



Heart Quick Facts



Heart and Stroke CHAIN OF SURVIVAL

Tobacco—The Truth HURTS!

- In the last 5 years, 25% of Canadians have quit smoking
- 23%, aged 15 and over, currently smoke, which is 6 million Canadians (25% men and 21% women)
- About 1 in 5 pregnant women smoke—a serious risk!
- Tobacco will kill over 45,000 Canadians this year and 1000 will be non-smokers exposed to second hand smoke
- Tobacco related health care expenditures exceed \$9.5 billion annually

CANADIANS AND STRESS

Percent of Canadians Who...

Frequently feel stressed...	Men	Women
...by work	27%	33%
...by family responsibilities	21%	29%
...by family finances	20%	21%
...any or all of above	41%	45%
Lack of Time for...		
...family	28%	26%
...friends or partner	23%	22%
...things would like to do	38%	36%
...any or all of above	54%	52%
When under stress, would you		
...eat comfort foods	31%	49%
...smoke a cigarette	29%	26%
...drink alcohol	39%	25%
...watch more TV	46%	39%
...any or all of above	75%	73%

Heart Disease and DEATH!

This year in Saskatchewan alone...

- ♥ Heart disease and stroke are the #1 cause of death (More than accidents, cancer and AIDS **combined!**)
- ♥ More than 8,000 will suffer from a heart attack or stroke
- ♥ About 3,500 of those will die
- ♥ 4 in 10 people will experience heart disease or stroke in their lifetime
- ♥ 8 out of every 10 people have at least one risk factor for cardiovascular disease...

- ♦ Smoking
- ♦ High blood pressure
- ♦ High cholesterol
- ♦ Overweight
- ♦ Having diabetes
- ♦ Physical inactivity

Each year in Canada...

- ♥ Every 7 minutes, a Canadian dies of heart disease
- ♥ 34% of male deaths due to heart disease
- ♥ 36% of female deaths due to heart disease
- ♥ Cardiovascular disease costs Canadians \$18.4 billion every year
- ♥ Cardiovascular disease accounts for more Canadian deaths than any other disease-78,942 (36%)

Heart/Stroke Disease	78,942-36%
Cancer	62,769-29%
Respiratory Diseases	22,026-10%
Accidents/Suicide/Violence	13,996-6%
All Other Causes	41,797-19%
Totals	219,530-100%



Heart and Stroke Foundation of Saskatchewan...

- ♥ Been helping since 1956
- ♥ 20,000 volunteers
- ♥ Raised \$3.5 million in Saskatchewan
- ♥ Research expenditures 2003/04 totaled \$1.3 million
- ♥ NOT government funded
- ♥ More Info, contact:
1-888-HSF-INFO
1-888-473-4636

www.heartandstroke.sk.ca

Who is AT RISK?...Is it YOU or your FAMILY?

Risk factors include those you CAN control..

- ♥ Tobacco use
- ♥ Physical activity
- ♥ Food choices
- ♥ High blood pressure
- ♥ Cholesterol
- ♥ Obesity

...those you CANNOT control...

- ♥ Age
- ♥ Gender
- ♥ Family history



MEN vs WOMEN

Risk of heart disease and stroke increase with age. Men are at higher risk until age 55. Women appear to enjoy the heart protective benefits of estrogen until menopause. After that, their risk increases until genders are equal.

More women die of heart disease and stroke than men, because often they are older when diagnosed, and the disease at that time is more progressed. Because of this, early effective treatments are not always an option.

Obesity on the Rise

Saskatchewan people are more overweight than most Canadians. 54% of Saskatchewan people are overweight compared to national average of 47%. In some cities this rate exceeds 60%. This represents a growth in obesity of 50% since 1970.



Serving Spiritwood area for over 30 years!



Who Helps You?...WE DO!!!

Spiritwood-Big River Ambulance Care has a variety of highly skilled medical professionals ranging from First Responders, EMT's to Paramedics who are all ready and willing to HELP YOU when you need us.

With 2 locations to serve the public, one in Spiritwood and one in Big River, everyone can feel safe.

There are many people who work for the ambulance either full time, or part time and work other jobs.



