 and over contact Health Canada directly at 1-800-622-6232 or order online at [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index_e.html).

Canada Food Guide is downloadable and is available in other languages: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>



## Dietary Fat and Cholesterol

This brochure explains types of fat and cholesterol with practical tips to lower them in your diet.

Dietary Fat and Cholesterol is downloadable: [http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/fat\\_chol.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/fat_chol.pdf)



## Vegetables and Fruit

Reviews the importance of fibre in the diet (soluble and insoluble) and tips for increasing your fibre intake. A sample menu is included.

Vegetables and Fruit is downloadable: <http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Fruits&Veg.pdf>

# Nutrition

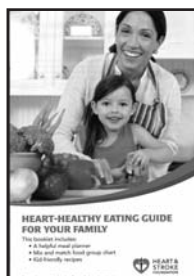


## **Eat Well, Live Longer**

This booklet explains simple steps to making healthy choices including information on dietary fats and cholesterol, healthy snacking, fast foods and dining out. The booklet includes tips on understanding nutrition labeling and what key pieces of information to look for on food labels.

Eat Well, Live Longer is downloadable:

[http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Eat\\_well\\_live\\_longer\\_ENG.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Eat_well_live_longer_ENG.pdf)



## **Heart-Healthy Eating Guide for Your Family**

This booklet includes helpful meal planning tips, a mix and match food group chart, activity tips for kids and kid-friendly recipes.

Heart-Healthy Eating Guide for Your Family is downloadable:

[http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Hearthealthy\\_eating\\_guide\\_Eng.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Hearthealthy_eating_guide_Eng.pdf)



## **Your Health, Your Weight**

This informative brochure introduces simple steps to making healthier choices including information on active living, body mass index (BMI), fad diets, healthy eating, smoking and a special section that provides food and activity tips for children.

Your Health, Your Weight is downloadable:

[http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Your\\_health\\_your\\_weight\\_ENG.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Your_health_your_weight_ENG.pdf)



## **Fast Food and Eating Out**

This colourful brochure helps you to understand portion sizes, how to balance a meal, and provides tips on healthy choices whenever and wherever you eat out.



## **Family Eating – Simple steps to making healthy choices**

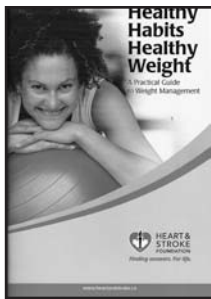
This brochure provides simple solutions to everyday challenges that occur when planning, shopping, or preparing meals for the family.

# Physical Activity



**For more information regarding physical activity,** please visit our website at [www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca) and click on Getting Active.

# Physical Activity



## Healthy Habits, Healthy Weight

A practical guide to weight management.

Healthy Habits Health Weight is downloadable:

[http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/HHHW\\_English.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/HHHW_English.pdf)



## Fitness Wheel

A disc with a moveable wheel, which acts as a calorie counter, showing how various physical activities burn calories at different rates. Relative amounts of fat and fibre in various foods are also listed. The Fitness Wheel is a valuable, interactive tool. Quantities are limited.



## Getting Active for Life

This 16-page booklet is a guide on how to incorporate physical activity into your day to day life and your guide to an active lifestyle.

Getting Active for Life is downloadable:

[http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Get\\_Active\\_For\\_Life-English.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Get_Active_For_Life-English.pdf)

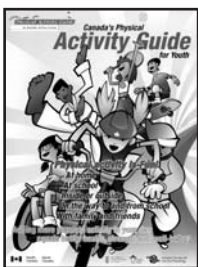
# Physical Activity

## Canada's Physical Activity Guides

The Canada's Physical Activity Guides provide tips on being active and staying healthy. These physical activity guides includes a variety of tips on how to get started and how to incorporate physical activity into your everyday activities.

For quantities of 15 or more contact Health Canada directly at 1-888-334-9769 or order online at <http://www.phac-aspc.gc.ca/pau-uap/fitness/order.html>.

Canada's Physical Activity Guide is downloadable:  
<http://www.phac-aspc.gc.ca/pau-uap/paguide/index.html>



Guide for Youth



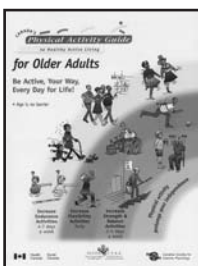
Guide: Let's Get Active!



