



HEALTHY CARIBBEAN 2008

- A wellness revolution conference

THE HEALTHY CARIBBEAN 2008 conference is aimed at mobilising civil society and will bring together a wide cross section of the Caribbean community.

Included are the many sectors of civil society, educators, government, and business, to address in a highly participatory and interactive workshop format, this most burdensome, yet most preventable, epidemic of our times: chronic disease. Chronic diseases are the number one cause of

premature death and reduced quality of life in the Caribbean. The Pan American Health Organization, the InterAmerican Heart

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Foundation and the **Heart & Stroke Foundation of Barbados** have organised this **Healthy Caribbean 2008** conference, to be held from October 16 to 19 in Barbados, to bring together policy makers and opinion leaders capable of changing the course of this epidemic.

This conference follows the ground-breaking action of Heads of Government of the Caribbean Community who met on September 15, 2007, and issued the **Declaration Of Port of Spain; Uniting To Stop The Epidemic Of Chronic Non Communicable Diseases**. This action signalled the political will at the highest level to promote policies throughout the Caribbean that favour prevention and enhanced treatment of chronic diseases.

The underlying causes of these diseases are physical inactivity, poor diet and tobacco use, as well as lack of treatment and control of diabetes, dyslipidaemias, hypertension and other conditions, which contribute to heart disease, stroke, lung disease and many cancers.

International and regional leaders in the field of chronic disease prevention and treatment will attend the conference and assist in the attaining of conference objectives.

The principal outcomes from the conference will include a preliminary Caribbean Civil Society plan to tackle chronic diseases over the next two to five years, with specific attention aimed at improved identification and treatment of diabetes, dyslipidaemias and hypertension throughout the Caribbean.

Highlights of the conference will include the delivery of the InterAmerican Heart Foundation Science of Peace Lecture and the presentation of the **Science of Peace Award** to Sir George Alleyne, Chancellor of the University of the West Indies, and the presentation of the fifth **InterAmerican Journalism Contest Awards** on Tobacco Control.

Don't delay... doubt can kill

CARDIOVASCULAR DISEASES, especially myocardial infarctions, remain the leading cause of mortality and morbidity today. This being said, many deaths could be avoided. Indeed, a good number of the deaths from myocardial infarctions occur before the patient reaches the hospital, attesting to the fact that medical care often arrives too late.

Myocardial infarction, its symptoms, and its potential to kill are underestimated and still poorly known by the general public. Therefore it is vital to continue raising awareness and spreading information. More specifically, better information about what to do and the people to contact if an acute infarction is suspected could often prevent the worst outcome.

What is a myocardial infarction?

In the case of myocardial infarction, time is life, the life of the heart muscle that needs blood and oxygen to function.

A myocardial infarction occurs when one of the coronary arteries, that is, the arteries that flow to the heart, is obstructed by a blood clot. This is most often the result of a crack forming in an artery that is weakened by calcification, which leads to clot formation at the site of the damage. This clot prevents blood and oxygen from flowing to the heart, which causes the muscles death.

This process is very quick; the heart muscle dies irretrievably within six hours of the first signs of distress. The later treatment begins, the more heart tissue dies and the higher the risk that the heart's pumping action will break down once and for all. At the same time, this increases the risk of the heart stopping.

Every minute counts. That is why it is essential for patients to recognise the warning signals that their own bodies send them. The patient is effectively the one who must sound the alarm in time to set the whole process of medical management in motion, that is, ringing up the emergency number 511 or calling his/her physician immediately, to be followed by more or less urgent medical care, depending on the seriousness of the situation. The earlier the patient reaches the hospital, the greater his/her chance of survival, thanks to new drug treatments and medical techniques.

What are the symptoms?

The main characteristic of an acute heart attack (myocardial infarction) is an oppressive feeling of chest pain that lasts for more than 20 minutes or occurs two or more times in the space of an hour. This pain sometimes – but not always – radiates to the shoulders, (left) arm, neck, chin, jaw, and even the teeth. Shortness of breath or even dizzy spells may also occur.

● Adapted from an article by Anne Lemestré, Belgium Heart League in **Heart Matters**, the bulletin of the European Heart Network.

Kids, Enter the...



POSTER & ESSAY COMPETITIONS



Theme: **KNOW YOUR RISK**

WIN OVER \$4,000.00 IN PRIZES

Kids 5-8 years:

Paint or draw a poster 8 1/2" x 14"

Kids 9-11 years:

Write an Essay 350 words or less.

Topic:

KNOW YOUR RISK

Send with completed entry form to:
The Heart & Stroke Foundation of Barbados,
43 Railway View, Lodgepole Gardens,
Leeward Lane, St. Michael

Deadline: Friday 11th July, 2008

Entry forms are available at the Heart & Stroke Foundation of Barbados and Guardian Life of the Caribbean Limited, Trafalgar House, Collymore, St. Michael

- RULES:**
1. Entries should be submitted to The Heart & Stroke Foundation of Barbados, 43 Railway View, Lodgepole Gardens, Leeward Lane, St. Michael by Friday 11th July, 2008.
 2. The Heart & Stroke Foundation of Barbados will retain the right to publish or otherwise use photographs, names and/or photographs for promotion in its media.
 3. All works will remain the property of the Heart & Stroke Foundation of Barbados to be used in local and international promotions.
 4. Participants must be between the ages of 5-11 years.
 5. Participants can win one prize only.
 6. Winners will be announced at an awards ceremony to be held at Barbican College on Thursday 2nd October 2008.
 7. Entry forms must be completely filled out. Photocopies will not be accepted.
 8. Judges decision is final.

This competition is approved by the Ministry of Education.



Giving offers new tax relief for US citizens

THE **Heart & Stroke Foundation of Barbados Inc. (HSFB)** is very pleased to announce that United States (US) taxpayers resident in Barbados can now donate to the Foundation tax effectively via the **Charities Aid Foundation of America (CAF America)** ... read more.

Any US taxpayer living in Barbados who wishes to donate to the **HSFB** and obtain US tax relief may do so by donating direct to CAF America using a CAF America gift form obtainable from the **HSFB**.

The donation will be made tax effectively to CAF America suggesting that it be passed on to the **HSFB** as an organisation registered as eligible to receive grants from CAF America.

Effectively, therefore, US taxpayers can receive a tax benefit by making a donation to the **HSFB**. So if you are a US citizen resident in Barbados and would like to support the Foundation's work you can now do tax efficiently.

Please give Adrian Randall a call on **437-3312** or email him at adrianrandall@hsfbarbados.org for further details and he will send you the relevant CAF America gift form.