

Heart&Stroke

Print Resource Catalogue



HEART &
STROKE
FOUNDATION OF
SASKATCHEWAN

Finding answers. For life.

SEE WHAT HAPPENS WHEN
YOU PUT YOUR HEART INTO IT.™

www.heartandstroke.sk.ca

TABLE OF CONTENTS

Categories

For Children and Youth	1
For Healthcare Professionals	8
For Women	9
Heart Disease and Stroke	10
Reducing Your Risk.	13
<i>Blood Pressure</i>	14
<i>Nutrition and Healthy Eating</i>	16
<i>Physical Activity</i>	20
<i>Stress</i>	23
<i>Tobacco</i>	24
Living with Heart Disease.	28
Living with Stroke	29



HEART &
STROKE
FOUNDATION OF
SASKATCHEWAN

Finding answers. For life.

OUR MISSION

The Heart and Stroke Foundation, a volunteer-based health charity, leads in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living and advocacy.

Resource Catalogue - Ordering Procedures

Resources may be ordered by fax, mail or e-mail (please see order form) at:

Heart and Stroke Foundation of Saskatchewan

279 - 3rd Avenue North

Saskatoon, SK S7K 2H8

Tel: (306) 244-2124

Fax: (306) 664-4016

Toll-free: 1-888-473-4636

e-mail: healthpromotion@hsf.sk.ca

Website: www.heartandstroke.sk.ca

All orders are subject to the following:

1. Please allow 2 - 3 weeks for processing and delivery of your order.
2. The Heart and Stroke Foundation of Saskatchewan reserves the right to limit quantities.
3. Orders requiring payment must be accompanied by either full payment or Purchase Order Number. **Any orders received without full payment or Purchase Order Number will not be processed.**
4. Please enclose **cheque, money order, or Purchase Order Number** (P.O. #) payable to **Heart and Stroke Foundation of Saskatchewan. Visa, MasterCard and American Express** are also accepted.
5. Charges apply as follows:
 1. Individual copies of resources and orders of 25 copies or less per item are available free of charge (some exceptions apply).
 2. Orders of more than 25 copies per item are charged at a cost recovery rate.
 3. Larger orders and special orders may be subject to shipping and handling charges.



HEART &
STROKE
FOUNDATION OF
SASKATCHEWAN

*****Orders for Saskatchewan only please.**

Finding answers. For life.

For Children and Youth

Be Smoke Free

HSFS 2009

Poster

\$1.05

Designed for children - encouraging them to be smoke-free.

Body Image

HSFC

Fold-out Brochure

\$0.23

This brochure looks at the issue of body image through the realities of genetics, healthy eating, smoking, and physical activity and discusses the unrealistic role models found in magazines.

Canada's Physical Activity Guide for Children (6-9)

Health Canada 2002

Magazine

\$0.00

Set of national guidelines designed to help children improve their health through regular physical activity.

Canada's Physical Activity Guide for Children (6-9) - French

Health Canada

2002

Magazine

\$0.00

Set of national guidelines designed to help children improve their health through regular physical activity. In French.

Canada's Physical Activity Guide for Youth (10-14)

Health Canada

2002

Magazine

\$0.00

Set of national guidelines designed to help youth improve their health through regular physical activity.

Canada's Physical Activity Guide for Youth (10-14) - French

Health Canada

2002

Magazine

\$0.00

Set of national guidelines designed to help youth improve their health through regular physical activity. In French.

Eat Healthy Food

HSFS

2009

Poster

\$1.05

Bright, colourful and eye-catching! Designed for children - illustrates healthy food choices they can make. Based on elements from Canada's Food Guide.

Family Guide to Physical Activity for Children (6-9)

Health Canada 2002

Magazine

11 pages

\$0.00

This family-friendly resource guide is filled with tips, information and ideas to help parents, caregivers and guardians help their children learn about the importance of physical activity and increase their activity levels.

Family Guide to Physical Activity for Children (6-9) - French

Health Canada 2002

Magazine

8 pages

\$0.00

This family-friendly resource guide is filled with tips, information and ideas to help parents, caregivers and guardians help their children learn about the importance of physical activity and increase their activity levels. In French.

Family Guide to Physical Activity for Youth (10-14)

Health Canada 2002

Magazine

15 pages

\$0.00

This family-friendly resource guide is filled with tips, information and ideas to help parents, caregivers and guardians raise healthy youth and learn about the importance of physical activity to achieve life-long health benefits.

