FEBRUARY IS HEART MONTH



The heart of an artist now stronger than ever

In April 2002, at just four-years-old, Winchester resident Jessica Stewart found herself caught in a pattern of medical appointments, consultations, and an extended stay at the Children's Hospital of Eastern Ontario. Diagnosed with atrioventricular septal defect, the little girl had a hole in her heart that, if left untreated, would have ended her life. This is Jessica's story.

by Matthew Uhrig
Press staff

WINCHESTER – The often-imagined picture of childhood sees a youngster running free, often careless and intent on tracking down the single thought flowing through their brain at that moment before quickly moving onto the next.

Be it barefoot in the yard, giving chase to a ball, or jumping from one idea to another, the frame-by-frame moments of a young life are treasures held dear.

For Winchester resident Jessica Stewart, however, those formidable years were anything but ordinary.

In April 2002, as winter's grip began to weaken on the region, giving way to spring's bounty, Jessica's odyssey through the provincial healthcare system began.

As her mother, Karen, recalls, her little girl was quite quiet from birth, outside of the occasional whimper as a baby, at four-years old Jessica was content to sit stationary, reading a book or watching television.

"At first, you're thinking, 'Well, we got lucky… We have a quiet child,'" Karen said. "But she had no interest in any child-like activities… Something didn't seem right."

Fears were then coupled with Jessica's consistently blue lips and fingernails, a sign that her blood wasn't circulating as it should be. Meanwhile, when the little girl lay on her back, the left side of her chest near her heart would be lifted, appearing swollen. (Karen credits Jessica's grandmother, who had a background in healthcare, for first taking notice of her daughter's health defect.)

Indeed, something was amiss; as Karen would then discover Jessica's situation was dire.

"We took her to see our family doctor [Dr. Katherine Darbyshire] because we were concerned by the abnormalities," she said. "What we were told didn't sound right, because the doctor said her heart sounded like a washing machine."

Jessica was then referred to a cardiologist at the Children's Hospital of Eastern Ontario (CHEO).

"When we finally got an appointment at CHEO, Jessica's exams took a long time… A lot longer than if nothing were wrong," Karen said. "I remember looking at my husband [Jim] and at about the same time we both said 'something isn't right.'"

Jessica's parents' assumptions were founded when, following both an echocardiogram and an electrocardiogram, the little girl was diagnosed with atrioventricular septal defect, or in layman's terms, a hole in her heart, while blood from both the left and right side of the organ was mixing.

"Her heart was so large, and it was working so hard, pumping through so much blood," Karen said.

Immediately, Jessica was administered with blood pressure medication in order to help regulate the flow, while she would then have to stay in hospital for three days of monitoring, all but ending her school year.

"It was tough for us, because we also had [our son] at home, and we couldn't stay with her in the hospital," Karen said. "But, thankfully, Jessica was put into a room with another little girl, and her mother agreed to keep an eye on Jessica, between the nurse visits."

Following the three-day stay, Jessica was given a surgery date of May 14, 2002. Meanwhile, because of her age, and the continued growth of her body and internal organs, Jessica was reaching an age where the surgery, on a child, was more complex.

"They put her right to the top of the surgery list in order to get her in as soon as possible," Karen said.

For the procedure, Jessica's young heart was removed from her chest, which allowed doctors the ability to close the opening that had formed. (Doctors were also concerned when they found what they believed to be a second hole; however, it was soon revealed as nothing more than a shadow on the X-ray.) Following the day long surgery, Jessica was moved into an adjacent hospital room for monitoring. All told, she would spend a full week at CHEO after the operation, while he parents were given accommodations at the nearby Ronald McDonald House Ottawa.

