

BY THE YEAR 2025 it is estimated that more than 1.5 billion people, or nearly one in three adults over the age of 25, will have high blood pressure (hypertension), one of the biggest single risk factors for heart disease and stroke, the world's number one killer.

There are no obvious symptoms of high blood pressure, and the only way to know is by getting checked by a health-care professional. That's why this year's **World Heart Day** will be urging people to: **Know Your Risk!**

Organised by the World Heart Federation members and partners in more than 100 countries worldwide, **World Heart Day** activities include free heart health screenings, walks, runs, jump rope sessions, fitness events, public talks, scientific forums, exhibitions, concerts, sports tournaments and much more.

This year, **World Heart Day** will be held on September 28, 2008, and in Barbados the Heart & Stroke Foundation of Barbados (HSFB) is already geared up for an outstanding week of activities to recognise the occasion.

Barbados Heart & Stroke Week will begin with a church Service on **World Heart Day** itself at St Matthias Anglican Church, Christ Church, at 8:45 a.m. The Foundation's president, Dr Stephen Moe, will speak. Members of the Foundation as well as those attending "The Gym With a Difference" are invited to attend.

Tune in to **CBC** radio on Monday September 29 at 9:00 a.m. to **Talk Your Talk** with Sydney Simmons when the chief executive officer of the Foundation, Adrian Randall and others from the Foundation will be available to take your calls.

Also on that day, be sure to visit the Health Extravaganza which begins at 10 a.m. at the Barbados Fire Service Headquarters in Probyn Street, the City. The Heart & Stroke Foundation nurses will be carrying out blood pressure checks for all those attending the extravaganza which runs until 4:30 p.m.

On Tuesday, September 30, the Foundation will open its doors to the public, giving them the opportunity to learn more about its work and projects, including the Cardiovascular Disease Prevention and Rehabilitation programme, popularly known as "The Gym With a Difference", and the Emergency Cardiac Care Programme.

This event also allows several businesses associated with health care to display their products and services, and to join with the HSFB in promoting the notion of better health choices by counselling visitors, and in the handing out of literature.

A discussion programme is planned for Wednesday October 1, on **CBC TV**, when Foundation personnel and invited guests will share information on the HSFB's activities and future plans.

Harrison College is the venue on Thursday, October 2, for the highlight of the week, an awards ceremony for the poster and essay competition for primary school students.

The ceremony starts at 5 p.m. with a viewing of the essays and posters. There will also be a mini health fair, face painting for the children and other entertainment. After the presentations, Dr Colin Alert will give a talk based on the theme: **Know Your Risk!** with particular emphasis for the primary school students.

**World Heart Day** is supported globally



**FLASHBACK: CEO of the Heart & Stroke Foundation of Barbados, Adrian Randall (second left), and vice-president, employee benefits, Guardian Life of the Caribbean, Deryck Murray (right), congratulating poster competition winner, Keila Worrell (left), and Essay Competition winner, ten-year-old Olivia Alleyne. (FP)**

## Take week's activities to heart

by a number of internationally recognised companies. In Barbados, Guardian Life Caribbean Limited has given yeoman support, teaming up with the Foundation over the past three years to sponsor a poster and essay competition; and the company has indicated that it will continue its association with the event for a further three years.

This year's competition was launched in April and entries closed on July 31. It was open to students in two categories – five to eight years, and nine to 11 years. The younger ones were asked to draw or paint a poster using the **World Heart Day** theme, **Know Your Risk!**, while those between nine and 11 were asked to write an essay on the same topic. The format of the competition gives students the opportunity to learn by doing, so that they will make positive and far-reaching lifestyle changes.

A good number of entries were received in each category, and all are now waiting anxiously for the big day on October 2 when final results will be known, and presentation of the prizes made.

First prize in each category is \$400, second prize is \$200 and third prize is \$100. Each prizewinner will also receive a one-year subscription to the **National Geographic Kids Magazine**. Additionally, the school producing the winner in each category will receive a prize to the value of \$1 000.

Last year eight-year-old Keila Worrell of Roland Edwards Primary School was the winner of Poster Competition, while Olivia Alleyne, ten, of Christ Church Girls came out on top in the Essay Competition for the second consecutive year.

Finally on Saturday October 4, in conjunction with the Barbados Marine Trust, there will be a beach walk starting at 7 a.m. from Underwater Barbados on Carlisle Bay. The walk will go to Coconut Court and back taking about three hours. So get Heart Smart and learn about marine matters as you go by joining this **Barbados Heart & Stroke Week** walk.

For further details of all the events referred to in this edition of **HSFB Pulse** please call Jennifer Randall, fundraising and administration manager at the Heart & Stroke Foundation on 437-3312.

## Warning signs to look for

### Heart attack warning signs

- UNCOMFORTABLE PRESSURE, fullness, squeezing or pain in the centre of the chest that lasts more than a few minutes, or goes away and comes back.

- Pain that spreads to the shoulders, neck or arms.

- Chest discomfort with lightheadedness, fainting, sweating, nausea, or shortness of breath.



### Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Not all of these signs occur in every attack. If you notice one or more of these signs, don't wait. Get medical help.

**IF SOMEONE AT YOUR HOME OR WORKPLACE COLLAPSES WITH A STROKE OR HEART ATTACK, WOULD YOU KNOW WHAT TO DO?**

**LEARN TO ACTIVATE**

*"The Chain of Survival"*



**Learn CPR and give your family and friends the chance of life**

**Also available are courses teaching simple everyday first aid care which additionally identify the early warning signs of heart attack and stroke**

**Register now!**



3 Railway View, Ladymeade Garden, St. Michael, Barbados  
Tel: (246) 437-3312 Email: hfobecc@sunbeach.net