

From Risk to Resilience:

Connecting the Dots on South Asians and Stroke March 4, 2009

Resource Catalogue

General Stroke Resources

Prevent Stroke:

<http://preventstroke.ca/en/page.php?Section=About&id=1>

Health Canada:

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/diseases-maladies/stroke-vasculaire-eng.php>

This article gives general and informative information about stroke. It discusses the issue, the background, the symptoms, health risks, health effects, strategies to minimize your risk, the Health Canada's role, and finally provides you with links to other resources.

Heart and Stroke Foundation of Ontario:

<http://profed.heartandstroke.ca/Page.asp?PageID=397&CategoryID=81>

The Heart and Stroke website for healthcare providers is dedicated to assisting healthcare providers by providing sound scientific cardio/cerebrovascular related information, best practice guidelines, educational programs, and resources that can be ordered or accessed.

Public Health Agency of Canada:

<http://www.phac-aspc.gc.ca/cd-mc/cvd-mcv/index-eng.php>

Provides an overview of what cardiovascular disease is, and internal and external links to the risk factors, how to manage cardiovascular disease, facts and figures of cardiovascular disease, knowledge development and exchange, and initiatives, strategies, systems and programs for cardiovascular disease.

Public Health Agency of Canada: Chronic Disease InfoBase:

<http://204.187.39.30/surveillance/Index.aspx?L=eng>

The Public Health Agency of Canada provides an InfoBase for chronic disease on this webpage.

Ontario Chronic Disease Prevention Alliance:

<http://www.ocdpa.on.ca/>

The Ontario Chronic Disease Prevention Alliance (OCDPA) is a collective voice on effective Chronic Disease Prevention policy and programming.

Cardiovascular Health Awareness Program (CHAP):

<http://www.chaprogram.ca/>

“The Cardiovascular Health Awareness Program is designed to support prevention of cardiovascular disease and stroke in communities. The program relies on the participation of family physicians, pharmacists, volunteers, community organizations and senior residents. Older adults are invited to attend volunteer-led sessions in local pharmacies for cardiovascular risk assessment, including blood pressure (BP) monitoring.

Centre for Disease Control and Prevention :

<http://www.cdc.gov/stroke/>

The Centers for Disease Control and Prevention website provides good general information about what is stroke, stroke facts and statistics, risk factors, signs and symptoms and stroke prevention strategies, how CDC address stroke, and resources and links for more information along with stroke FAQs.

PBS: Who cares: Chronic illness in America – Stroke:

http://www.pbs.org/inthebalance/archives/whocares/awareness/dir_stroke.html

This PBS directory on stroke provides a basic understanding of stroke. It provides the description, the symptoms, statistics on number of Americans diagnosed, and long-term problems/treatments of stroke.

MedlinePlus:

<http://www.nlm.nih.gov/medlineplus/stroke.html>

Provides medical information about stroke. It talks about the pathophysiological aspect of a stroke.

The Stroke Association :

http://www.stroke.org.uk/information/our_publications/factsheets/south_asian_people.html

Provides a factsheet entitled "32 Stroke in South Asian people." This factsheets discusses about the prevalence of stroke in South Asian people in Britain.

National Stroke Association:

<http://www.stroke.org/site/PageNavigator/HOME>

Provides an extensive amount of information regarding stroke. It provides information directed to the general public, various groups who deal with stroke (i.e., kids, African Americans, women, elderly, etc...), and also information for caregivers and families.

Risk Factors and Related Chronic Conditions

Heart and Stroke Foundation of Canada:

<http://www.heartandstroke.com/site/c.iKlQLcMWJtE/b.3484159/k.D114/Diabetes.htm>

The Heart and Stroke Foundation reviews diabetes, and the relation it has ones cardiac status. Also they review the maintenance and prevention of diabetes.

Is Diabetes Putting You at Risk for Heart Disease and Stroke:

http://ww1.heartandstroke.ca/images/English/heart_disease_and_diabetes_eng.pdf

Also presented by the Heart and Stroke Foundation of Canada this webpage reviews the link between diabetes and stroke.

Public Health Agency of Canada:

<http://www.phac-aspc.gc.ca/publicat/dic-dac99/d11-eng.php>

Discusses diabetes and the long term complications it may come with. Of these long term complications the main one is the risk of cardiovascular disease and stroke.

RNAO: Nurses target stroke and hypertension:

<http://www.rnao.org/Page.asp?PageID=122&ContentID=1388&SiteNodeID=160>

Reviews the collaborative partnership between the Registered Nurses Association of Ontario and The Heart and Stroke Foundation of Canada in reducing hypertension because it is a risk for stroke.

Canadian Diabetes Association :

<http://www.diabetes.ca/>

The Canadian Diabetes Association webpage offers many great links to gain more information on diabetes control. Poor control of ones diabetes can become a risk factor for stroke.

Healthy Ontario :

http://www.healthyontario.com/NewsItemDetails.aspx?newsitem_id=134

Covers ways in which one can control their diabetes to reduce the risk of stroke.

Blood Pressure Canada News:

www.hypertension.ca/bpc/

“Blood Pressure Canada is an organization that is dedicated to the prevention and control of hypertension in Canada. Blood Pressure Canada strives to increase awareness about hypertension (high blood pressure) and reduce the burden of cardiovascular disease in Canada through the prevention and control of hypertension.”

2007 Public Recommendations :

<http://hypertension.ca/bpc/wp-content/uploads/2007/11/chep2007march-locked.pdf>

A 2007 document titled *Public Recommendations* discusses hypertension and all the important facts the general public should know.