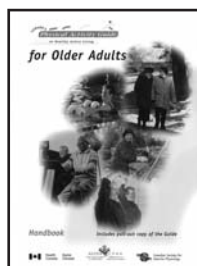
Guide to Healthy, Active Living Flyer



Guide to Healthy, Active Living Handbook



Guide to Healthy Living for Older Adults



Guide to Healthy Living for Older Adults Handbook

# Stress / Smoking



**For more information regarding stress management,** please visit our website at [www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca) and click on Reducing Stress.

**For more information regarding quitting smoking,** please visit our website at [www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca) and click on Living Smoke-Free.

# Stress

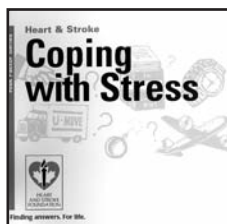


## Stress Test

This stress test is a guide you can use to evaluate your stress management. Includes information on recognizing stress in your life and quick tips for dealing with stress.

Stress Test is downloadable:

[http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Stress\\_test\\_ENG.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Stress_test_ENG.pdf)



## Coping with Stress

A joint publication of the Heart and Stroke Foundation and the Canadian Mental Health Association. The booklet describes the definition of stress, stress index, understanding stress, coping with stress, effects on health, preventing stress, and tips for dealing with stress and tension. Coping with Stress is a valuable resource. Quantities are limited.

