

# the beat



## *Heart Attack*

### **WARNING SIGNS**

#### **PAIN**

- sudden discomfort or pain that does not go away with rest
- pain that may be in the chest, neck, jaw, shoulder, arms or back
- pain that may feel like burning, squeezing, heaviness, tightness or pressure
- in women, pain may be more vague

#### **SHORTNESS OF BREATH**

- difficulty breathing

#### **NAUSEA**

- indigestion
- vomiting

#### **SWEATING**

- cool, clammy skin

#### **FEAR**

- anxiety
- denial

## *Biography*



### **Tamer Ibrahim,** BSc Pharmacy

Tamer Ibrahim is a Clinical Pharmacist for Pulse Rx LTC Pharmacy. Tamer graduated with a Bachelor of Science in Pharmacy from the University of Santo Tomas in Manila, Philippines in 1997. He came to Canada the same year, settling in Halifax, Nova Scotia. He worked for Lawtons Drugs first as a relief pharmacist then as a Pharmacist/Store Manager at their Scotia Square location. He was the pharmacist in charge of the Tallships crew when they came to Halifax in 2000. Tamer moved to Ottawa in 2001 and worked for Sobeys pharmacy in Kanata then he joined Shoppers Drug Mart in 2002 and has been with them until he joined Pulse Rx LTC Pharmacy in October 2009. Tamer's career goals include pursuing a PharmD or an MBA.

Signs may be mild or severe. If you or someone you know is having any of these signs, CALL 911 or your local emergency number immediately.



# Tips on Living with Huntington's Disease

Some of the suggestions for living with HD are:

- Keep life simple - Rest, Exercise, Nutrition, A daily laugh
- Carry earplugs with you when you are out (Some people with HD are sensitive to noise)
- Carry calendars with you to write down everything you must do for the day and any information you get from other people
- Develop a message centre in your home, so other family members have an idea where to look for stuff
- Use an answering machine so you can rewind the tape and recheck those messages (One of the symptoms of HD is transposing numbers)
- Use sticky 3M note pads to keep your place in cookbooks - also works in crochet or knitting patterns
- Use one color of paper for phone messages
- Have a check-list on the front door so you can make sure you have keys, etc.
- Rewrite recipes so they have a numbering system (1. Cut vegetables, 2. Spray pan, etc.)
- Try to do the same task on the same day of each week (Wash on Tuesday, etc.)
- Get a watch with an alarm clock and set the alarm to remind you to catch bus, leave for doctor's appointment, etc.
- Listen to relaxing music



## 11th Annual Trauma Nursing Conference February 10, 2010, Toronto



The theme of this year's conference, taking place at the Delta Toronto East Hotel, is "Trauma Nursing in 2010: Sharing Knowledge and Best Practices." Participants who register on or before January 22, 2010, will pay last year's rate and be entered into a draw for a chance to win their registration fee. For all conference information, including registration, accommodations and program, visit [www.traumanursing.ca](http://www.traumanursing.ca).

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