Everyday Health: Cardiovascular Disease and Diabetes:

<http://www.everydayhealth.com/diabetes/cardiovascular-disease-and-diabetes.aspx>

Everyday Health states that three out of four people who have diabetes die from heart disease or stroke. Stressing the importance of good diabetes control, this page provides articles discussing the relation in further dept.

C-health: Diabetes: Stroke:

http://chealth.canoe.ca/channel_condition_info_details.asp?disease_id=205&channel_id=143&relation_id=1711

Provided here are facts on stroke, including risk factors that can be maintained. Diabetes is listed as one of the controllable risk factors.

High Triglycerides, Other Cholesterol Raise Risk of Stroke:

<http://www.sciencedaily.com/releases/2007/12/071226225533.htm>

This article on science daily discusses how high triglycerides and other cholesterols raise ones risk of stroke.

Science daily: Obesity linked to stroke:

<http://www.sciencedaily.com/releases/2008/02/080221080606.htm>

This article states that there is a link between obesity and stroke increase among middle aged women.

General Medicine: Hypertension :

<http://generalmedicine.suite101.com/article.cfm/hypertension>

Discusses hypertension and its link to heart attack and stroke. The pages provide a well amount of knowledge about blood pressure and what the numbers really mean.

Institute for Clinical Evaluative Sciences:

<http://www.ices.on.ca/webpage.cfm>

Provides exclusive and scientific insights to help many individuals such as policy makers and practitioners to mold the Ontario Health System. This webpage provides evidence based knowledge which helps guide healthcare.

Stroke Engine:

<http://www.medicine.mcgill.ca/strokingengine/>

Explores stroke and possible rehabilitation and interventions. The webpage links to various articles, webpages and systematic reviews.

Peel Region Resources

West GTA Stroke Network :

http://www.trilliumhealthcentre.org/west_GTA_stroke_network/community_resources_links/documents/CSResourceBookletJuly2008.pdf

A useful document for the people of Peel region. It is a stroke resource document that includes all the services that are provided in Peel Region.

http://www.preventstroke.ca/SSNewsletters/WestGTA_V2No1.pdf

A West GTA Stroke Network document that covers everything from education to long-term care.

Peel Public Health :

<http://www.peelregion.ca/health/resources/resources.htm>

Peel Public Health documents that links to many other community resources.

Culturally Specific

Heart and Stroke Foundation of Ontario:

http://www.heartandstroke.on.ca/site/c.pyI3IeNWJwE/b.3581617/k.655C/South_Asian_Resources.htm

Heart and Stroke Foundation recognizes the diversity of the country. Multicultural services and information are provided to peoples of difference ethnic background. This page is catered to the South Asian community of Ontario.

Heart and Stroke Foundation of Canada:

<http://www.newswire.ca/en/releases/archive/October2007/23/c5958.html>

The Heart and Stroke Foundation of Canada provides this article discussing the importance of social support for the South Asian community as it adds to heart disease burden.

Canadian Medical Association:

http://www.cmaj.ca/cgi/content/abstract/161/2/132?ijkey=bf0e40d7c0a34b50c7cc05a01d374d020aac96a3&keytype2=tf_ipsecsha

This article is based on a study regarding mortality rates in Canadians who have South Asian, European and Chinese origin.

Population Health Resource Institute- SHARE study :

<http://www.ccc.mcmaster.ca/share.htm>

The Study of Health Assessment and Risk in Ethnic group looks at the difference in risk factors for heart disease within different ethnic groups.

South Asian Health Project :

<http://www.southasianhealth.org/YourHealth/HH/cvdrschiighlights.aspx>

Provides resources that are targeted at the South Asian community. This specific webpage discusses the risk factors that are related to cardiovascular disease.

South Asian Public Health Association:

<http://www.sapha.net/>

The South Asian Public Health Association is an advocate for the South Asian population, this webpage links to many health interest groups and current research on the South Asian population.

Canadian Medical Association: Hypertension Study:

<http://www.cmaj.ca/cgi/content/full/178/11/1441>

The hypertension study is a study that evaluated the prevalence and management of hypertension among adults in the province of Ontario.

American Heart Association:

<http://circ.ahajournals.org/cgi/content/full/113/25/e924>

The circulation document titled *South Asians and Cardiovascular Risk* is discussing the risks for cardiovascular disease that the South Asian community is facing.

Additional Resources

Statistics Canada:

<http://www.statcan.gc.ca/bsolc/olc-cel/olc-cel?lang=eng&catno=89-621-X2007006>

<http://www.statcan.gc.ca/bsolc/olc-cel/olc-cel?lang=eng&catno=11-008-X19890021203>

Statistics Canada provides the latest demographics on the South Asian community

American Heart Association :

This page offers heart and stroke resources that can be downloaded for free.

<http://www.americanheart.org/presenter.jhtml?identifier=3013664>

Internet Stroke Centre:

<http://www.strokecenter.org/prof/>

Provided is in-depth stroke knowledge for professionals and students.

Journal of Medical Economics:

<http://www.informapharmascience.com/doi/abs/10.3111/200508147167>

An article reviewing the one year cost of stroke patients in Canada and what is contributing to the costs.

American Heart Association :

Cost of Stroke in Canada:

<http://stroke.ahajournals.org/cgi/content/abstract/strokeaha;25/8/1628>

Caring for a stroke patient can be costly; this article explores the cost of an acute stroke in Canada.

Cost of Stroke in the United States:

<http://stroke.ahajournals.org/cgi/content/full/strokeaha;27/9/1459>

This article explores the finances concerned with caring for a stroke patient over a life time.

This resource list was produced by Nasteho Abdille, Ryerson University nursing student, who was on placement at Health Nexus during January – April, 2009.