



FEBRUARY IS





HEART





MONTH



HEART&
STROKE
FOUNDATION
OF ONTARIO

Finding answers. For life.

Put your Heart into it, Ontario!

help

FEBRUARY IS HEART MONTH

BRISTER Group INSURANCE

BRISTER INSURANCE BROKERS LTD.
BRISTER LIFE INSURANCE LTD.
BUSH-ARMSTRONG INSURANCE BROKERS LTD.
BRUYERE INSURANCE BROKERS
PATTERSON HADDEN INSURANCE BROKERS
CASSIDY CHEVRIER & ASSOCIATES

WINCHESTER
473 Main Street
613-774-2832

PRESCOTT
270 Edward Street
613-925-5901

MORRISBURG
Village Plaza
613-543-3731

CRYSLER
12 Queen Street
613-987-2117

EMBRUN
1025 Notre-Dame
613-443-3666

CHESTERVILLE
11 Industrial Drive
613-448-2398

"Home Away From Home"

Crysler Residence

Country Retirement At Its Best

www.cryslerresidence.ca
5 Concession St. East, P.O. Box 89, Crysler, Ont., K0A 1R0
613-987-5562

Dr. George Carlin & Dr. Theresa Horton
Dental Surgeons

613-774-2616
Office Hours:
8:00 am-4:00 pm
By Appointment

539 St. Lawrence Street
Winchester, Ontario
K0C 2K0

ANDY'S FOODLAND
Your Hometown Advantage

Donations to the Heart & Stroke Foundation can be made here

• Fresh Produce • Fresh Fruit
• Quality Meats • Deli & Bakery

MAIN STREET, WINCHESTER 613-774-2125
HOURS: Mon.-Fri. 8 am-9 pm; Sat.-Sun. 8 am-8 pm



White Snowblowers

WEAGANT
FARM SUPPLIES LTD.

White OUTDOOR
www.weagantfarm.com

Hwy. 29, Brockville **613-342-0668**
Hwy. 43, Winchester **613-774-2887**

DANIELS FUNERAL CHAPELS INC.

472 Main Street, Winchester, Ontario
K0C 2K0 **613-774-1117**

E. JAMES DANIELS (JIM)
Funeral Director

Winchester District Memorial Hospital

566 Louise St., Winchester, Ontario K0C 2K0

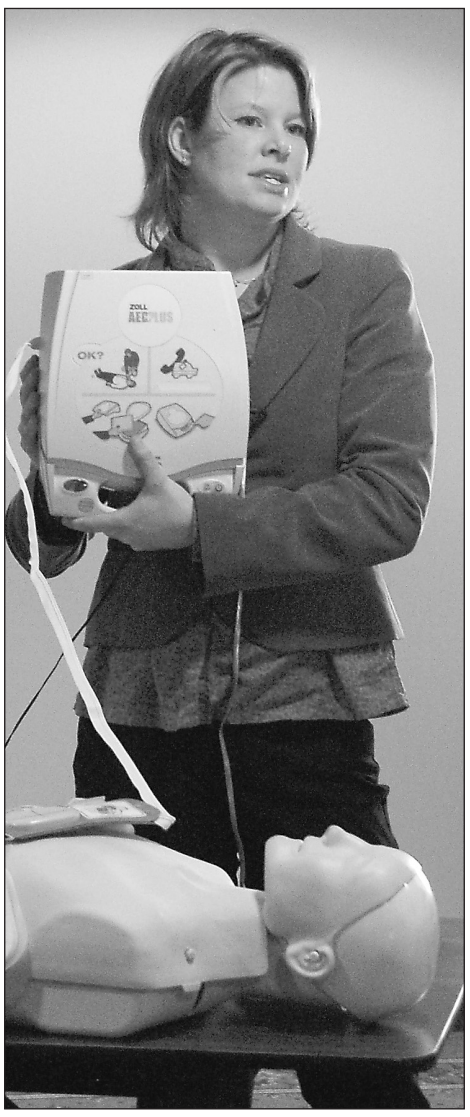
WDMH: *Leading & Learning Partners in Quality Health Care*



❤ Your health is our first concern! ❤
613-774-2422 **www.wdmh.on.ca**

FEBRUARY IS HEART MONTH

help



Micheline Turnau, community mission specialist with the Heart and Stroke Foundation, demonstrated one of the 15 new automated external defibrillators that will be distributed across Stormont, Dundas, and Glengarry. North Dundas will receive three of the machines and four will go to South Dundas.