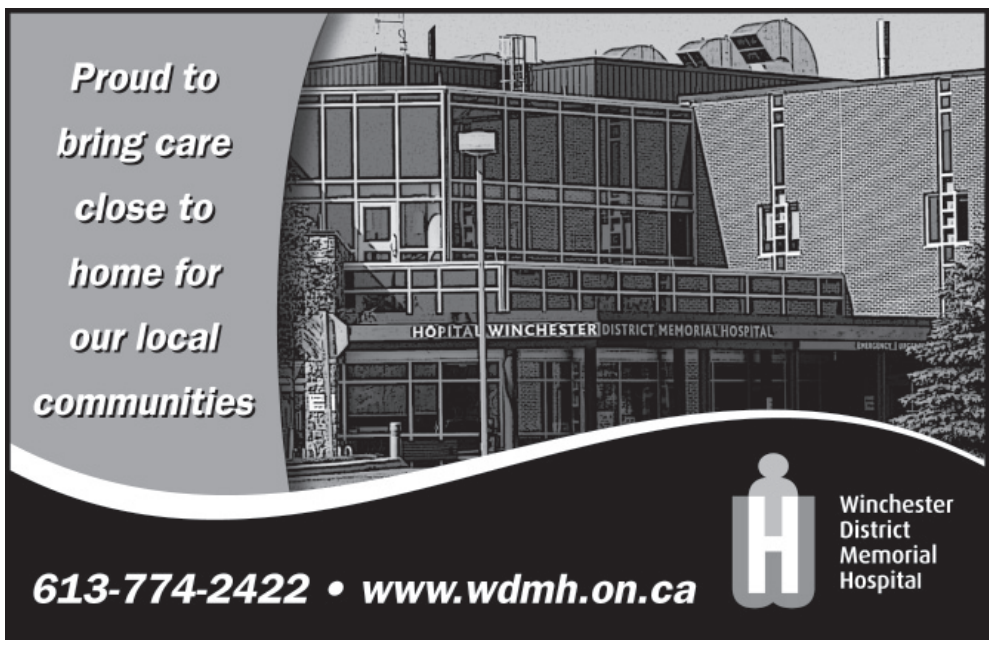
"It was amazing to see her afterward. She bounced right back… Kids truly are resilient," Karen said, as she recalled watching Jessica running around with more energy then ever before after her heart was repaired. "She was given a new life that day."

In the 11 years since the procedure, Jessica has gone on to graduate from Russell Public School, and is now a student at Russell High School, having been enrolled there for the educational facility's French immersion option. Today, while still content to read a book or watch television, opposed to playing sports outside (a teenager's choice, with no connection to health impediments), her attention has also turned to the culinary arts, along with being an avid painter.

"It's amazing, because if I didn't have [the surgery] then I probably would have died," Jessica said, acknowledging her good fortune. "Now, my doctor has told me if I ever need surgery again, I'll be in my old age."

Save for a small scar on her chest, where doctors entered during the procedure, and another on her side, where a breathing tube was inserted following the surgery to counteract a deflated lung, Jessica shows no obvious signs of her medical experience. A yearly appointment with a heart specialist at CHEO (she'll soon outgrow the children's hospital and begin attending the Ottawa Heart Institute) also helps to ensure all continues to be well this many years later.

"She really has been healthy ever since, and our family is very lucky that she is what she is today," Karen said.



Seaway Valley Pharmacy

YOUR FULL SERVICE PHARMACY FOR ALL YOUR PRESCRIPTION AND HEALTH CARE NEEDS FOR OVER 40 YEARS

507 Main Street, Winchester
613-774-2633

FEBRUARY IS HEART MONTH

How can I prevent heart disease?

Heart disease is preventable and manageable.

Your best defense is controlling the risk factors that could lead to coronary artery disease, such as high blood pressure, high cholesterol, diabetes, smoking, stress, excessive alcohol consumption, physical inactivity and being overweight.

If you've been diagnosed with a heart condition, there are treatments to help you manage your illness. You can reduce your risk by considering these heart-healthy steps:

- Be smoke-free.
- Be physically active.
- Know and control your blood pressure.
- Eat a healthy diet that is lower in fat, especially saturated and trans fat.
- Achieve and maintain a healthy weight.
- Manage your diabetes.
- Limit alcohol use.
- Reduce stress.

Visit your doctor regularly and follow your doctor's advice.

www.heartandstroke.on.ca

The single best thing we can do for our health

Physical activity can be a lifesaver – literally. Canadian Physical Activity Guidelines recommend that you accumulate at least 150 minutes of moderate to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. Moderate intensity activities include brisk walking or bike riding. Vigorous intensity may mean jogging or cross-country skiing. To derive the most benefit, spread your activity out over several days of the week. By doing so, you can dramatically lower your risk of heart disease and stroke.

Regular activity also helps prevent and control risk factors such as high blood pressure, high cholesterol, type 2 diabetes, osteoporosis, certain types of cancer, and obesity.

Adding more activity to your daily life may also reduce stress levels, increase energy, improve sleep and digestion.

Because physical activity makes you feel better about yourself, you're more likely to make healthy lifestyle choices and avoid unhealthy ones such as smoking, overeating, or drinking too much alcohol.