Family Guide to Physical Activity for Youth (10-14) - French

Health Canada 2002

Magazine

\$0.00

This family-friendly resource guide is filled with tips, information and ideas to help parents, caregivers and guardians raise healthy youth and learn about the importance of physical activity to achieve life-long health benefits. In French.

Get 90 Minutes of Physical Activity Every Day

HSFS 2009

Poster

\$1.05

Designed for children - this poster encourages children to build more physical activity in their life.

Gotta Move (6-9)

Health Canada 2002

Magazine

15 pages

\$0.00

This magazine helps children learn that physical activity is fun and easier than they think. Gives them activities to try out, and information about how physical activity makes both their bodies and minds feel better. Ideal for use at home or school.

Gotta Move (6-9) - French

Health Canada 2002

Magazine

\$0.00

This magazine helps children learn that physical activity is fun & easier than they think. Gives them activities to try out, & information about how physical activity makes both their bodies & minds feel better. Ideal for use at home or school. In French.

HeartSmart Kids Teacher Resource

HSFC 2010

Booklet

34 pages

\$0.00

This resource consists of four modules that incorporate learning outcomes common to the intermediate grades curricula of Canada's provinces and territories. Healthy Eating, Active Living, Smoke-Free Living and Making Healthy Choices

Let's Get Active (10-14)

Health Canada 2002

Magazine

15

\$0.00

This magazine gives youth tips and advice on how to get started, finding activities they enjoy, activity breaks that can be done even when sitting. Also includes stories of ways other youth increased their physical activity levels.

Let's Get Active (10-14) - French

Health Canada 2002

Magazine

\$0.00

This magazine gives youth tips and advice on how to get started, finding activities they enjoy, activity breaks that can be done even when sitting. Also includes stories of ways other youth increased their physical activity levels. In French.

Pumped Vol. 5

HSFBC/HSFC 2006

Magazine

\$0.40

Yearly issue of a child and youth focused magazine that captivates and challenges young people through bright attention-grabbing illustrations, while promoting a healthy heart smart lifestyle.

Pumped Vol. 6

HSFBC/HSFC

Magazine

\$0.40

Yearly issue of a child and youth focused magazine that captivates and challenges young people through bright attention-grabbing illustrations, while promoting a healthy heart smart lifestyle.

Pumped Vol. 7

HSFC - Gilmore

2009

Magazine

24 pages

\$0.30

Students receive information that encourages the development and reinforcement of heart-healthy values, attitudes and behaviors, to help them make healthy choices in regards to tobacco, nutrition and physical activity

Teacher's Guide to Physical Activity for Children (6-9)

Health Canada

2002

Magazine

15

\$0.00

Resource guide that teachers can use to talk with children about the importance of being active, having fun and feeling good about themselves. Includes tips on how to motivate behaviour change, and ideas for fun class activities.

Teacher's Guide to Physical Activity for Children (6-9) - French

Health Canada

2002

Magazine

15

\$0.00

Resource guide that teachers can use to talk with children about the importance of being active, having fun and feeling good about themselves. Includes tips on how to motivate behaviour change, and ideas for fun class activities. In French.

Teacher's Guide to Physical Activity for Youth (10-14)

Health Canada

2002

Magazine

15 pages

\$0.00

Resource guide that teachers can use to lead discussions about the importance of physical activity to achieving health benefits and feeling good about themselves. Includes tips for behaviour change techniques and class project ideas.

Teacher's Guide to Physical Activity for Youth (10-14) French

Health Canada

2002

Magazine

15 pages

\$0.00

Resource guide that teachers can use to lead discussions about the importance of physical activity to achieving health benefits and feeling good about themselves. Includes tips for behaviour change techniques and class project ideas. In French.

For Healthcare Professionals

Faaast Faq's For Stroke Nurses

HSFC

Booklet

62 pages

\$2.17

The overall goal of this resource is to provide information and strategies on various aspects of assessment and management of stroke survivors. For nurses involved in the care of stroke survivors across the care continuum.
FOR PURCHASE ONLY.

Stroke Pocket Cards

HSFC

Cards

\$1.71

The Stroke Pocket cards will help nurses and allied health professionals to support evidence based stroke care. Set of 5 unique cards. FOR PURCHASE ONLY.

