

Are you at Risk of a Hockey Heart Attack?

Canada is in the start of a new season, hockey season. This includes middle-aged men suiting up for hockey games putting themselves at risk of a heart attack.

CALGARY, ALBERTA, CANADA, October 3, 2018 /EINPresswire.com/ -- Middle-aged men may be pushing themselves too hard, leaving them vulnerable for a blood clot to attack the heart. The Heart Fit Clinic has vital heart assessments to test the health of people's arteries, especially recreational hockey players.

Heart disease and stroke is the number one cause of death and unfortunately, many times the first symptom is death. Everyone has heard of those having heart attacks while playing hockey, like celebrity Alan Thicke and Bob Suter, a famous hockey player from the 1980 US Olympic team, who recently died of a heart attack at the age of 57. Arenas all over Canada have put automated external



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defibrillators (AED) in rinks, which are portable devices that checks the heart rhythm and determine the need for electric shock to the heart to try to restore a normal rhythm.

The Heart Fit Clinic is the first in Alberta and one of the first in Canada to introduce the Protein Unstable Lesion Signature (PULS) test, a non-invasive test that can predict the likelihood of a heart attack or stroke in the next five years, allowing time to have the Heart Fit Clinic intervene and help prevent heart disease. Heart disease is the number one

cause of death, yet is also the number one preventable disease. The Heart Fit Clinic bridges an important gap in our healthcare system as family doctors unfortunately do not have much in their tool boxes, and cardiologists are only looking for advanced stages of disease.

The majority of heart attacks occur with blockages that are less than what cardiology diagnostics tests can pick up, such as with exercise treadmill tests. The majority of heart attacks occur with

blockages that are less than 50%. Arteries are a muscle, not a pipe. Blockages are like a pimple on your face. If that pimple “pops”, this is a heart attack.

The Heart Fit Clinic would prefer that the AEDs are never needed. “It is too late when an AED is getting used,” says Diamond Fernandes, Director of the Heart Fit Clinic. It is important for people especially those in recreational hockey, which is very popular this time of year, to truly understand their risk of a heart attack and get screened.

Why are arenas a breeding ground for heart attacks? Because many people on the rinks are over-exerting themselves when they don't have the proper conditioning, making it an environment for vulnerable clots to form in their heart. People playing hockey on the recreational level feel that hockey is their form of exercise, when in fact hockey players should be well-trained before getting on the ice and maintain this during season, especially the recreational hockey player. As well, people are busy, often rushing to the arenas without allowing adequate time to warm up. Then they breathe the cold air and bring their heart rates up and down quickly, leaving this a recipe for disaster.

While it is important to know your risk factors to heart disease, over 50% of people with normal cholesterol still end up with heart attacks. The PULS (Protein Unstable Lesion Signature) test predicts the likelihood of suffering a heart attack long before the event can happen - well in advance to be able to reverse heart disease. “Having this information is vital”, says Diamond. “Looking at cholesterol levels alone can't give you this head start or the most accurate data about your heart. The tests that we do at the Heart Fit Clinic can actually measure a person's risk of developing risk factor symptoms.”

The Heart Fit Clinic, Calgary's leader in heart health, can determine whether patients need to make more aggressive lifestyle changes, begin a medication therapy to reduce the risk of a heart disease, or whether their condition is so serious it requires immediate attention from a cardiologist in Calgary.

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