Benefits may begin within the first week of regular activity. For example, your blood pressure may start to come down, and you could start to feel more energetic and relaxed. After three months, you may experience better health, improved posture and balance, stronger muscles and bones, more confidence and a more positive outlook on life.

Before starting a physical activity program, it's best to speak to your healthcare provider first to discuss what is right for you.

www.heartandstroke.on.ca

HEART ATTACK WARNING SIGNS AND ACTIONS

HEART&™ STROKE FOUNDATION OF CANADA

Learn to recognize the signs of a heart attack so you can react quickly and save a life.

SIGNS



Chest discomfort
Uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness



Discomfort in other areas of the upper body
Neck, jaw, shoulder, arms, back



Shortness of breath



Sweating



Nausea



Light-headedness

ACTIONS

If you are experiencing any of these heart attack warning signs, you should:

- **CALL 9-1-1** or your local emergency number immediately, or have someone call for you.
- Stop all activity and sit or lie down in whatever position is most comfortable.
- If you have been prescribed nitroglycerin, take your normal dosage.
- If you are experiencing chest pain, chew and swallow one adult 325 mg ASA tablet (acetylsalicylic acid, commonly referred to as Aspirin®) or two 80 mg tablets. Pain medicines such as acetaminophen (such as Tylenol®) or ibuprofen (such as Advil®) do not work the same way as ASA and will not help in a heart attack.
- Wait for emergency medical services (EMS) personnel to arrive.

HP2002E V1.6

1-888-HSF-INFO (473-4636)

STROKE WARNING SIGNS AND ACTIONS

HEART&™ STROKE FOUNDATION OF CANADA

Stroke is a medical emergency. Recognizing and responding immediately to the warning signs of stroke by calling 9-1-1 or your local emergency number can significantly improve survival and recovery. Only 20% to 25% of those who have a stroke actually get emergency care and treatment within three hours of the onset of symptoms – the critical time frame during which clot-busting drugs are most effective.

SIGNS



Weakness – Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.



Trouble speaking – Sudden difficulty speaking or understanding or sudden confusion, even if temporary.



Vision problems – Sudden trouble with vision, even if temporary.



Headache – Sudden severe and unusual headache.



Dizziness – Sudden loss of balance, especially with any of the above signs.

ACTION

If you experience any of these symptoms, CALL 9-1-1 or your local emergency number immediately.

This document has been independently researched, written and reviewed by the Heart and Stroke Foundation and is based on scientific evidence.

heartandstroke.ca

DUNDEEWEALTH

Joanna Helmer, CFP®
Associate Investment Advisor



DWM Securities Inc.
www.dundeewealth.com

Cell: 613-913-8575
jhelmer@dundeewealth.com

NAPA AUTOPRO

ONTARIO'S DRIVE CLEAN

Winchester Autopro

Dependable Automotive Repair to All Makes & Models of Vehicles

11906 County Rd. 43, West of Hwy. 31
Box 703, Winchester
613-774-3189

'On the road or off, we've got you covered!'

LINHAI BIG HORN 21 WORK-HORSE EDITION

THE GardenVilla RETIREMENT RESIDENCE

Enjoy the comfort and care you need right here in North Dundas County.



Call today: 613-448-1116
toll free: 1-866-575-2728
fax: 613-448-1115
www.gardenvilla.ca
66 Main St. South, Chesterville

McArthur Bros. & MacNeil
FUNERAL HOME & CHAPEL
Serving Cornwall & Area Since 1859

a division of PARKER Funeral Home Ltd.

PARKER Funeral Home Ltd.

William (Bill) MacDonald
Manager
Funeral Director

Bonnie Parker
Funeral Director
Owner

Jim Bennett
Prearrangement and After Care Counselor

428 Second Street East
Cornwall
613-932-6300
www.mcarthurbrosfh.com
mcarthurbrosfh@cogeco.net

28 Sir James Morris Drive
Morrisburg
613-543-2271
www.parkerofmorrisburg.com
parkerfh@personainternet.com

FEBRUARY IS HEART MONTH

FIRST RESPONDERS

CPR and First Aid from Health Care Professionals

DENNIS McMAHON
CPR Instructor - Trainer
First Aid - Instructor

613-774-3431
dennis.mcmahon@first-responders.biz

Dundas Manor
Long-Term Care Home

Special Events
planned at Dundas Manor
Ladies and Gentlemen Serving Ladies and Gentlemen
P.O. Box 970, Winchester, Ont.
613-774-2293 • 613-774-2294