For Women

HeartSmart Women

HSFC

2008

Booklet

40 Pages

\$1.17

This booklet will help you to understand heart disease, identify its symptoms, manage your risk factors and make informed decisions about treatment options.

Diabetes and You

HSFC 2009

Booklet

18 pages

\$0.46

An informative booklet that explains what Diabetes is, how it affects high blood pressure and high cholesterol and includes tips to managing your diabetes.

Diabetes: Take Charge! Prevent Blood Vessel Damage

HSFS/KFOC - 2005
SK/CDA - SK

Brochure

\$0.00

This brochure discusses how diabetes can harm your blood vessels and cause problems such as heart disease, stroke, kidney failure, etc. Also discusses what to do to help prevent these problems.

Do you Know the Five Main Warning Signs of Stroke?

HSFC 1996

Brochure

\$0.11

Explains what a stroke is, who is most likely to have a stroke, how a stroke can be prevented and the 5 warning signs of stroke.

Emergency Signs, Signals, Actions - For Life

HSFC 2008

Brochure

11 Pages

\$0.16

This brochure outlines Heart Attack Warning Signals and Stroke Warning Signs with an emphasis on knowing how to respond to cardiac emergencies by being trained in CPR, knowing about AEDs and having a plan for family and friends in an emergency.

Heart Attack Warning Signs Poster

HSFS 2008

Poster

\$1.79

Brief description and pictures of the warning signs of a heart attack. Also tells people to dial 9-1-1 if they are experiencing any of these symptoms.

Heart Attack/Stroke Warning Signs and Actions Wallet Card

HSFC 2008

Wallet Card

10 panel card

\$0.11

This wallet card identifies the signs and signals of Heart Attack and Stroke so that you can identify these medical emergencies and respond immediately.

Stroke Warning Signs Poster

HSFS 2008

Poster

\$1.79

Brief description and pictures of the warning signs of a stroke. Also tells people to dial 9-1-1 if they are experiencing any of these symptoms.

Taking Control - Lower Your Risk of Heart Disease and Stroke

HSFC

1996

Brochure

19 pages

\$0.28

An easy-to-follow guide which helps you identify your risks for heart disease and stroke and take action to reduce them. A handy resource to help you build a healthier life.

Reducing your Risk

Healthy Habits Healthy Weight

HSFC 2002

Booklet

44 pages

\$0.42

This booklet is packed with credible information, tips and recipes to make healthy eating happy eating. You will find strategies to help you keep the weight off for good. Also gives tips to help you build an active lifestyle.

Your Health Your Weight

HSFC 2008

Brochure

\$0.18

This brochure will help you calculate your BMI (Body Mass Index) & measure your waist circumference. There are also nutrition & physical activity tips for keeping your children at a healthy weight, too.

Reducing your Risk - Blood Pressure

Blood Pressure Record Card

HSFC 2004

Wallet Card

\$0.08

This card provides compact space to record the date, your weight, and your blood pressure. Also includes a checklist and suggestions for keeping your blood pressure healthy.

Get Your Blood Pressure Under Control

HSFC 2006

Booklet

16 pages

\$0.53

Know and control your blood pressure. If you have been diagnosed with, or are at increased risk for, high blood pressure (hypertension) then this resource will help you to manage it.

Hypertension 2010: Public Recommendations

CHEP 2010

Flyer

\$0.00

This 4 page, 8 1/2 x 11 inch flyer provides info on what you need to know about blood pressure and hypertension based on the 2010 public guidelines.

Patient Recommendations: Hypertension in Diabetes

HSFC/CHEP

2009

Flyer

4 Pages

\$0.00

The 2009 CHEP recommendations with a theme of "hypertension and diabetes."

Reducing your Risk - Nutrition and Healthy Eating

Check For Health Check

HSFC

Brochure

\$0.14

Offers consumers an easy-to-read description of the Health Check food information program, how it works, and promotes the Heart & Stroke Foundation website as an additional source of information.

Dietary Fat and Cholesterol

HSFC

2004

Brochure

\$0.12

This brochure discusses some simple steps to making healthy food choices by providing information on dietary fats, cholesterol, blood cholesterol, and heart disease.

Eat Well. Live Longer.

HSFC

2008

Booklet

19 Pages

\$0.20

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

Eating Well with Canada's Food Guide

Health Canada 2007

6 pages

\$0.00

Eat well with Canada's Food Guide! Learning more about Canada's Food Guide will help you and your family know how much food you need, what types of foods are better for you, and the importance of physical activity in your day.