# Smoking



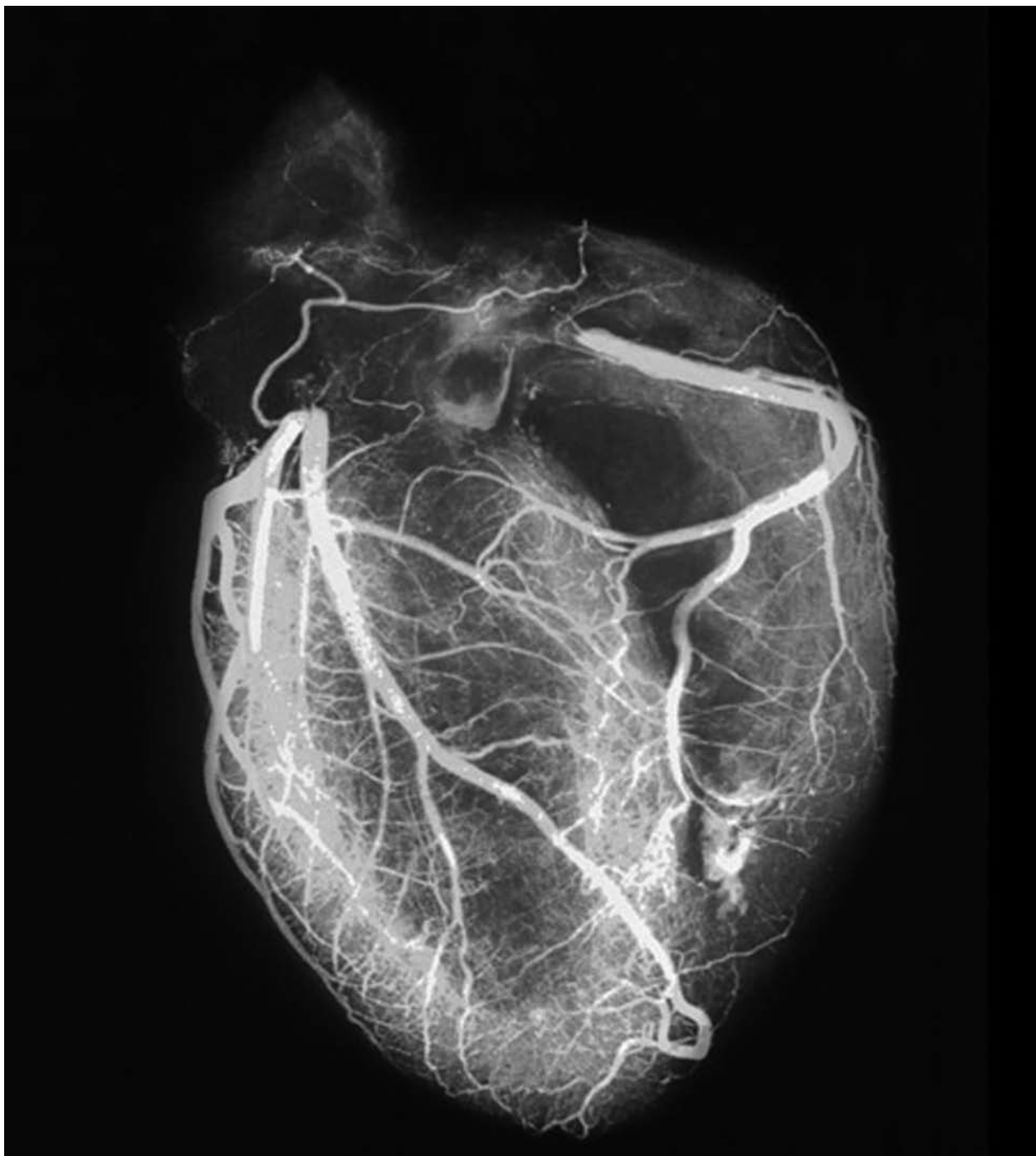
## Just Breathe

This brochure contains information on how to become and remain smoke free, information of the risks of smoking effects of secondhand smoke, and tips on keeping your children tobacco-free.

Just Breathe is downloadable:

[http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Just\\_breathe\\_ENG.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Just_breathe_ENG.pdf)

# Heart



**For more information regarding heart issues and heart disease,** please visit our website at [www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca) and click on Heart Disease. There are resources on Heart Disease, Conditions, Tests, and more.

# Heart



## HeartLine Newsletter

The newsletter is produced three times a year and is for stroke survivors and their family members. The newsletter provides useful information on recovering from a stroke and adopting a heart-healthy lifestyle.

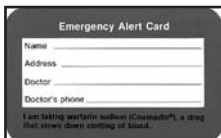
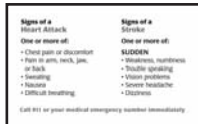
HeartLine Newsletter is downloadable:

[http://www.heartandstroke.bc.ca/atf/cf/%7B1656a53f-c2fb-4d7a-af3d-9df9f391b9bb%7D/HL\\_SUMMER09.PDF](http://www.heartandstroke.bc.ca/atf/cf/%7B1656a53f-c2fb-4d7a-af3d-9df9f391b9bb%7D/HL_SUMMER09.PDF)



## Warning Signs Wallet Card

A handy wallet card that lists the warning signs of a heart attack and a stroke.



## Warfarin: Emergency Alert Card

Indicates to the physician or dentist that this patient is currently taking Warfarin (Coumadin), a drug that slows down the clotting of blood.



## After a Heart Attack

Contains a description of the nature and result of a heart attack. It provides information to patients to help them deal with their feelings after a heart attack. Answers are given to commonly asked questions relative to lifestyle changes.



## HeartSmart Women: A Guide to Heart Disease

This booklet was written specifically for women because symptoms, response to diagnostic tests, treatments and outcomes of heart disease may differ for women and men. This booklet will help you understand heart disease, identify its symptoms, manage your risk factors and make informed decisions about treatment options.

HeartSmart Women: A Guide to Heart Disease is downloadable:

<http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/WOMEN-HEART-DISEASE-STROKE-EN.pdf>



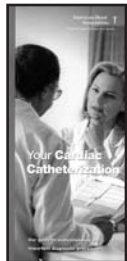
## **Sex and Heart Disease**

Addresses sexual concerns of heart attack or heart surgery patients and their partners. Discusses myths, misconceptions and fears of the heart patients and their mates. Offers reassurance and practical suggestions designed to help the patient.



## **Your Coronary Angioplasty and Stenting**

Question and answer pamphlet about Percutaneous Transluminal Coronary Angioplasty. There is a discussion of coronary artery disease, and why PTCA may be used to treat it. The PTCA procedure is described with differences between PTCA and bypass surgery.



## **Your Cardiac Catheterization**

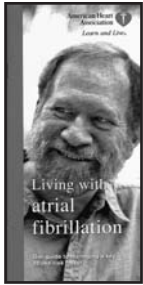
Developed for the patient who is about to undergo this procedure. It answers questions about Cardiac Catheterization.



## **Your Heart and Anticoagulants**

This brochure explains why anticoagulants have been prescribed, the importance of blood tests, and precautions for patients.

# Heart



## Living with Atrial Fibrillation

This booklet is for patients and their families and caregivers, which provides information on medications, including the anticoagulant Warfarin, one of the methods of treatment and prevention of heart disease and stroke.



## Your Mitral Valve Prolapse

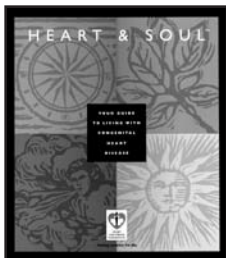
This brochure has detailed illustrations to help readers see exactly how prolapse occurs, what the condition is, its symptoms and causes, and how it is diagnosed and treated.



