
Heart Month

Find the missing vowel

Write in the missing vowels from the Heart Month advice. Use A, E, I, O or U.

1. E _____ t a healthy d _____ t.
2. Be _____ ctiv _____.
3. Be sm _____ ke fr _____ e.
4. M _____ n _____ ge str _____ ss.
5. Lim _____ t alcoh _____ l.

Write the differences

Some heart attack symptoms are the same in men and women. Some are different.

Write down the symptoms men and women might have in the left column. Write down the symptoms only women might have in the right column.

Men and women's symptoms	Women's symptoms

Heart Month

Learn more about heart disease

Think about some questions you have about heart disease. You might be wondering about different types of heart disease. Or, you might want to know more about the tests doctors use to find heart disease.

Think of 5 questions you have about heart disease. You do not need to use the examples above. Write down your questions.

Then, go to <https://www.heartandstroke.ca/>. Use the navigation bar at the top of the website. Try to find answers to your questions.

Question #1: _____

Answer: _____

Question #2: _____

Answer: _____

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Question #3: _____

Answer: _____

Question #4: _____

Answer: _____

Question #5: _____

Answer: _____

Heart Month

Answers

Find the missing vowel

1. Eat a healthy diet.
2. Be active.
3. Be smoke free.
4. Manage stress.
5. Limit alcohol.

Write the differences

Men and women's symptoms	Women's symptoms
<ul style="list-style-type: none">- Chest pain and discomfort- Sweating- Nausea- Upper body discomfort- Shortness of breath- Light-headedness	<ul style="list-style-type: none">- Pressure or pain in the lower chest or upper abdomen- Dizziness- Light-headedness or fainting- Upper back pressure- Extreme fatigue