

Be Heart Smart in the Winter

Winter can be a joyous season for people of all ages. Those who embrace it know what makes it so wonderful. The beauty of a glistening snowfall, the thrill of sports like skiing and skating, the reward of a frothy hot chocolate after a day of winter fun. But for all its glories, winter can also bring a certain element of danger to our lives, particularly when it comes to our hearts, and it's important to appreciate both the benefits and risks of this chilly season



Shovel with care

Shovelling snow. Two words that many like to avoid but unfortunately most have to do when winter strikes. Aside from being a somewhat tedious task, shovelling can also be a very dangerous activity. The physical demands of shovelling combined with cold temperatures can pose fatal risks on the heart. By taking the following precautions, you're doing your body a favour.

- * **Warm up.** Shovelling is just like any other form of exercise. It's a good idea to limber up with some basic stretches before you begin.
- * **Layer upon layer.** The body quickly generates heat when shovelling. By dressing in thin, breathable layers, you can avoid overheating.
- * **Avoid a full stomach.** Be sure to digest your meals before picking up the shovel. A full stomach can cause strain on the heart during physical activity.
- * **Take a break.** Giving yourself a breather in the middle of strenuous shovelling is good for the muscles, especially the heart muscle.
- * **Use the buddy system.** Even shovelling is better when you do it in twos. You cut your work and half and you have a pal to keep you company. Plus, you can look out for one another should anything serious happen.
- * **Consult your doctor.** Those who are older, overweight, out of shape and/or have a history of heart disease in the family should seek expert advice from their doctor before taking their chances.

Continuing Education Event

Pain Management,
BuTrans, Buprenorphine
transdermal delivery system

BuTrans Experince: Case Studies

Date: January 10, 2012

Location: Miller Tavern
3885 Yonge St., Toronto, ON
Ph: 416-322-5544

Time: 6:30-7:00 Arrival/Registration
7:00-8:30 Dinner and Presentation

Speakers: Dr. Zacharias, MD FRCS DAAPM CMD
and
Sameer Kapadia
Pulse Rx Consultant Pharmacist

Please RSVP
by January 4, 2012.

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Canadian Cancer Society
Société canadienne du cancer

Food additives and cancer

Food additives are chemicals that help preserve, colour and flavour our food. It is very unlikely that food additives cause cancer.

Food additives are subjected to safety testing before they are even considered for approval by the Health Products and Food Branch, Bureau of Chemical Safety of Health Canada. Once approved and in use, all food additives are continuously monitored and reviewed for adverse reactions and hazards. If at any time the safety of a food additive is shown to be harmful, it is removed from the market.

Any food dyes or cosmetics that were once linked to cancer are no longer used in Canada.

Artificial sweeteners

Aspartame (also known as Nutrasweet) does not cause cancer. Cyclamates and saccharin in high doses have caused cancer in laboratory rats, but there is no proven link between these substances and cancer in humans. It is advisable to use these artificial sweeteners in moderation.

Read more: <http://www.cancer.ca>



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& Technology



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