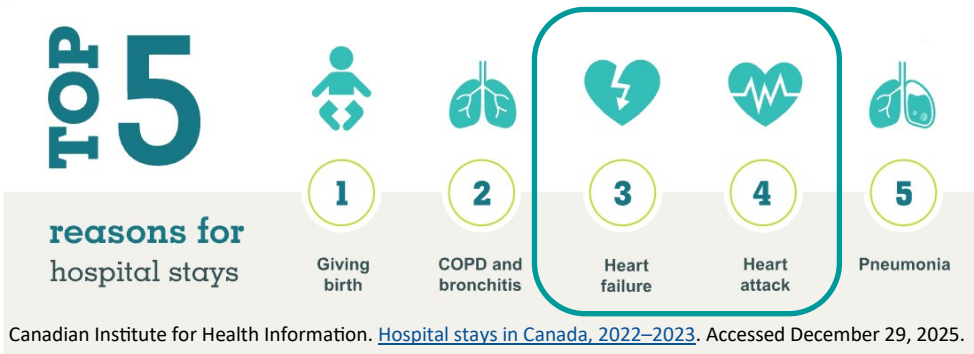


Primary Health Care

SW2 Newsletter— Heart Health

February is Heart Month, a time to learn about keeping our hearts and blood vessels healthy. Heart disease happens when the heart does not get enough blood flow. It includes many different conditions that affect how the heart works. Some examples include narrowing of heart arteries (which can lead to a heart attack), angina, irregular heartbeats, and heart failure.

Heart disease is one of the leading causes of hospitalization in Canada.



Heart disease is influenced by a variety of factors, some of which are within our control and others that are not. Recognizing these differences helps build a clearer picture of overall heart health.

Did you know?

Nine in ten Canadians have at least one risk factor for heart disease and stroke. **Almost 80% of premature heart disease and stroke can be prevented** through healthy behaviours.

Lifestyle Risk Factors

- Unhealthy Diet
- Physical inactivity
- Unhealthy Weight
- Smoking
- Stress
- Excessive alcohol or drug use

Health Conditions That Can Contribute to Heart Disease

- High Blood Pressure
- Irregular Heart Beats
- High Cholesterol
- Diabetes
- Vascular Cognitive Impairment

Risk Factors you Cannot Control

- Sex - women have unique risk factors
- Age - risk increases as you get older
- Family/Medical History –higher risk with early heart disease in close relatives
- Ethnic Heritage - some populations face higher risk due to increased rates of certain conditions
- Personal Circumstances - Limited access to basic resources can increase risk

You can reduce your risk for heart diseases and conditions by implementing healthy lifestyle choices.

Eat Nutritious Foods - Develop healthy eating habits

Stay Active—the right approach depends on your current health; an exercise therapist can help you choose safe, effective and enjoyable ways to stay active.

Reduce Stress—Identify what triggers your stress and develop simple strategies to help reduce tension.

Maintain a Healthy Weight—Ask your health care provider to help you identify a healthy weight and develop a plan to reach and maintain it.

Quit Smoking (or avoid starting) - Quitting smoking delivers immediate and long term health benefits.

To learn more information about heart disease and healthy living, visit the Heart and Stroke website at www.heartandstroke.ca or use the QR code.



Primary Health Care Message:

As we enter the new year, we hope we can continue creating conditions that allow people to do well—whether that means staying connected with those around us, staying informed about local health information, or supporting environments that promote both physical and mental wellness. These everyday efforts help strengthen our community as a whole.

If you or your community would like to learn more about available programs, have suggestions for future newsletter topics, or are interested in hosting education or community engagement sessions, please feel free to reach out at **(306)860-7721** or jordyn.follick@saskhealthauthority.ca

We look forward to collaborating with you and continuing the work we will do together in the year ahead.

Jordyn Follick, PHC Manager SW2

Did you know?

You do not need a Doctor referral to access primary health care services.

Primary Health Care RN
306-867-5050

Exercise Therapist
306-860-7334

Dietitian
306-860-7707

Ask your health care provider how a behavioral health consultant can support you with implementing healthy lifestyle choices!