## Managing Congestive Heart Failure

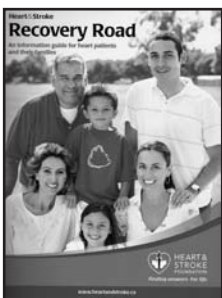
A self-management tool for individuals with congestive heart failure and for healthcare providers interested in a more structured approach.

Managing Congestive Heart Failure is downloadable:  
<http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/manage-heart-failure-en.pdf>



## Congenital Heart Disease - Heart & Soul Binder

This binder is the perfect guide for professionals and families of children living with Congenital Heart Disease. Children's Hospital distributes this resource to families. Call the Foundation if you have any questions.



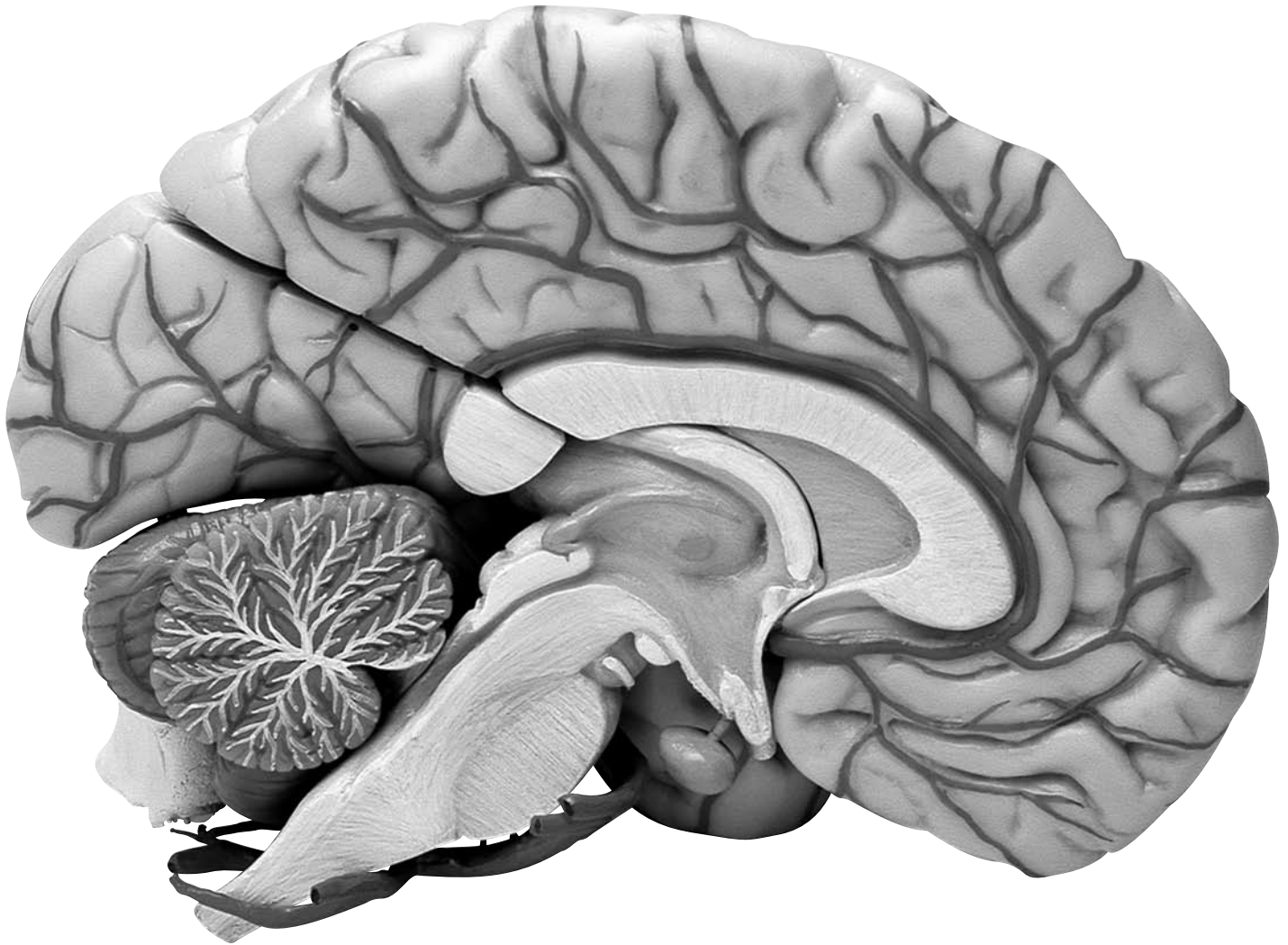
## Recovery Road Booklet

This booklet is for individuals who have had a heart attack, a heart procedure, or have been diagnosed with angina or other heart problems. Recovery Road is a resource to help you through your recovery. You will learn what has happened to you and what you can do to reclaim your health. This resource covers topics such as understanding and treating heart disease, returning home, optimizing your heart health and it includes tools and resources such as "My Heart Diary" – where you can record information about yourself, your medical care, recovery and your health goals.

*Available in: English, Chinese, and Punjabi.*

Recovery Road is downloadable (English only):  
[http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/HSF\\_RecoveryRoad\\_ENG\\_LR.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/HSF_RecoveryRoad_ENG_LR.pdf)

# Stroke



**For more information regarding stroke and stroke-related issues,** please visit our website at [www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca) and click on Stroke. There are resources on What is Stroke, Warning Signs, Prevention of Risk Factors, Tests, Treatment, and more.

# Stroke

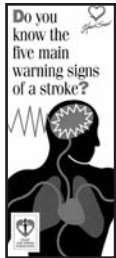


## StrokeLine Newsletter

The newsletter is produced three times a year and is for stroke survivors and their family members. The newsletter provides useful information on recovering from a stroke and adopting a heart-healthy lifestyle.

StrokeLine Newsletter is downloadable:

[http://www.heartandstroke.bc.ca/atf/cf/%7B1656a53f-c2fb-4d7a-af3d-9df9f391b9bb%7D/SL\\_SUMMER09.PDF](http://www.heartandstroke.bc.ca/atf/cf/%7B1656a53f-c2fb-4d7a-af3d-9df9f391b9bb%7D/SL_SUMMER09.PDF)