Photos — Barbour

More buildings in North Dundas to get automated defibrillators

by Matthew Barbour

Probabilities for recovery from a heart attack will soon be improving for North Dundas residents. It was announced Sat., Jan. 27 that three new automated external defibrillators (AEDs) will be coming to key locations in the township.

Gord Bryan, president of the Cornwall Chapter of the Heart and Stroke Foundation, gave advance notice of the announcement Saturday morning as the foundation's Dundas chapter kicked off Heart Month at the Hartford Retirement Centre in Morrisburg. The official announcement came later in the day from Jeremy Gowsell, constituency assistant to MPP Jim Brownell, at a foundation meeting in Cornwall.

"Stormont, Dundas, and Glengarry Emergency Medical Services (EMS) will co-ordinate the distribution of 15 new AEDs — three of them will be installed in North Dundas, at the Morewood Community Centre, the South Mountain Agricultural Hall, and at the Nelson LaPrade Centre in Chesterville," Bryan told the *Press*. Another four will be placed in public buildings across South Dundas.



CTV Ottawa news anchor Max Keeping was the guest of honour as the Dundas Chapter of the Heart and Stroke Foundation kicked off Heart Month at the Hartford Retirement Residence in Morrisburg on Sat., Jan. 26. He is shown here with Chapter president Geraldine Fitzsimmons (left), Hartford general manager Lynn Hill and Micheline Turnau, community mission specialist with the Heart and Stroke Foundation.

He noted that AEDs are already installed at the municipal office in Winchester, as well as at the Winchester and Chesterville arenas, "But many people don't know they are there and signage needs to be improved — there could be nothing worse than to have someone collapse and not know there's a machine in the building."

"The new AEDs will be placed in various buildings over the next few months and in addition to distribution of the devices, EMS will also provide training to people at the new locations," he added.

However, the AEDs being distributed can be used by untrained responders as well. Once a unit's pads are placed on the victim's chest, the AED automatically performs a diagnosis to determine if a shock is needed. An electronic voice prompts the responder through each step of the process and a safety feature prevents a shock from being administered if one is not required. The machine also provides instructions for the user to perform CPR.

Bryan said funding for the AEDs has been provided by the Ontario Ministry of Health Promotion.

February is Heart Month in Ontario and the Heart and Stroke Foundation is gearing up for fundraising campaigns across the province.

Special Events planned at Dundas Manor

Dundas Manor Ltd.
P.O. Box 970
Winchester, Ont., K0C 2K0
613-774-2293
613-774-2294

February Special Events

Mon., Feb. 4	*THE QUIET TRIO ENTERTAINS,* 2 pm
Mon., Feb. 11	LET'S REMINISCE: LOVE, 2 pm
Tues., Feb. 12	TEDDY BEAR TEA, 2 pm
Wed., Feb. 13	*EIO GEORGE ENTERTAINS,* 10 am
Thurs., Feb. 14	*CHARLES ENTERTAINS*, 2 pm
Mon., Feb. 18	BEAVER TAILS & HOT CHOCOLATE, 2 pm
Wed., Feb. 20	*SING-ALONG WITH LYNNE*, 2 pm
Thurs., Feb. 21	*JEAN GUY ON THE PIANO,* 2 pm
Fri., Feb. 22	COFFEE AT TIM HORTONS, 10 am
Tues., Feb. 26	ARMCHAIR TRAVEL TO ALBERTA, 10 am
Fri., Feb. 29	*PADDY STEWART ENTERTAINS,* 2 pm

Hugs for Heart all month!