FEBRUARY SPECIAL EVENTS
SUN., FEB. 3: Charles Gregoire entertains
THURS., FEB. 7: Arlene Quinn entertains
MON., FEB. 11: Bonnie Wallace entertains
WED., FEB. 13: Snowflake Ball, John Foster entertains
THURS., FEB. 14: Tea for our couples
FRI., FEB. 15: Blaine Millward entertains
MON., FEB. 18: Music with Dan
THURS., FEB. 21: Bonnie & Gerry entertain
SUN., FEB. 24: Al Visser entertains
MON., FEB. 25: Anne, Shelly & Keith entertain
WED., FEB. 27: Beaver tails & hot chocolate served

Hugs for Heart
All Month Long!
Give someone a hug today!
25¢ a hug
All money raised will be donated to the Heart & Stroke Foundation

ANDY'S FOODLAND
Fresh food. Friendly neighbours.
• Fresh Produce • Quality Meats • Deli & Bakery
MAIN STREET, WINCHESTER
613-774-2125
Hours: Mon.-Fri. 8 am-9 pm; Sat-Sun. 8 am-8 pm

OK TIRE™
Honestly driven.

W.J.L. BOYD AND SONS LTD.
Sales & Service Since 1936
567 St. Lawrence Street, Winchester • 613-774-2520

BRISTER Group
INSURANCE

BRISTER INSURANCE BROKERS LTD.
SUMMERS INSURANCE BROKERS
613-774-2832

PATTERSON HADDEN INSURANCE BROKERS
613-448-2398
473 Main Street, Winchester

BRISTER INSURANCE BROKERS LTD.
270 Edward Street, Prescott 613-925-5901

BRISTER INSURANCE BROKERS LTD. / BRISTER LIFE INSURANCE LTD.
Village Plaza, Morrisburg 613-543-3731

BUSH-ARMSTRONG INSURANCE BROKERS LTD.
12 Queen Street, Crysler 613-987-2117

BRUYERE INSURANCE BROKERS
1025 Notre-Dame, Embrun 613-443-3666

SERVING EASTERN ONTARIO

Dr. George Carlin
Dental Surgeons
Dr. Theresa Horton
Dr. Leila Okhravi
613-774-2616
Office Hours:
By Appointment
Winchester, Ontario
K0C 2K0

Winchester Chiropractic Centre
569 Main Street West, Winchester
Dr. Dieter Hardtke, D.C.
Alyssa Gregory, RMT
Providing positive caring results to the community for more than 34 years
WE WELCOME ALL PATIENTS TO OUR CLINIC
Phone 613-774-3944 to book an appointment

WINCHESTER FLOORING & FURNITURE
• Mattresses • Furniture & Accessories
• Floor Coverings - Laminate, Hardwood, Ceramic, Vinyl and Carpet • Wallpaper
Bob Craig: 613-223-3745 • Scott Cole: 613-223-3764
12026 Dawley Drive
WINCHESTER 613-774-7078
winchesterflooring@bellnet.ca
ASHLEY® FURNITURE INDUSTRIES, INC.

February is Heart Month

Too many Canadians risk death or disability by not calling 9-1-1 at the first sign of stroke

Adults under the age of 50 are risking death or permanent disability far too often by not calling 9-1-1 or their local emergency number at the first sign of stroke, according to data released by the Heart and Stroke Foundation and the Canadian Stroke Network.

The rest of Canadians aren't doing much better.

And that spells trouble because there are 50,000 strokes in Canada each year.

"When it comes to stroke, there are two enemies: the clock and the clot," says stroke neurologist Dr. Michael Hill, who speaks on behalf of the Heart and Stroke Foundation and the Canadian Stroke Network. "Canadians need to understand that the clock starts ticking at the first signs of a stroke, and every second of delay leads to more brain cell death and greater risk of death or disability."

The stats – collected from about 10,000 patient charts at 295 hospitals across Canada – found that half of all adults under the age of 50 took longer than eight hours to arrive at a hospital emergency department. Across all age groups, women took slightly longer than men to arrive at hospital.

Overall, two-thirds of Canadians arrive at hospital too late to meet the 3½-hour treatment target for clot-busting drugs or other interventions that can minimize – or even erase – the devastating effects of stroke.

"Faster action would prevent disability for thousands of Canadians and save lives," says Dr. Hill.