## HeartSmart: Do you know the five main warning signs of stroke?

This three panel brochure explains what a stroke is, who is most likely to have a stroke, how a stroke can be prevented and the five main warning signs of a stroke.

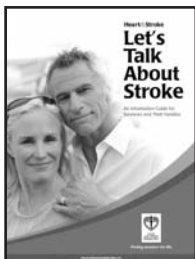


## You've had a TIA

You've had a Transient Ischemic Attack (TIA) is for patients and their families and caregivers. This booklet provides information about TIAs and their link to strokes and why TIAs are a medical emergency.

You've had a TIA is downloadable:

[http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/TIA\\_Resource\\_2008\\_ENG.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/TIA_Resource_2008_ENG.pdf)



## Let's Talk About Stroke Booklet

Every stroke is different, but this booklet tries to answer the questions most stroke survivors ask. It provides information that will help you, your caregiver, and your family to understand stroke and the recovery process. Includes "My Stroke Diary" where you can keep your personal record of your stroke and recovery, set goals, and track your progress.

*Available in: English, Chinese, and Punjabi.*

Let's Talk About Stroke is downloadable:

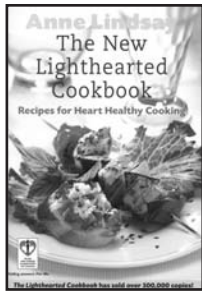
<http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/LTAS-EN-2006.pdf>

# Cookbooks



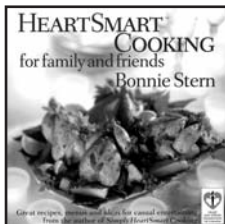
**For more information on our cookbooks and for more recipes,** please visit our website at [www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca) and click on Health Information and Recipes.

# Cookbooks



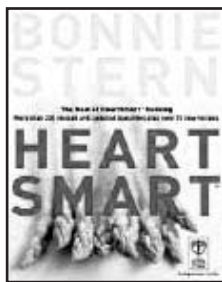
## **The New Lighthearted Cookbook (Anne Lindsay) – \$24.95**

Contains over 200 mouth-watering, quick and easy recipes, as well as lifestyle and nutrition tips. All recipes are complete with nutritional analysis.



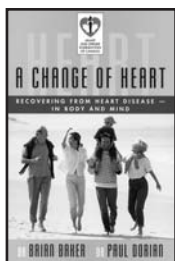
## **HeartSmart Cooking for Family and Friends (Bonnie Stern) – \$28.95**

This cookbook contains more than 200 delicious recipes, combined with the most current information on how to cook and eat well. There is also practical information on a variety of nutritional topics, a complete nutritional analysis for each recipe and various make-ahead instructions.