Spiritwood Ambulance Care Full Time Staff

- ☛ Kenton Beatty
PCP (12/05)
- ☛ Kyle Sereda
Paramedic (10/99)
- ☛ Angela Sereda
Paramedic (11/99)
- ☛ Mark Lye
EMT (09/00)
- ☛ Everett Kraushaar
EMT (09/00)
- ☛ Chad Kuffert
PCP (06/05)
- ☛ Luke St. Onge
PCP (03/05)

Big River Ambulance Care Full Time Staff

- ☛ Devon Beauchesene
EMT-A (10/99)
- ☛ Sheldon Lund
EMT-A (07/03)
- ☛ Cheryl Aarrestad
PCP (05/03)



"No one ever likes to see us coming, but always glad when we arrive!"



Services We Provide TO YOU!

Spiritwood-Big River EMS provides 3 full time staffed ambulances 24/7 with an arsenal of 5 fully equipped units.

We also provide the area with advanced EMT's and Paramedics who offer Advanced Life Support to those who need it.

All staff maintain many certifications to be qualified to work in the ambulance industry. The staff is very

dedicated to maintain their education and training.

Spiritwood-Big River EMS offers many courses to the public who wish to learn different aspects of the medical profession. We provide many classes not limited to the following:

- CPR
- First Aid
- First Responders
- Basic Trauma Life Support
- Automated External Defibrillation
- Farm Safety
- Many, many, more!



What Have We Been Up To?

In the year 2005, Spiritwood-Big River Ambulance Care responded to:

- ☛ 1478 calls
- ☛ 260,202kms traveled

Do You Want To Contact Us?...Please DO!

Emergency !	911
Spiritwood Base Info	306-883-2500
Spiritwood Fax	306-883-3799
Big River Base Info	306-496-8000
Big River Fax	306-496-8001
Website: www.spiritwoodambulance.ca	

Emergency Dial 9-1-1

Magnet Goes Here!

Emergency Medical Services



Early Recognition

Is important so that treatment can be provided as soon as possible.

Warning Signs of a Heart Attack

- Pain or tightness in the chest, neck, jaw, shoulder, arms or back that does not go away with rest
- Shortness of breath
- Nausea, Indigestion, Vomiting
- Sweating - Cool, clammy skin
- Fear, Anxiety, DENIAL
- Compared to men, women may feel less chest pain and more neck and shoulder pain, nausea, and/or shortness of breath

Warning Signs of a Stroke

- Sudden weakness, numbness, or tingling in the face, arm, or leg
- Sudden temporary loss of speech or trouble understanding speech
- Sudden loss of vision, particularly in one eye, or double vision
- Sudden or severe and unusual headache
- Sudden loss of balance, especially with any of the above signs

SIGNS MAYBE MILD OR SEVERE



EMS WEEK May 14-20, 2006

Phone First! Emergency 9-1-1

If you experience these signals, tell someone or call for help. If someone else shows these signals, take charge. Call EMS. Be prepared to tell the dispatcher the following information:

- The location of the emergency (with names of crossroads or streets)
- The telephone number of the phone you are using to make the call
- What happened (i.e. suspected heart attack or stroke)
- The time when the signs of a heart attack or stroke first began
- The person's age
- Whether the person is responsive
- Whether the person is breathing
- What is being done to help (i.e. CPR is being done)

Don't hang up until the dispatcher does

Strengthen the Chain of Survival



Don't guess, call EMS!



Learn CPR - The Course of a Lifetime

During the course, you will learn skills that will make you an important link in the Chain of Survival. It only takes a few hours to learn how to:

- Reduce your risk of heart disease, stroke or injury
- Recognize an emergency
- How to perform cardiopulmonary resuscitation (CPR) for adults, children and infants



Early Defibrillation

is the link in the Chain of Survival most likely to improve survival for adults in cardiac arrest.

EMS professionals carry an Automated External Defibrillator (AED) that can deliver a shock so that the heart can beat effectively again. It is important to perform CPR while waiting for the defibrillator to arrive. Defibrillation is most beneficial when performed as soon as possible after a sudden cardiac arrest. For every minute that passes, the chance of survival decreases by 7-10%. Some communities have public access to defibrillation (PAD) programs. This means there maybe a defibrillator in your office, restaurant, hotel or other large community facility. Contact your local EMS service to learn more.



www.heartandstroke.ca
1-888-HSF-INFO



Saskatchewan
Emergency
Medical
Services
Association
www.semsa.org



www.spa.sk.ca
1-877-725-402