



THIS IS WHAT HAPPENS WHEN YOU PUT YOUR HEART INTO IT.

October 2008

Upcoming deadlines

HSFO

- **NEW** – Doctoral and Post-Doctoral Health Services/Population Health Personnel Award applications – **November 28th at 4:00 p.m.**
- Program Grant applications – **January 16th at 4:00 p.m.**
<http://www.hsf.ca/research/en/provincial-programs/ontario.html>

HSFC

- Doctoral Research Award and Research Fellowship Award applications – **October 31st at 4:00 p.m.**

<http://www.hsf.ca/research/en/general/home.html>

- Focus on Stroke VIII competition: doctoral students or post doctoral fellows – **October 31st at 4:00 p.m.**

<http://www.hsf.ca/research/en/strategic-funding-opportunities/focus-on-stroke-8.html>

Research, Advocacy and Health Promotion Department

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We're always interested in your feedback. Email us at:
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Heart&Stroke Clinical Update 2008

The Heart and Stroke Foundation is committed to keeping scientists and healthcare professionals informed of the latest developments in the prevention and management of heart disease and stroke.

The **2008 Heart&Stroke Clinical Update: What's New** will cover some exciting and engaging presentations including the new concepts in evaluating cardiovascular risk, evidence and guideline recommendations in the acute management of unstable angina/NSTEMI, and how to facilitate brain recovery after stroke.

The 39th Clinical Update is being held at the Metro Toronto Convention Centre, December 11-13.

Please visit www.heartandstroke.ca/conference or call 1-888-302-2644 for conference details and registration.

Hope to see you there!

Help keep HSFO 'in the know'

Throughout the year, HSFO has many opportunities to tell people about the exciting and innovative research we fund. Taking advantage of these opportunities is critical to ensuring the ongoing support of our mission which, in large part, is about funding CCVD health research.

You can help the Foundation build the case for our cause with donors and the public by alerting us to publications, key presentations and/or media announcements that result from your HSFO-funded research awards. *(Please alert us in advance re. the above.)* It's easy to let us know. Just send an email – with related attachments - to research@hsf.on.ca.

Thanks for your help in 'telling our story'.

October 2008

Advancing the diversity agenda at HSFO

HSFO is making every effort to embrace diversity and to operate in a way that demonstrates how to include, and work with diverse groups, internally and externally.

The overall goal of our diversity initiative is to increase the capacity of the HSFO to eliminate heart disease and stroke and reduce its impact in diverse populations in Ontario, through fostering a culture of trust, respect, equity, inclusion and empowerment.

Some key outcomes of our work to-date:

- An **Ontario Survey on the Prevalence and Control of Hypertension**. The results were published in Canadian Medical Association Journal in May, 2008 and include the first-ever Canadian data on prevalence and control of hypertension in key ethnic groups: African Caribbean, South Asian, East Asian.
- An **Aboriginal Stroke Education Strategy**. A research project is underway in Northern Ontario to help inform the strategy. A participatory-research approach will be used, including talking circles, focus groups and one-on-one interviews, to gain an understanding of how Aboriginal people view stroke. A DVD will be produced to assist Aboriginal people to better understand how to prevent stroke. The research is being led by Lakehead University and the Regional Stroke Centre in Thunder Bay.

- An **Aboriginal Hypertension Management Program** was launched in June on Manitoulin Island in two separate Aboriginal communities, in collaboration with key local stakeholders. HSFO's existing Hypertension Management toolkit for healthcare providers and patients was adapted to ensure its cultural appropriateness and sensitivity.
- **Heartbeat of the Anishnawbe Nation DVD**. This educational DVD was developed with a focus on stroke and blood pressure management by means of both medical and Aboriginal traditions. It shows how stroke and blood pressure is affected by smoking, diet, exercise, alcohol and medication. The DVD is in the Ojibwe language, dubbed in both English and Oji-Cree.
- Two **videos for the South Asian community**. One features a family as they learn about their risk factors and warning signs for heart disease and stroke. The second video follows a South Asian family man as he prepares for, undergoes and recovers from, triple bypass surgery at only 39 years of age.

Among our future plans are the creation of public forums to share diversity best practices and facilitate knowledge exchange to service providers and allied professionals.

Coming soon

Canadian Cardiovascular Congress

October 25-29 at the Metro Toronto Convention Centre.

Drop by the Heart and Stroke Foundation's interactive kiosk in the exhibitor area.

Vino della Vita gala

Sunday, November 2, 6:30-9:30 p.m. at the Roy Thompson Hall rotunda, Toronto.

Experience the best of Italy at our 3rd annual wine-tasting gala! Sample from more than 100 exclusive Italian wines, delight in live entertainment and savour authentic Italian cuisine.

Buy tickets online at www.heartandstroke.ca/vinodella_vita

November is CPR Month

Watch for the upcoming CPR Month Campaign that will help Ontarians learn the importance of CPR and also features the new **Heart&Stroke CPR Anytime Kit** that teaches the life-saving skills of CPR in 20 minutes!



HEART & STROKE FOUNDATION

Finding answers. For life.