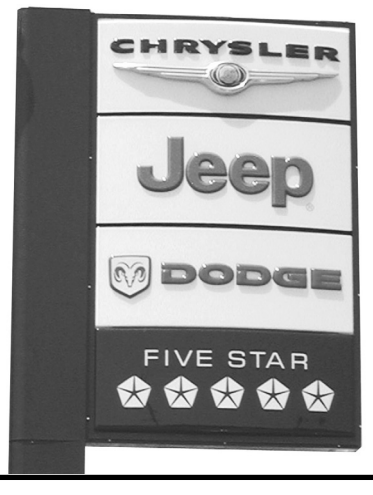
FIRST RESPONDERS

CPR and First Aid from Health Care Professionals

DENNIS McMAHON
CPR Instructor - Trainer
First Aid - Instructor

Telephone 613-774-3431

W.J.L. BOYD & Sons Ltd.



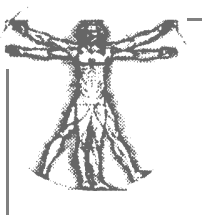
Parts, Sales, Leasing, Service & Body Shop

SERVICE HOURS: Mon., Wed., Thurs., Fri. 8 am-5 pm; Tues. 8 am-7 pm

SALES HOURS: Mon.-Thurs. 8:30 am-7 pm; Fri. 8:30 am-5 pm; Sat. 9 am-3 pm

BODY SHOP
FACTORY QUALITY WORKMANSHIP • WE HANDLE INSURANCE CLAIMS

OPEN SATURDAYS
567 ST. LAWRENCE ST.
WINCHESTER
613-774-2520



HEAD TO SOLE MASSAGE THERAPY

Claudette Pitre, RMT, RRPr
REGISTERED MASSAGE THERAPIST
REGISTERED REFLEXOLOGY PRACTITIONER
*Registered with College of Massage Therapists of Ontario

• Relief of Stress & Chronic Pain •
• Injury Recovery • Relaxation •
• TMJ Syndrome • Lymphatic Therapy • Foot Reflexology •

968B Notre Dame, Embrun 613-443-0406

February is Heart Month

Joined at the heart

A twin in North Bay raises funds for her sister who has a heart defect

Christmas, 1997, was a special time for Jennifer Graff. She had just given birth to twin girls, Alexis and Valerie. But by New Year's day, something seemed wrong with Valerie. Her skin had a blue tinge to it. She also seemed sickly and wasn't gaining weight. "She kept on falling asleep during feedings," her mother said. "I had to tap her feet to wake her up."

An echocardiogram revealed that she had a heart defect. Doctors prescribed digoxin to help her heart beat more regularly and monitored her closely. Six months later, while Jennifer was bathing the twins, Valerie turned completely blue. She had gone into heart failure with an erratic heartbeat. From North Bay, her parents drove six hours through a snowstorm to the Children's Hospital of Eastern Ontario in Ottawa where Valerie was put under observation overnight. Doctors recommended waiting to see if the holes in Valerie's heart would close by themselves, and by the time she turned four, they had.

The family also learned that Valerie's heart defect is caused by a rare genetic disorder. Unknown to her, Jennifer had Ehalers Danlos Syndrome, Classical Type 1 for 28 years. It's likely her daughters will pass it on to their children, too. Today, Valerie is living a more normal life. She loves to swim and play basketball. However, she is restricted in other physical activities such as gymnastics and running. Much to Valerie's disappointment, she can't go on fair rides, either. Her teachers are aware of her condition and supervise her activities at school. But Valerie doesn't like to be held back. One day, posing as her sister Alexis (they're fraternal twins who look a lot alike), she ran in a school 100-metre race – and won! When teachers found out it was Valerie, they were mortified. "But she was triumphant," her mother admitted.

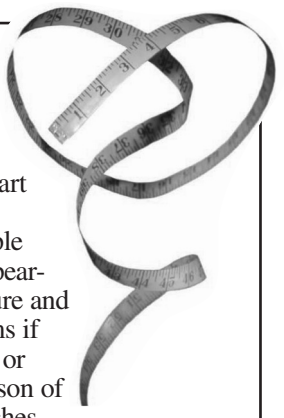


Alexis and Valerie Graff with Rocco Rossi, CEO of the Heart and Stroke Foundation of Ontario

Valerie's heart condition is not totally cured, however. One hole has reopened slightly. When her heart stops growing at the age of 13, she will undergo an operation in which surgeons are going to fix the hole completely with a Teflon patch. "This operation didn't exist when Valerie was born. In less than 10 years, the research has advanced a lot," Jennifer noted. Even the ultrasounds of Valerie's heart have gone from black and white to 3-D colour. "I can see the red blood coursing through her heart and see the hole, which is about one-and-a-half inches wide."