Eating Well with Canada's Food Guide - French

Health Canada 2007

6 pages

\$0.00

Eat well with Canada's Food Guide! Learning more about Canada's Food Guide will help you and your family know how much food you need, what types of foods are better for you, and the importance of physical activity in your day. In French.

Eating Well with Canada's Food Guide First Nations, Inuit & Métis

Health Canada 2007

\$0.00

A food guide tailored to reflect traditions & food choices of First Nations, Inuit & Métis, & is a complement to the 2007 Canada's Food Guide. It recognizes the importance of traditional & store-bought foods for First Nations, Inuit & Métis today.

Eating Well with Canada's Food Guide First Nations, Inuit & Métis - French

Health Canada 2007

\$0.00

A food guide tailored to reflect traditions & food choices of First Nations, Inuit & Métis, & is a complement to the 2007 Canada's Food Guide. It recognizes the importance of traditional & store-bought foods for First Nations, Inuit & Métis today. French

Family Eating

HSFC 2004

Brochure

\$0.13

This brochure discusses simple steps to making healthy eating choices for your family. Includes information on building healthy, balanced meals and simple solutions to everyday challenges.

Fast Foods and Eating Out

HSFC 2004

Brochure

\$0.13

This brochure discusses a typical fast food meal, portion size issues, how to look for clues to healthy eating and examples of foods to choose more often wherever you eat out.

Heart-Healthy Eating Guide for your Family

HSFC

Booklet

\$0.21

This booklet includes: a helpful meal planner, mix and match food group chart and kid friendly recipes.

Living with Cholesterol

HSFC 2007

Brochure

20 pages

\$0.19

This booklet outlines lifestyle changes you can make that can help you manage your cholesterol levels and lower your risk of cardiovascular disease.

My Fruit and Veggies

5 to 10 a day

2007

Brochure

15 Pages

\$0.35

Eat well with Canada's Food Guide. Enjoy your vegetables and fruit every day as part of a balanced diet. Make vegetables and fruit servings count.

Sodium 101 Magnet

Canadian Stroke Network

Magnet

\$0.00

Magnet that describes what levels of sodium are acceptable and the levels that are too much on a nutrition label.

Vegetables and Fruit

HSFC

2004

Brochure

\$0.13

This brochure discusses the vitamins, minerals, fibre, and antioxidant properties of vegetables and fruits as well as shopping tips, storage tips, and serving size descriptions.

Reducing your Risk - Physical Activity

Canada's Physical Activity Guide to Healthy Active Living

Health Canada 1998

8.5 x 11 sheet

\$0.00

A guide to help you make wise choices about physical activity. Choices that will improve your health, help prevent disease, and allow you to get the most out of life. One-page, easy-to-read format.

Canada's Physical Activity Guide to Healthy Active Living - French

Health Canada 2002

8.5 x 11 sheet

\$0.00

A guide to help you make wise choices about physical activity. Choices that will improve your health, help prevent disease, and allow you to get the most out of life. One-page, easy-to-read format. In French.

Canada's Physical Activity Guide to Healthy Active Living - Handbook

Health Canada 1998

Booklet

27 pages

\$0.00

Explains why physical activity is important for your health and the problems you could experience if you are inactive. Also gives examples of physical activity and how to build it into your daily routine. Goes more in depth than the tear-sheet.

***Canada's Physical Activity Guide to Healthy Active Living -
Handbook - French***

Health Canada

Booklet

\$0.00

Explains why physical activity is important for your health and the problems you could experience if you are inactive. Also gives examples of physical activity and how to build it into your daily routine. Goes more in depth than the tear-sheet. French.

***Canada's Physical Activity Guide to Healthy Active Living for Older
Adults***

Health Canada

1999

8.5 x 11 sheet

\$0.00

The guide serves as a roadmap for older adults, explaining why physical activity is important, offering tips & easy ways to increase their physical activity, & stating how much is needed to maintain good health & improved quality of living later in life.

***Canada's Physical Activity Guide to Healthy Active Living for Older
Adults - Handbook***

Health Canada

1999

Booklet

21 pages

\$0.00

This handbook explains why physical activity is important for older adults and health risks that are affiliated with inactivity. Includes a pullout copy of the guide.

***Canada's Physical Activity Guide to Healthy Active Living Poster -
French***

Health Canada

Poster

\$0.00

Poster illustrating various ways of building physical activity into your life. In French.

