

Number Check | #/

A Card Game Could Do the Trick for Stroke Rehab

40%

The improvement in motor function experienced by stroke patients after 4 weeks of rehabilitation therapy involving simple recreational activities such as playing card or dominoes, according to recent findings published in *Lancet Neurology*. Virtual reality has become an emerging strategy to enhance motor skills in stroke rehabilitation, but these findings show that inexpensive activities may be just as useful.

Source: St. Michael's Hospital. News release. June 27, 2016.

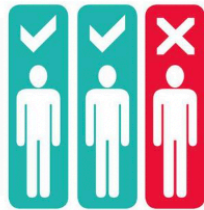


AFib Treatment Often Against Guidelines

1/3

The amount of patients with atrial fibrillation (AFib) with an intermediate-to-high risk of stroke who are prescribed aspirin instead of oral anticoagulants, despite guidelines recommending the use of oral anticoagulants for this group of patients.

Source: American College of Cardiology. Press release. June 20, 2016.



Diabetes Increases Death Risk After MI

50%



The increased risk of dying from a heart attack in patients with diabetes. Patients with diabetes were 56% more likely to die if they had experienced an ST elevation myocardial infarction (STEMI), while they were 39% more likely to die after non-STEMI.

Source: University of Leeds. News release. June 22, 2016.

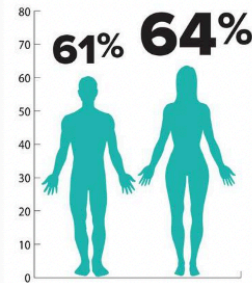
Doctors See CVD as a "Man's Disease"

37%

The reduced frequency in which general practitioners assessed the risk of cardiovascular disease in female patients. This is due to the fact that information on smoking, blood glucose and cholesterol are reported less often in the files of female patients. These gender differences in risk assessment were less substantial when patients were seen by a female physician than a male physician. The findings were published in the *European Journal of Preventive Cardiology*.

Source: European Society of Cardiology. News release. June 21, 2016.

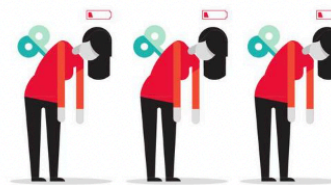
Gender Gap in Cardiac Arrest Care, Outcomes



The number of female patients treated in hospital for cardiac arrest who died compared to 61% of men, according to a study published in the *Journal of the American Heart Association*. The study also found that women were 21% less likely to receive coronary angiography, 29% less likely to have angioplasty, and 19% less likely to be treated with therapeutic hypothermia. The authors could not pinpoint the causes of this gender gap.

Source: American Heart Association. News release. June 22, 2016.

Working Too Much is Bad For Women's Health



3 times

The increased risk for diabetes, cancer, heart disease and arthritis in women who worked weeks longer than 60 hours or more over 3 decades. These risks begin to rise when women work more than 40 hours. Men with long work schedules appeared to fare much better.

Source: The Ohio State University. News release. June 16, 2016.



Eat More Fish for a Healthy Heart

10%

The reduced risk of fatal heart attacks in patients who consumed plant- and seafood-based omega-3 fatty acids. Researchers say that these results support the importance of fish and omega-3 consumption as part of a healthy diet.

Source: Tufts University. News release. June 27, 2016.



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The Magic Number of Whole Grains

The number of servings of whole grains per day that translate to the lowest risk of cardiovascular diseases and of dying of cancer, diabetes, and respiratory and infectious diseases. These benefits begin with eating a minimum of three servings of dietary fiber a day. People who ate a lot of white bread, rice or cereals with refined grains did not show reduced risk.

Source: Norwegian University of Science and Technology. News release. June 15, 2016.