

TRUE OR FALSE?

1. Your chances of having a stroke increase with age.
2. Each year, more men die of stroke than women in Canada.
3. 10% of Canadian adults have high blood pressure.
4. A stroke happens in the head.
5. Each year, about 16,000 Canadians die from stroke.
6. One of the symptoms of a stroke is pain in the chest.
7. One of the symptoms of a stroke is a sudden, unusual or severe headache.
8. Binge drinking increases the risk for stroke.
9. Excess alcohol raises the levels of fats in the blood.
10. Alcohol contributes to weight gain.

ANSWERS

1. **True.** Over two thirds of all strokes occur among people over the age of 65 years.
2. **False.** Men have a higher risk but because women live longer, more women die from stroke than men.
3. **False.** 22% of Canadian adults have high blood pressure. Up to half of the people with high blood pressure are not aware they have a problem and are not being treated.
4. **True.** It is a sudden loss of brain function due to a blockage or rupture of blood vessels.
5. **True.** Approximately 1 in 3 strokes is fatal.
6. **False.** Pain in the chest may be a symptom of a heart attack.
7. **True.** Seek immediate medical attention if you suspect a stroke.
8. **True.** Binge drinking increases blood pressure.
9. **True.** This can increase your risk for heart disease & stroke.
10. **True.** Alcohol is high in calories.

Stroke & Alcohol RESOURCES

**ADDICTION OUTREACH
MUSKOKA-PARRY SOUND**
Bracebridge direct - 645-1311
Parry Sound direct - 746-7113
East or West Parry Sound
1-800-668-5192
in Muskoka 1-800-668-1856

HEALTH CANADA
www.hc-sc.gc.ca

**HEART & STROKE
FOUNDATION**
737-1020 or 1-800-572-1572
or 1-888-HSF-INFO
Information on local chapters
is available through the central
office.
www.heartandstroke.ca

HOSPITALS
Huntsville District Memorial
Hospital - 789-2311
Burks Falls & District Health
Centre - 382-2900
South Muskoka Memorial
Hospital - 645-4404
West Parry Sound Health
Centre - 746-9321

**LOW RISK DRINKING
GUIDELINES**
www.lrdg.net

**MUSKOKA-PARRY SOUND
HEALTH UNIT**
Gravenhurst - 684-9090
or 1-800-563-2808
Huntsville - 789-8813
Burk's Falls - 382-2018
Parry Sound - 746-5801
www.mpshu.on.ca

**RISK PROGRAM OF
MUSKOKA-PARRY SOUND**
789-8813, ext. 225
www.frcentre.net/communities/muskokaps.htm

Mocktail Recipe

Serve your guests a healthy, non-alcoholic drink next time they come over for a visit...

Bloody Shame

- 6 oz V-8 juice
- 1/8th teaspoon concentrated lemon juice (10 drops)
- Hot pepper sauce (such as Tabasco) to taste
- 2-3 drops of Worcestershire sauce
- Black pepper to taste
- Ice cubes

Put the ice cubes in a large glass, followed by the V-8 juice. Add the other ingredients and stir. Garnish with a celery stalk if desired.



Alcohol Use & STROKE



About STROKE...

Stroke is one of the leading causes of death and disability in the developed world.

There are two general types of risk factors for stroke:

Risk factors you cannot control:

- Getting older.
- Gender. Men have a higher risk.
- Having a close relative who had a stroke before age 65.
- Ethnic background. Canadians of First Nations/Aboriginal Peoples, African, Hispanic, South Asian and Black descent have a higher risk.
- Prior stroke. Your risk is greater if you already had a stroke.

Risk factors you can control:

- High Blood Pressure. 65% of all strokes are associated with high blood pressure.
- Diabetes. Diabetics have a 2 to 4 times greater risk of stroke.
- Smoking. People who smoke have a 40-60% greater chance of having a stroke.
- Heart Disease.
- High Blood Cholesterol.
- Inactivity. People who are physically inactive have twice the risk for stroke.
- Excessive Alcohol Consumption. Heavy drinking, especially binge drinking, is associated with stroke.

In addition to this, women have additional risk factors associated with birth control pills, pregnancy & childbirth and menopause.

How CAN I LOWER MY RISK?

There are several lifestyle choices that can help to lower your risk of having a stroke.

- Be physically active for at least 30-60 minutes, 4-7 days a week.
- Be smoke-free. Within 5 to 15 years of becoming smoke-free, your stroke risk will be the same as someone who never smoked.
- Maintain a healthy diet, low in fats, particularly saturated fats (found in animal products such as butter and meat). Increase the fiber in your diet.
- Reduce your stress. Find healthy alternatives to managing your stress.
- Maintain a healthy weight.
- If you have diabetes, learn to stabilize your blood sugar levels.
- If you have been prescribed medication, take it as directed.



What ABOUT ALCOHOL?...

Binge drinking (more than 5 standard drinks of alcohol per occasion) can increase blood pressure and contribute to the development of high blood pressure, heart disease and stroke. Even consuming more than 2 drinks per day doubles the risk of high blood pressure.

Some studies suggest that a low intake of alcohol may have a protective effect against stroke and heart disease. Keep in mind that little goes a long way. In most cases, one drink of beer, wine or liquor every other day is enough.

- If you don't already drink, don't start.
- If you do drink, limit yourself to 1-2 drinks per day, with a weekly maximum of 9 for women and 14 for men.
- The heart health benefits of alcohol apply mainly to people over the age of 45.
- For some people, two drinks may be too much (e.g. individuals with lower-than-average weight, the elderly, and persons taking medication or with existing chronic diseases). If you are pregnant, any level of alcohol may harm the baby.

WHAT IS A STANDARD DRINK?

In Canada, a standard drink contains 13.6 grams of alcohol.

That is the amount in:

- 341 ml/12 oz bottle of regular strength beer (5% alcohol)
- 142 ml/5 oz glass of table wine (12% alcohol)
- 85 ml/3 oz glass of fortified wine, such as sherry (18% alcohol)
- 43 ml/1.5 oz glass of spirits (40% alcohol)



*“Those who consume more than 5 drinks per day are at significantly greater risk for stroke.”
- Journal of the American Medical Association, 2003*