Fitness Wheel

HSFC

2004

\$0.54

How many calories, grams of fat and fibre are in your favourite foods? And how long would you have to walk, swim, jump rope or cycle to "work off" those calories? Find out with the Fitness Wheel.

Getting Active For Life

HSFC

2004

Booklet

14 pages

\$0.27

This brochure is a guide to living an active lifestyle. It explains the benefits of being active and how to make active lifestyle choices.

Reducing your Risk - Stress

Coping with Stress

HSFC

1997

Booklet

47 pages

\$0.30

This handy pocket size booklet helps to identify what stress is and what your stress level is. Also outlined are various ways we can deal with stress and some practical, fun activities and skills for minimizing anxiety and tension.

Stress Test

HSFC

Brochure

\$0.14

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

Reducing your Risk - Tobacco

Just Breathe

HSFC 2007

Brochure

8 Panel

\$0.12

This brochure contains information on how to become and remain smoke free, risk factors, the effects of second hand smoke and contains tips on what you can do to help your children to be tobacco-free.

Smokers' Helpline Brochure

HSFS/CCS 2006

Brochure

\$0.00

This brochure describes the Smokers' Helpline and provides info and tips on quitting smoking.

Smokers' Helpline Business Card - French

HSFS/CCS

Business Card

\$0.00

Promotes the toll-free Smokers' Helpline offered by the Heart and Stroke Foundation of Saskatchewan and the Canadian Cancer Society. In French.

Smokers' Helpline Magnet

HSFS/CCS 2006

Magnet

\$0.00

Promotes the toll-free Smokers' Helpline offered by the Heart and Stroke Foundation of Saskatchewan and the Canadian Cancer Society.

Smokers' Helpline Magnet - Bilingual

CCS

Magnet

\$0.00

Magnet providing the Smokers' Helpline website and phone number. Also gives link to Government of Canada smoking cessation website.

Smokers' Helpline Motivator Meters

HSFS/CCS 2006

\$0.00

Provides information on the health and financial benefits you will experience over time when you quit smoking.

Smokers' Helpline Poster - Small

HSFS/CSS 2004

Poster

\$0.00

Poster outlining Smokers' Helpline offered by the Heart and Stroke Foundation and the Canadian Cancer Society with toll free number. No tear off sheets.

Smokers' Helpline Poster with tear off sheets

HSFS/CCS

2004

Poster

\$0.00

Describes and promotes the toll-free Smoker's Helpline offered by the Heart and Stroke Foundation of Saskatchewan and the Canadian Cancer Society. Has tear off sheets with the toll-free phone number for people to take.

What's Your Poison?

CCS

Buckslip

\$0.00

Outlines some of the chemicals and poisons that are found in cigarettes.

You Can Quit - Smokers' Helpline Brochure

CCS

2009

Brochure

\$0.00

Highlights the Smokers' Helpline program.

You Can Quit - Smokers' Helpline Magnet

CCS

Magnet

\$0.00

Magnet providing the Smokers' Helpline phone number and website.

You Can Quit - Smokers' Helpline Poster with tear-sheets

CCS

Poster

\$0.00

Poster outlining the benefits of calling the Smokers' Helpline, as well as tear-sheets that provide the phone number and the website.

Your Baby Wants You To Quit Smoking Poster

HSFS/CCS

Poster

\$0.00

Highlights the Smokers' HelpLine - promoting it to new parents. Provides the Smokers' HelpLine number. No tear off sheets.

Cardiac Care Handbook

HSFS 2005

Booklet

32 pages

\$0.81

Provides cardiac patients and their caregivers with information and support on the road to recovery.

Managing Congestive Heart Failure

HSFC 2004

Booklet

42 pages

\$1.16

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

Recovery Road

HSFC 1999

Booklet

122 pages

\$1.44

An information guide for survivors of heart events and their families which provides encouraging information to help them understand heart disease and the recovery process.

Let's Talk About Stroke

HSFC 1999

Booklet

84 pages

\$1.91

An information guide for stroke survivors and their families which provides encouraging information to help them understand stroke and the recovery process.

Understanding TIA: TIA Workbook

HSFC 2004

Booklet

74 pages

\$1.45

Workbook on transient ischemic attack (TIA) for patients and their families/caregivers. Main topics include difference between TIA and stroke, causes of TIA and stroke, diagnosis and treatment, how to reduce the risks, etc.
