



PR_xOACT INSIDER

Newsletter

MEN'S HEARTS MATTER

June is the time to act

Cardiovascular disease is the second leading cause of death among men in Canada. Your proactive engagement can help more men detect high blood pressure, manage cardiovascular risk, and take steps toward longer, healthier lives.

This month, we are recognizing the **PR_xOACT Mens Heart Health Champions:**

Recruit at least 5 men in June

to be nominated to be one and receive a **certificate** signed by the team including Dr. Michelle Graham, Dr. Ross Tsuyuki, & Dr. Yazid Al Hamarneh and get **free ice cream** for the team!



MVP TEAM OF THE MONTH!



Amyn Kanjee
Medicine Shoppe #398

Amyn Kanjee

has recruited a whopping

21 patients into PR_xOACT!

Here's his advice on getting involved:

- 1) Screen all patients who qualify for the study - LDL > 2, BP uncontrolled, HGAIC > 7 ETC
- 2) Having Consent forms ready with pick up rx
- 3) Lab values printed at pick up
- 4) printing med lists with patients on metformin, jardiance etc and or statins and targeting these patients with the study
- 5) Having signs and posters up in the Pharmacy about the study
- 6) Mentioning it to patients at my seniors' presentations and signing them up right away"

DADS HAVE HEARTS TOO

Did you know:

Men are twice as likely to suffer a heart attack as women.

We know men don't always ask for help. Pharmacists can start meaningful conversations with men by offering quick, approachable blood pressure or cholesterol checks during routine visits. Using simple prompts like "Have you checked your heart health lately?" can open the door to impactful dialogue. To help break the ice, we've made some Dad Joke posters to help get the conversation started.



PR_xOACT Pharmacy Visits

Thank you to all the pharmacies for hosting our visits!



Oday Kamil
Safeway South Trail Crossing



Janice Chua & Team
Landmark Pharmacy



Riki Kim, Jenna Spoor, & Team
SDM Century Park



Yazid & Gary (patient partner)
ABSPORU Conference



Questions? Contact Shania at:



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