



Finding answers. For life.

The Heart and Stroke Foundation of Ontario Resource Order Form

Please complete all fields:

Name: _____
Title/Department: _____
Company: _____
Address/Suite: _____
City: _____
Province: _____
Postal Code: _____
Telephone: _____
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To place your order:

By telephone

1. Select resources, quantity and language on attached pages
2. Call **1-888-473-4636 x389 (or x428)** to place your order

By e-mail

1. Send e-mail to **csor@hsf.on.ca** and include all information in e-mail as outlined above
2. Indicate title, item number, quantity and language of each resource

By fax

1. Complete all fields outlined above
2. On attached pages select resources, quantity and language
3. Fax entire form to 416-489-9015 Attn: CSOR

Please complete all sections of this form.
Any omissions may result in a delay receiving your materials.

To place your order:

Phone: 1-888-473-4636 x. 389

Email: csor@hsf.on.ca

Fax: 416-489-9015



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Patient Materials

✓	English Item #	Quantity	French Item #	Quantity	Item	Description
	44157		44158		Aphasia: Beyond Words - Helping Stroke Survivors with Aphasia Improve Communication (booklet)	Explains different types of aphasia, caring for the caregiver, special devices and resources
	44703	Call for availability	44704		Let's Talk about Stroke (binder)	Comprehensive guide designed for stroke survivors and caregivers with information on stroke, tests, treatments, medications, recovery, healthy eating, returning to work and community resources
	44750	Call for availability	44751		Recovery Road (binder)	Comprehensive guide for cardiac patients and their families to help them understand heart disease and the recovery process
	44800		N/A		Blood Pressure Action Plan Doctor Referral Pad (pad of 20 sheets)	Referral pad that provides info on the dangers of high blood pressure and directs patients to the HSF web site to complete a Blood Pressure Action Plan
	44801		N/A		Get Your Blood Pressure under Control (brochure)	Directs patients to the <u>online</u> , interactive, confidential tool to assess their BP; provides personalized advice regarding how to control/lower BP
	44802		49977		NEW LOOK! Get Your Blood Pressure Under Control (booklet)	Informs patients <u>without web access</u> about hypertension, effects, the importance of BP medications and measurement
	44903		44904		Managing Congestive Heart Failure (workbook)	Defines CHF, offers advice on managing medications, eating, physical activity and stress management
	49961		49962		Understanding Transient Ischemic Attacks (TIA) (workbook)	Explains TIA and stroke, causes, how to recognize, diagnosis, treatments, risk factors and reducing your risk
	49988		49989		Cardiac Rehabilitation (brochure)	Explains benefits of a cardiac rehabilitation program, what it involves, who should participate
	50005		N/A		Coronary Artery Disease: A Guide to Symptoms, Tests and Treatments (booklet)	Discusses the heart, atherosclerosis, angina, diagnostic tests and treatments for coronary artery disease
	50006		N/A		Living With Angina (booklet)	Information about angina, risk factors, symptoms, tests, procedures, medication and prevention
	50021		N/A		All About Bypass Surgery (booklet)	Explains coronary artery bypass graft surgery, what to expect after surgery and during recovery and lifestyle tips after returning home
	50024		N/A		All About Heart Valves (booklet)	Discusses heart valves, disorders, their diagnosis and treatments
	50025		N/A		Understanding Arrhythmias (booklet)	Defines arrhythmias, diagnostic procedures, treatments and risk factors
	50030		N/A		Stroke: Medical Tests and Treatments (booklet)	Explains the two types of stroke, how they affect the brain, warning signs, diagnostic tests and treatments

