

2024 iCON South Asian Health Forum: HEALTHY LIVING, HEALTHY HEART!



10:00 – 10:10 a.m.

Welcome Remarks

10:10 – 10:40 a.m.



Introduction to Heart Disease -

Dr. Baldev Sanghera, Family Physician

- What heart disease is, and how to recognize its signs and symptoms.
- What are my risk factors for heart disease?
- How can I manage my heart disease, and what complications may arise if I don't manage it?

10:40 – 11:10 a.m.



Coronary Artery Disease - Dr. Tarun Sharma, Cardiologist

- What is coronary artery disease?
- Are all heart attacks the same?
- How does heart disease present differently in women?
- What are treatment options (including surgery)?

11:25 – 11:40 a.m.

Heart Rhythm and Structural Issues - Dr. Tarun Sharma, Cardiologist

- What is Atrial Fibrillation (irregular heart rhythm) and how it relates to stroke.
- An overview of how structural changes, stress and rhythm issues affect the heart.
- Common myths about pacemakers, stents and valves and treatment options.

11:40 – 12:10 p.m.

Optimizing Self-Management: Resources and Family Support - Heart & Stroke, Self-Management BC, City of Surrey

- What is self-management and why is it important?
- The importance of family caregiving.
- What does each organization offer?
- How to access valuable patient and caregiver support resources, groups and trusted digital tools.

12:10 – 12:30 p.m.

Q&A – submit your questions on the note paper

12:30 – 2:00 p.m.

Lunch Break and Health Exhibition

Enjoy a complimentary boxed lunch, and visit the many community partners

2:10 – 2:30 p.m.



Heart-Healthy Diet - Vineet Sidhu, Registered Dietitian

- How can eating better improve my heart health?
- How to buy heart-healthy groceries on a budget.
- Tips to maintain heart-healthy eating habits at events and occasions.

2:30 – 2:50 p.m.



Reducing Stress and Focusing on Mental Wellness - Kashmir Besla, Registered Clinical Counsellor

- How stress is linked to heart disease.
- Tips to reduce stress to improve your heart health.
- Emotional support resources for patients and caregivers.

2:50 – 3:10 p.m.



Reducing your Cardiovascular Risk: Managing your Chronic Diseases - Dr. Gulzar Cheema, Family Physician

- What is the link between chronic diseases such as high cholesterol, arthritis, diabetes, high blood pressure and heart disease?
- What role does diet, exercise, smoking and alcohol play in causing heart disease?

3:10 – 3:30 p.m.



Reducing your Cardiovascular Risk: At-home Strategies - Harleen Chohan, Clinical Pharmacist

- Useful guidelines for healthy hearts!
- How to access and understand your lab results.
- Specific at-home recommendations and digital tools to manage your heart health.

3:30 – 4:00 p.m.

Q&A – submit your questions on the note paper
Closing Remarks



Please scan the QR code to join iCON mailing list and receive upcoming event news and healthy living tips.



www.iconproject.org



iCON What's App group: 778-872-8221