The girls are highly motivated to make a difference when it comes to supporting the Heart and Stroke Foundation. They always participate in Jump Rope for Heart at their school. Last spring, Alexis rollerbladed to raise funds for the Foundation while Valerie stood by with a sandwich board that read: "Support my sister so that kids with heart defects like me can lead a normal life." They managed to raise a total of $358. Now Valerie's dream is to go to Canada's Wonderland and ride the scariest, most thrilling ride – "The Drop Zone" – and participate in gymnastics. Jennifer is hoping and praying that soon Valerie will be able to do the normal things most children enjoy, too.

Watch the waistline!



Where you carry your weight could be even more important than how much weight you carry. A large waistline ("apples") may be a greater risk to your heart health than extra weight on the hips and thighs ("pears").

Heart and Stroke Foundation research studies show that people who have apple-shaped bodies are more likely than those with pear-shaped bodies to have high cholesterol levels, high blood pressure and diabetes. You're at significantly increased risk of health problems if your waist is: more than 35 inches (88 centimetres) for women, or more than 40 inches (102 centimetres) for men. If you are a person of Chinese or South Asian descent, the measurements are: 31.5 inches (80 centimetres) for women, 35.4 inches (90 centimetres) for men. Speak to your doctor about your results. Learn more about living healthy at heartandstroke.ca.



EAT WELL. LIVE LONGER.

We're helping Canadians eat healthier.
Make healthier choices today;
visit heartandstroke.ca.

HEART & STROKE FOUNDATION OF ONTARIO
Finding answers. For life.

Hartford Retirement Centre

OUR SERVICES INCLUDE
COMFORT

From the cheery hello to support and assistance when you need it.

Call 613-543-3984

Hartford Retirement Centre
3 Fifth Street West, Township of South Dundas, Morrisburg, ON
ORCA Approved Member
CHARTWELL SENIORS HOUSING REIT
www.chartwellreit.ca

Seaway Valley Pharmacy

507 Main Street, Winchester
613-774-2633

You insure your house, your car, and your life. Insure your investments for the same peace of mind.

Maybe you've been investing carefully for several years. You would like to continue to watch your investments grow, but you're thinking about protecting a portion of your portfolio. You want to protect your investments without limiting their growth.

The right investment can help.

Manulife Insured Portfolio Funds* offer you the growth potential of carefully selected industry-leading funds, with many of the great benefits of an insurance contract. Looking for peace of mind? Let's talk.

Manulife Financial
Helping You Make Better Financial Decisions™

The Manufacturers Life Insurance Company.

'Over 20 Years Serving the Area'

BK BRUCE R. KERR INSURANCE AND INVESTMENTS

BRUCE R. KERR
Insurance & Investments
456 Main St. E., Winchester
613-774-2456
Fax 613-774-0371
www.brucekerrinsinv.com

*Manulife Insured Portfolio Funds are segregated fund contracts issued by Manulife Financial. Investment returns will fluctuate and are not guaranteed other than at maturity or death.

FEBRUARY IS HEART MONTH

In a heartbeat

Since he was born a blue baby three decades ago, Mark Stewart from Guelph must rely on new research to keep his heart working properly

Mark Stewart was born a blue baby. He had a serious heart defect in which two of the major arteries were reversed, causing him to look blue because of his oxygen-poor blood. At the age of four, doctors performed a life-saving operation developed by Dr. William Mustard, a Heart and Stroke Foundation researcher, and Stewart survived. But his heart problems didn't end there. Over the years, in order to control his racing heart, which has been known to beat as high as 225 times a minute, Stewart's doctors have implanted four different pacemakers.

Growing up, Stewart felt normal but he was chronically short of breath. He was a bit slower physically than his older brothers. When Stewart turned 25, he experienced tachycardia, a rapid beating of his heart, which can be life threatening. "My heart was racing like crazy and wouldn't slow down," he explained. Doctors performed cardioversion, a brief procedure in which an electrical shock is delivered to the heart to convert his abnormal heart rhythm to normal. "When I woke up, I felt as if a horse had kicked me in the chest," he said. To keep his heart steadily beating, the doctors also implanted a pacemaker in his chest. Since then, he has had his pacemakers upgraded three more times. "Pacemakers have improved over the course of my lifetime and I'm glad of it," he said.