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Healthy Living

✓	English Item #	Quantity	French Item #	Quantity	Item	Description
	44440		44300		Fitness Wheel (wheel/tool)	A disc with moveable wheel that shows amount of physical activity, in minutes to burn calories gained by eating certain foods
	44450		N/A		Stress Test (brochure)	Outlines importance of managing stress for cardiovascular health
	44456		44471		Women and Tobacco (brochure)	It identifies some specific health problems for female smokers
	44457		44470		Tobacco and Your Heart (brochure)	Describes the effects of cigarette smoking on the heart. Balances the hazardous effects of smoking with the positive effects of quitting
	44458		44469		Second Hand Smoke and Your Heart (brochure)	Describes the health risks of second hand smoke and why most ventilation systems do not eradicate the problem
	44459		44468		Your Kids and Tobacco (brochure)	Describes the seriousness and prevalence of teenage smoking and what parents can do to help their children not to smoke
	44810		44811		Healthy Habits Healthy Weight (booklet)	Booklet for those planning to eat healthier, lose weight and start being more active
	44814		44824		Healthy Weight and Active Living (brochure)	Weight and health/spotting fad diets. Determining one's healthy weight, tips for healthy eating and active living
	44815		44823		Vegetables & Fruit (brochure)	Includes practical tips on how to include more fruit and vegetables in the diet at work/home/play, shopping, food storage
	44816		44822		Family Eating (brochure)	Healthy eating and food choice tips for families with picky eaters, busy schedules, tight budgets
	44817		44821		Fast Foods and Eating Out (brochure)	Calorie/fat and sodium concerns in fast foods. How to choose healthier options & how to balance out the meal
	44818		44820		Healthy Snacks (brochure)	Numerous healthy snack suggestions and ideas
	44819		44847		Dietary Fat and Cholesterol (brochure)	Explains fat types, cholesterol and triglycerides. Includes tips on how to lower fats and dietary cholesterol
	44910		44909		Pumped (magazine)	Aimed at children in Grades 5-8; includes information and activities to help children learn about their hearts and healthy living
	50011		50033		Coping With Stress (booklet)	Describes definition of stress, measures stress index and gives coping and prevention tips
	50042		50043		Getting Active for Life (booklet)	Describes why and how to become physically active and stay that way
	50044		50045		Nutrition Labeling and Health Check (sheet)	Explains new labeling regulations, how to read labels and Health Check
	63333		N/A		60 Second Stress Test (mini book)	Short stress test and stress management tips

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Risk Factors and Warning Signs

✓	English Item #	Quantity	French Item #	Quantity	Item	Description
	44253		N/A		Be Heart Smart (brochure)	5 steps to becoming Heart Smart based on risk factors
	44445		44790		Five Main Warning Signs of a Stroke (brochure)	Defines a stroke, warning signs, who is most likely to have one and prevention
	44649		N/A		Stroke Warning Signs Quiz Pad (pad of 50 sheets)	Short quiz regarding stroke warning signs
	44701		N/A		Heart Attack - Pass It On (brochure)	Explains warning signs of a heart attack, especially the less obvious; gives real life examples and advice
	44912		N/A		NEW! Blood Pressure Wallet Card	A wallet-sized card to keep track of blood pressure readings and to show a healthcare provider.
	49976		N/A		Are you at Risk of Heart Attack or Stroke? (brochure)	Directs patients to the <u>online</u> , interactive, confidential tool to assess their risks and provide personalized advice regarding how to lower their risk
	49983		49984		Is Diabetes Putting You at Risk of Heart Disease and Stroke? (brochure)	Outlines risks associated with diabetes: discusses high sugar levels, blood pressure, cholesterol
	50008		50036		Take Control: Actions to Lower Your Risk (booklet)	Discussion of warning signs and risk factors for heart disease and stroke; what patient can do to reduce risks
	50029		50035		Get Stroke Smart (wallet card)	Wallet card with the warning signs of a stroke
	50037		N/A		Stroke Warning Signs Poster (poster)	15" x 24" poster detailing the warning signs of a stroke
	50038		N/A		Heart Attack Signs & Symptoms Poster (poster)	15" x 24" poster detailing the signs and symptoms of a heart attack

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