## **HeartSmart: The Best of HeartSmart Cooking (Bonnie Stern) – \$34.95**

This wonderful new compendium features over 300 favourite recipes from the bestselling Simply HeartSmart™ Cooking, More HeartSmart™ Cooking and HeartSmart™ Cooking for Family and Friends, as well as 75 brand new recipes to add to the HeartSmart™ repertoire. Many of the classic recipes have been fully updated to incorporate current food trends and new nutritional information. As always, comprehensive nutritional analysis is provided for every recipe.



## **A Change of Heart (book) – \$15.00**

This book describes the link between one's state of mind and the ability to recover from heart attacks and other coronary events. In the book, both the psychological and the medical experience of coronary artery disease are examined, providing insight and specific strategies at every stage. The plans are useful, straightforward and successful.

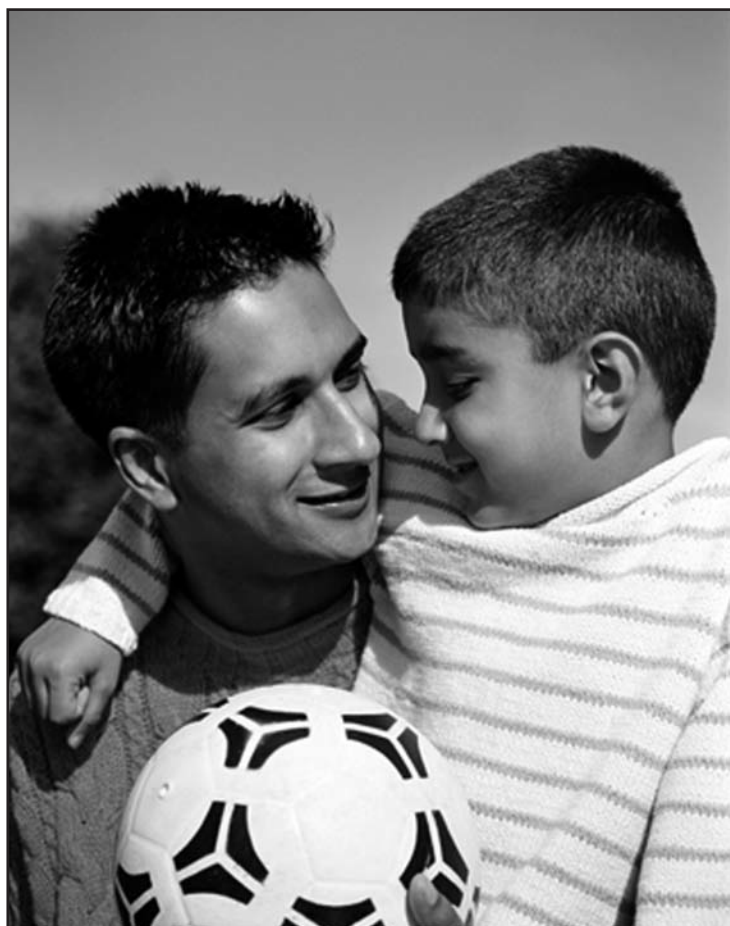


## **HeartSmart Chinese Cooking (Stephen Wong) – \$16.00**

*Written in Chinese*

A 140-page cookbook including soups, noodles, fish, poultry, meats, tofu, vegetables and desserts. Easy-to-follow recipes for Chinese cooking, the Heart Smart way.

# Multilingual Resources



Feel free to download other Multilingual resources from our website at [www.heartandstroke.bc.ca/multicultural](http://www.heartandstroke.bc.ca/multicultural).

# Multilingual Resources



## Warning Signs Wallet Card - Chinese

A handy wallet card that lists the warning signs of a heart attack and a stroke. Translated in Chinese.



## Taking Control - Chinese

This booklet provides information, tips and tools on how to take control of blood pressure, cholesterol, diabetes and other modifiable risk factors to reduce the risk of developing heart disease and stroke.

The Taking Control pamphlet is downloadable – Chinese:

[http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Taking\\_control\\_chinese\\_lowres.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Taking_control_chinese_lowres.pdf)



## Life Choices for Heart Health - Chinese



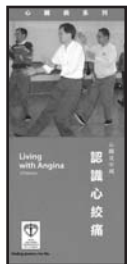
## Is diabetes putting you at Risk of Heart Disease and Stroke? - Chinese

An informative brochure including the keys to managing diabetes.