In the meantime, he is also considering a new procedure called banding. "Because the right side of my heart is doing what the left side should be, my heart basically works backwards. In time, my heart will enlarge and eventually give out and I will probably need a transplant," he explained. The banding procedure constricts the left side of the heart so it works harder. "I'm watching the research on this and have heard that it has worked with younger patients."

Today, the 39-year-old is married with two children. About eight years ago, he lost 60 pounds and now tries to eat as healthfully as possible and he rides his bicycle regularly. He also tries to keep things balanced – work, life, family. "My prognosis is that they'll need to keep implanting pacemakers as long as they can and then hopefully research will make the best heart available to me when pacemaker technology no longer offers a solution," he said. "I am trusting in technology and in research to keep me alive."



Mark Stewart

Saved by helping hands

A 64-year-old from Stratford survives cardiac arrest thanks to two firemen who performed CPR and defibrillation

If two firefighters hadn't forgotten a scarf on a plane, Jack Carnie might not be alive today.

Carnie, 64, was flying into Toronto when he started to feel ill and short of breath. The flight attendant helped him use the oxygen mask on the plane, which helped him breathe easier and feel better. But as he was entering Lester B. Pearson Airport, his heart stopped beating. He was in cardiac arrest. "Just after I got off the plane, I went down," he said.

Luckily, Carnie's friend and business associate, Dave Mayberry, called out for help to two firefighters, who had already gotten off the plane but were returning to retrieve a scarf they'd left behind. One of them performed CPR and the other one located an Automated External Defibrillator (AED), he said.

Within seconds, Carnie had regained consciousness and was in an ambulance heading for the nearest hospital. "It was a miracle that these firefighters were there and got the defibrillator," he said. "I'm really lucky."

Surgeons inserted an implantable cardioverter defibrillator (ICD), which can be described as a sophisticated pacemaker, into his chest. The ICD constantly monitors his heart and regulates irregular heart rhythms by sending electrical signals when required to restore a normal rate.

Despite Carnie's busy life running his own business, he said he has slowed down, diligently takes his blood pressure and cholesterol-lowering medications, and listens to his body.



Jack and Mary Carnie

"I don't shovel snow and I don't do anything that's heavy because that causes me some strain," he said. "I walk an hour almost every day, but when I'm tired, I know it. Then, I just go and lie down."

Carnie said he hopes everyone will learn CPR and how to use an AED. Cardiopulmonary Resuscitation (CPR) – a skill that involves chest compressions and rescue breaths – has the power to restore blood flow in those experiencing cardiac arrest, keeping the patient alive until an ambulance arrives on the scene. An AED is a machine that can monitor heart rhythms. It can tell if the heart has stopped beating effectively. If required, the machine can then deliver an electric shock to the heart. Most of the time, this shock will restart the heart.

When CPR is used with defibrillation, cardiac arrest survival rates can improve from 5 per cent to 50 per cent or more if delivered within the first few minutes.

Le Pavillon
Retirement Resort
613-443-1690 Fax 613-443-1283
1122 Notre Dame, Embrun

WINCHESTER PHYSIOTHERAPY & ACUPUNCTURE CENTRE
General Rehabilitation, Sports Injuries, Neck, Back and Joint Injuries, Neurology (Stroke, Parkinsons, MS, etc.), Headaches, WSIB Injuries, Motor Vehicle Accidents
Covered by Extended Health Care Plans
Conveniently located in the Lannin's Business Centre Bldg.
457 Main Street, Winchester
For more information and appointments call
613-774-4505

NAOMI'S FAMILY RESOURCE CENTRE
NEED HELP! CALL...
Crisis services for abused women and their children
CRISIS NUMBER: 1-800-267-0395
P.O. Box 849
Winchester
613-774-2838

LANNIN'S TIM-BR Mart™
FLECTO PITTSBURGH STANLEY AIR MILES Travel and More
ENERGRADE™
2682 Cty. Rd. 31 South
Winchester
613-774-2830
Hours: Mon.-Fri. 7:30 am-5 pm; Sat. 8 am-1 pm