The new year often inspires healthy lifestyle changes, and quitting smoking is a common goal; people are most successful when they pair counselling or support services with nicotine replacement therapies or other medications, so working with your health care provider to create a personalized quit plan can help you choose the best approach.

Did you know?

Pharmacists now have the authority to prescribe medications for people who wish to quit smoking. Trained Pharmacists can:

- Prescribe to help you quit
- Offer guidance with over-the-counter nicotine replacement therapy
- Counsel you
- Arm you with tips and tools

Meet with your pharmacist to review your history of tobacco use, as well as your current health, and your objectives with the program. From that discussion, you and your pharmacist will develop a tailored program that fits best with your personal needs and goals.

Network Spotlight: We are excited to offer a new program within the SW2 network!

Staying on Your Feet is a Falls Prevention Program aimed at helping older adults prevent falls by offering balance focused exercise, fall prevention education, and personalized risk screening. It includes balance training, safety planning, and guidance from a variety of health professionals.

The first SOYF program will be offered at **Luther Place in Outlook every Wednesday - January 7 to March 11, 2026 from 2:30PM—3:30 PM**

2:30 - 3:00 Exercises • 3:00 - 3:30 Education

To express interest in upcoming sessions, please contact the Outlook Therapies Department at **(306)867-5043**

Unintentional falls remain the most common cause of hospitalizations and emergency department (ED) visits for injury and trauma

In 2025 we expanded our Community Exercise Programs!

Outlook:

Civic Centre—520 Semple Street
Tuesday's & Thursday 9:00-10:00am

Sun Valley Estates

Tuesday's 10:30-11:00am

Golden Acres

Thursday's 10:30-11:00am

Luther Place

Friday's 2pm-2:30pm

Davidson:

AGT Centre
Monday & Wednesday 9:30-10:30am

Northside Manor

Wednesday's 11:00-11:30am

Kyle

Kyle Community Sports Centre
Monday's 0930-1030am

Beechy

Beechy Community Hall
Monday's 1:00pm-2pm

Lucky Lake

Lucky Lake Community Hall
Friday's 09:30-10:30am

Craik

Coming Soon! Coffee & Info Session
Monday, Jan. 12th at
1 pm Craik Town Hall

Call to register or just drop in! All fitness levels are welcome!

For more information, or to bring these programs to your community, please contact:

Ashley Davis, Exercise Therapist:
306-860-7334



Saskatchewan QUIT SMOKING Challenge

Join the challenge anytime between
November 17, 2025 to February 28, 2026

Is it YOUR time to
quit smoking?

We're here to help.

- Weekly & Grand Prizes
- Expert Resources and Tips
- Community Support
- **Free** Nicotine Replacement Therapy Trial Pack

Sign up for **FREE**
SaskQuits.ca



Upcoming Events:

Alzheimer's Education

Express Education (20-30 minutes):

January 14, 2026 @ 10:30pm Davidson

AGT Center (the rink) 500 Washington Ave

January 22, 2026 @ 10am Outlook

Jim Cook Rec Plex (the rink) 600 Conquest Ave

January 30, 2026 @ 10:30am Lucky Lake

Lucky Lake Community Hall—4th Ave S.

Free to attend and open to all members of the community & surrounding areas.

Breathe Easy Program

Pulmonary Rehab

This program aims to support clients in understanding lung disease, managing shortness of breath, using medications and puffers effectively, adopting healthy eating habits, learning about oxygen and sleep apnea, managing fatigue, and setting meaningful goals.

January 27th - March 12th, 2026

Tuesday & Thursdays, 1:00-3:00pm

Outlook—Jim Cook Rec Plex, 600 Conquest Ave.

This program is free of charge. For more info contact **Ashley Davis - 306-860-7334**

3rd Annual Parent Empowerment Retreat

Join us for a day of learning, connection, and empowerment! Discover a wide range of local and provincial organizations and resources designed to support both parents and professionals. Come explore new ideas, build meaningful connections, and leave feeling inspired and informed.

February 11, 2026 @ 9am—3pm

Outlook Civic Centre, Semple Street

Register through the QR code or contact
Lindsay.Smith@saskhealthauthority.ca