## Living with Cholesterol - Chinese

# Multilingual Resources



## **Living with Angina - Chinese**

This booklet will help the reader understand what angina is, how it is diagnosed, and how it is treated. It also explores lifestyle changes that can be made when one lives with angina.



## **Coronary Artery Disease: A guide to symptoms, tests, and treatments - Chinese**

This booklet explains coronary artery disease, atherosclerosis, and angina. A description of the common tests used to diagnose and treat these conditions is also given.



## **All About Bypass Surgery - Chinese**

Discusses surgery preparations, recovery in the hospital and at home, and lifestyle changes that may have to be made.



## **Do you know the five main warning signs of a stroke? - Chinese**

This brochure explains what a stroke is, who is most likely to have a stroke, how a stroke can be prevented and the five main warning signs of a stroke.

# Multilingual Resources



**How fit are you when it comes to managing stress? - Chinese**



**Memory Loss after Stroke - Chinese**

An informative booklet about stroke and related problems with memory loss. The booklet covers the effects of memory problems, treatment and tools to help.

# Multilingual Resources



## Warning Signs Wallet Card - Punjabi

A handy wallet card that lists the warning signs of a heart attack and a stroke. Translated in Punjabi.



## Taking Control - Punjabi

This booklet provides information, tips and tools on how to take control of blood pressure, cholesterol, diabetes and other modifiable risk factors to reduce the risk of developing heart disease and stroke.

The Taking Control pamphlet is downloadable – Punjabi:

[http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/HSF\\_RBC\\_PUNJ.pdf](http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/HSF_RBC_PUNJ.pdf)



## Living with Angina - Punjabi

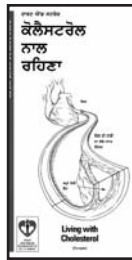
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# Resuscitation Resource List



**Orders for Registration Cards** require a valid and current CPR Instructor number before release of certificates.

**Purchase order number and/or credit card payment** is required prior to shipping.

**Prices** are subject to change without notice.

# Resuscitation Resource List



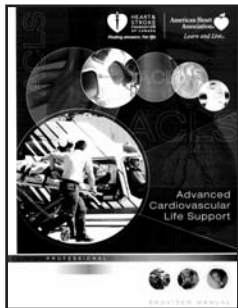
## **CPR Registration Cards – \$1.00 each**

Heart and Stroke Foundation registration cards can be purchased by registered Heart and Stroke Foundation Instructors only. To receive registration cards, an instructor number must be included on your order form.



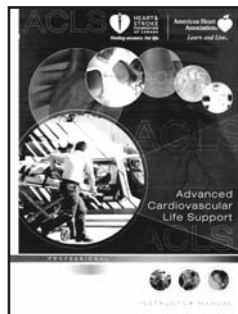
## **ECC Handbook 2005 – \$18.98**

This 2006 edition of the Handbook of Emergency Cardiovascular Care for the Healthcare Providers incorporates the latest science from the 2005 Guidelines for CPR and ECC. This handbook includes updated algorithms, information on therapeutic agents, stroke, and acute coronary syndromes.



## **ACLS Provider Manual – \$39.87**

The revised and rewritten student manual provides updated content for students taking the ACLS Course. This text is designed to be used before class for preparation, in class as a workbook referencing relative topics, and as a reference book for the student after the class. A student CD is included with the text.



## **ACLS Instructor Manual - \$44.80**

The revised manual includes detailed lesson “maps” or plans to aid in conducting the ACLS Courses. The courses are designed to be instructor-led using large and small group interaction and small group skill testing stations. An instructor CD, containing case-based scenarios and administrative precourse and course materials, is included with the manual.

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## **ACLS DVD - \$84.00**

The new ACLS video segments for the updated ACLS Course and for the ACLS Renewal Course. The ACLS Course video has six parts that are easy to navigate. Two segments demonstrate skills for BLS Practice and Airway Management. Running time is 137 minutes.

The ACLS Renewal Course video contains four of the segments from the ACLS Course. Running time for the ACLS Renewal Course is 81 minutes.

# Resuscitation Resource List

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## **BLS Instructor Resource for BLS Manual Kit – \$112.00**

This new Instructors package provides educational materials to teach the BLS for Healthcare Providers course. The package contains: One copy of the Instructor Manual with CD Rom, one BLS for Healthcare Providers DVD, one copy of the Canadian Instructor Resource, a stop watch, and set of five four colour posters for healthcare providers.



