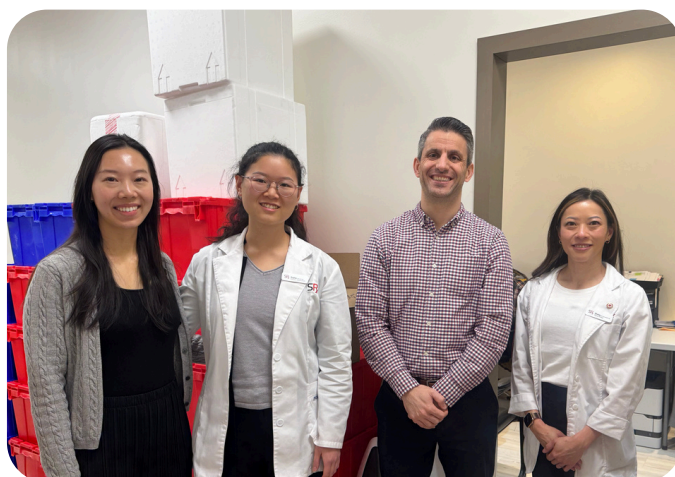




PR_xOACT INSIDER

Newsletter



February is Heart Month!

It's time to **start the year strong** by raising awareness about the number one cause of death worldwide. Heart Month is a key opportunity to **start the conversation** with your patients about **lowering their heart disease and stroke risk!**

Pictured above are: PRxOACT Pharmacists Shirley Cheung, Sophia Li, and Wasif Kamal



Medicine Shoppe Pharmacy #189

1m · 🌐

Come visit us to know more about your ❤️ health, if you have :

- High Blood Pressure
- High Cholesterol
- Diabetes (high blood sugar)
- Tobacco smoking or vaping
- Obesity (BMI > 30)
- Kidney disease
- Family History of heart disease



MVP OF THE MONTH

Balsam Alabdali
(Medicine Shoppe #189)



Balsam's tips on getting involved:

1. **Strategy** for identifying patients at risk for CVD: start with your regular patients, then speak with walk-ins about their CV risk e.g. tobacco cessation, injection appointments.
2. **Advertising** the study on social media, display brochure on door, script pick-up areas, counselling room.
3. **Materials** to help patients get involved e.g. Hypertension Canada booklets

Read more [here](#)

Enrollment Update



Since launching:

107

patients have been enrolled!

Keep up the great work!
Aim to enrol **1-2 patients per week.**

Heart Month Activities

Is your patient at risk for heart disease or stroke? Find out today. If they have one or more of the below, they are eligible to join PRxOACT:

- A1C over 7%
- BP over 140/90 (without diabetes)
- BP over 130/80 (with diabetes)
- LDL over 2
- Rheumatoid/psoriatic arthritis, lupus, inflammatory bowel disease
- Chronic kidney disease
- Tobacco/vape use

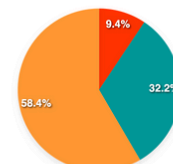
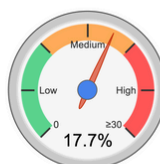
Cardiovascular Risk Assessment Result

Your risk of a heart attack or stroke

within the next 10 years is **17.7%**

Calculator Used: UKPDS

Your heart disease risk factors



● BP ● Tobacco ● A1C

PRxOACT Top-Ups

We value the time and resources you are investing to improve your patients' cardiovascular outcomes. Remember to claim your top-up in the PRxOACT Care Pathway! [Read more here.](#)

PRxOACT Pharmacy Visits

Our team are visiting PRxOACT Pharmacies to thank you for your great work! Here are some pharmacies we've visited:



Rania Soudy & Team
Terra Losa Pharmacy



Hardik Amin & Team
Co-op Pharmacy
Chapelle



Rosemarie Cordeta
Whole Health
Pharmacy



What topics would you like to see? Send us your suggestions!



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