Further, polling done for the Heart and Stroke Foundation in May 2012 found that even though most Canadians recognize at least one sign of stroke, over one in three say they would not likely call 9-1-1 or their local emergency number even if they saw those signs in someone they know.

Among the most-cited reasons for not calling were denial (people thinking that the signs are not a medical emergency) and the misperception that it is faster to drive the person to the hospital themselves.

For every minute of delay in treating a stroke, the typical person loses almost two million brain cells. And for each hour in which treatment does not occur, the brain loses as many neurons as it does in more than three years of normal aging.

When you call 9-1-1 or local emergency number, the system is alerted and treatment is fast-tracked, explains Dr. Hill. In most provinces, bypass protocols enable ambulances to get patients to specialized stroke centres in the fastest possible time.

For the 30 per cent of stroke patients who make their own way to their nearest hospital, arriving by car rather than ambulance can add life-threatening minutes or hours before diagnosis and treatment can begin. "Your closest hospital may not be the best equipped to deal with stroke – EMS knows which hospital to take you to," says Hill.

Even for those with mini-strokes (transient ischemic attacks or TIAs) immediate treatment can reduce the risk of having a more severe stroke.

Have you had the 'S-talk?'

"There's an urgent need for Canadians of all ages to start openly talking about stroke, to know the signs and know how crucial the 9-1-1 call is," says Ian Joiner, Director of Stroke for the Heart and Stroke Foundation. "The bottom line is that people aren't getting to hospital in time for treatment."

To help start conversations among all Canadians, the Heart and Stroke Foundation launched The S-talk, a digital campaign encouraging all of us to talk to our families and friends about the stroke warning signs and the importance of fast action. One of the key points in the S-talk is to recognize and overcome denial, often the first reaction to the signs of a stroke.

"The most important thing people can do is be aware of the stroke warning signs and know that they are an urgent medical emergency," Joiner adds. "The very idea of stroke can be frightening. Most people would rather avoid discussing it, but it's a talk families need to have." The signs of stroke include one or more of the following, even if temporary:

Weakness – sudden loss of strength or sudden numbness in the face, arm or leg

Trouble speaking – sudden difficulty speaking or understanding or sudden confusion

Vision problems – sudden trouble with vision

Headache – sudden severe and unusual headache

Dizziness – sudden loss of balance, especially with any of the above signs.

"If you or someone you know experiences any of these symptoms, call 9-1-1 or your local emergency number immediately," says Joiner.

www.heartandstroke.on.ca

MARSDEN & McLAUGHLIN FUNERAL HOMES LTD.

We offer personal attention and professional care with dignity

Chesterville 613-448-2120 • Cardinal 613-657-4848
Williamsburg 613-535-2339 • Iroquois 613-652-4452

LANNIN Home building centre
J.D. Van Noy
General Manager
2682 COUNTY RD. 31 SOUTH, WINCHESTER
Telephone 613-774-2830 Fax 613-774-2765
Lannin@xplornet.com
SERVING YOU SINCE 1945

Alternatives for uneasy investors

Market swings can leave you feeling uncomfortable, but they shouldn't stop you from investing for your future.

While investing for the long term, it may make sense to consider short-term alternative investments that feature:

- Protection from volatility
- Potentially better investment returns than a simple savings account
- Death benefit guarantees
- Estate planning with a named beneficiary
- Free switches to appropriate investments once you're feeling more certain about market conditions*

Let's work together to keep you on track to achieving your longterm financial goals. Contact me today to discuss alternative investments that suit your needs and risk tolerance.

Jeff Riddell, CFA, CFP
Winchester Financial Services
456 Main St. E., Winchester, Ontario, K0C 2K0
613-774-2456
1-866-697-2456
www.winchesterfinancial.ca

*Great-West Life may charge a short-term trading fee of up to two per cent of the amount exchanged or redeemed if you invest in a fund for less than 90 days.

THE Great-West Life ASSURANCE COMPANY

Great-West Life and the key design are trademarks of The Great-West Life Assurance Company.

Hillcrest Manor
HOME STYLE RETIREMENT LIVING
Safe, Secure and Comfortable
Friendly, Relaxing and Affordable
Home Cooked Meals, Laundry
Respite, Subsidy Approved
HillcrestManor.ca
Stephen & Virginia Tovell
613-774-3391
11664 Hwy. 43, Mountain, ON, K0E 1S0