## **BLS for Healthcare Provider Instructor Manual – \$42.00**



## **BLS for Healthcare Provider Student – \$17.64**

This text for the BLS for Healthcare Providers Course provides updated content and many new illustrations for credentialed healthcare providers. A student CD included with the text contains supplemental information on topics such as stroke, cardiac arrest and special resuscitation situations.

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## **BLS for Healthcare Providers DVD – \$91.00**

This new DVD format video presents content for the BLS for Healthcare Providers Course and the BLS for Healthcare Providers Renewal Course in the practice-while-watching format. Running time for the BLS for Healthcare Providers Course DVD is approximately 95 minutes and 60 minutes for the renewal course.

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## **BLS for Healthcare Provider Posters – \$21.00**

This new package of healthcare providers posters includes one CPR and AED for the Adult, CPR and AED for the Child, CPR for the Infant, Rescuing the Choking Adult and Child, and Rescuing the Choking Infant. The posters are four-colour and 17" x 22" in size.

# Resuscitation Resource List



## **Heartsaver Instructor Manual – \$49.00**

This new manual, based on current education principles, provides the instructor with detailed lesson maps and information for teaching all the Heartsaver CPR courses.



## **Heartsaver AED Student Workbook with CD – \$16.80**

The 2006 student workbook for the Heartsaver AED Course contains updated content and updated science from the 2005 Guidelines. The workbook includes sections on CPR, AED use, relief of choking in adults and children, and infant CPR and relief choking. The student workbook contains a CD with supplemental information and video clips to refresh the student in CPR and AED skills.

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## **Heartsaver AED DVD – \$105.00**

This DVD-format video presents the new science from the 2005 Guidelines for CPR and Resuscitation. It includes presentation and skills demonstrations for adult and child CPR and AED use. Also shown are relief of choking in adults and children as well as infants CPR and relief of choking. The video presentations provide a guide for hands-on practice sessions in the new practice-while-watching format. Running time is approximately 120 minutes.



## **Heartsaver CPR Workbooks with CD – \$11.93**

The 2006 student workbook for the Heartsaver CPR Course contains updated content and updated science from the 2006 Guidelines. The workbook includes sections on CPR and relief of choking in adults and children and infant CPR and relief of choking. The student workbook is shrink-wrapped with a CD containing supplemental information and video clips to refresh the student in CPR skills.

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## **Heartsaver CPR DVD – \$98.00**

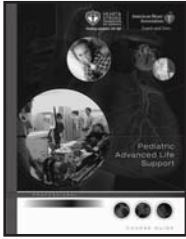
This new video contains content for the Heartsaver CPR course in the new practice-while-watching format. Skills such as CPR and relief of choking in adults and children, and infant CPR and relief of choking are presented. Running time is approximately 110 minutes.

# Resuscitation Resource List



## **PALS Instructor Manual – \$48.94**

This revised manual includes detailed lesson “maps” or plans to aid in conducting the PALS Courses. The courses are designed to be instructor-led using large and small group interaction, and group skills testing stations. An instructor CD, containing administrative precourse and course materials, and PALS Scenario Cue Cards are also included with the manual to provide support in conducting a PALS Course.



## **PALS Course Guide – \$51.52**

This text includes materials to help the student work as an effective team member in various roles in the 12 core cases. This guide is presented in a new formatting style that makes any topic easy to find.



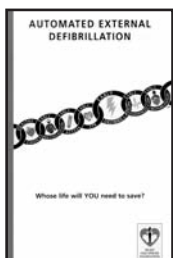
## **PALS Course Guide and PALS Provider Manual – \$45.08**

The Course Guide is designed to be used for class preparation and as a workbook during the course. A student CD, included with the text, contains the precourse self-assessment, practice cases, and supplemental information to help the student prepare for the course. Also included with the Course Guide are the PALS Precourse Checklist and PALS Pocket Reference Card.

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## **PALS DVD – \$83.00**

This new PALS video contains two video segments. One segment depicts the cognitive and psychomotor skills of the PALS Course. The second segment presents video clips to facilitate the group assessment discussion that precede the simulations for the 12 core cases. This video will be used to conduct the PALS and PALS Renewal Courses. Running time is approximately 85 minutes.



## **AED “Whose Life Will You Need to Save?” – FREE**

A booklet describing the uses of AED.