



Forever Young at Heart: *A Guide to Aging Well & Maintaining Heart Health*



Materials created and prepared by :
Scarborough Centre for Healthy Communities

Heart Health

What is the heart?

The heart is a fist-sized muscle responsible for pumping blood throughout the body.

What does the heart do?

The heart continuously pushes blood through the blood vessels, making sure the cells of the body receive the oxygen and nutrients they need. It also controls heart rate and maintains appropriate blood pressure.

Why is heart health important?

When the heart is not able to function the same way or fails altogether, our body's essential organs and systems can also fail.

Many people are likely to develop some form of cardiovascular disease in their life as they age, based on lifestyle, diet, age, and in some cases genetics. But this isn't inevitable, and in most cases, it can be prevented.

How the Heart Changes with Age

Pumping Enough Blood

- Changes in the heart's electrical conduction system, which controls the opening and closing of our heart valves, can lead to irregular heartbeats called **arrhythmias**
- Arrhythmias can affect the heart's ability to pump enough blood to the rest of the body



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How the Heart Changes with Age

Moving Blood throughout the Body

- Plaque that form and build up in the arteries over time is what can cause **Atherosclerosis**
- Stiffening or hardening of arteries is called **Arteriosclerosis**
- With age, arteries stiffen or harden (arteriosclerosis), making it difficult for blood to flow through and be carried to the rest of the body.

**YOUR
HEART
HEALTH
MATTERS**



COMMON SYMPTOMS OF HEART DISEASE

Chest pain

Numbness and/or tingling
that radiates to
shoulders/arms/neck/back

Shortness of breath

Lightheadedness, dizziness
or confusion

Headaches, nausea or
vomiting

Swelling in the stomach,
ankles, feet or legs

Tiredness or fatigue



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Heart Health

Learn the signs of heart attack



Chest discomfort



Sweating



Upper body discomfort



Nausea



Shortness of breath



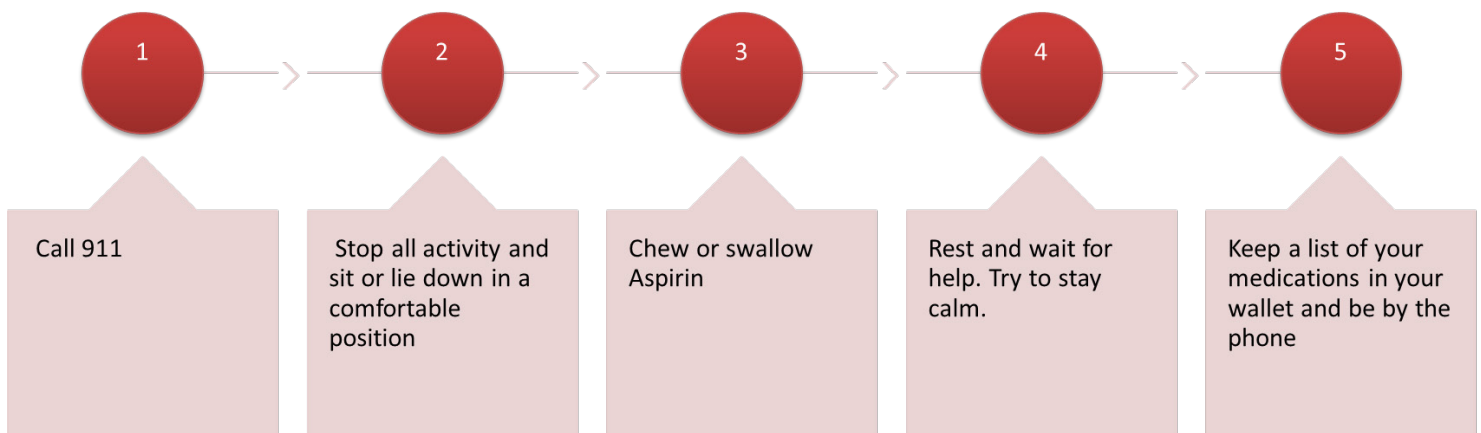
Light-headedness

If you experience any of these signs, call 9-1-1 immediately.
heartandstroke.ca/heartsigns



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WHAT TO DO IN CASE OF A HEART ATTACK?



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