



**DIL Walk**  
*from our heart to yours*

# GURU NANAK DEV JI DIL RESEARCH CHAIR



We continue to analyze data from a 5-year study (White, South Asian, Chinese) who have had heart pain (angina) or heart attack. We want to determine what, if any, differences exist between ethnic groups or men and women, in the symptoms they experience, or how they receive pre-hospital and hospital care. Nearly 2500 people were enrolled in this study from 12 hospitals in Canada as well as a hospital in India (Kolkata) and China (Changchun). We have used some interesting technology to create 'heat maps' to show where symptoms are located—which will be very helpful when offering health messages to the community. We believe the findings will be the most comprehensive to date. The first manuscript will be sent out to a medical journal very shortly!



To prepare for the many potential public health messages that will emanate from this important work, we are conducting an extensive review of the medical literature and conducting focus groups with people from the South Asian and Chinese communities to understand how best to offer health (and heart health, in particular) information.



We have just started a study to examine how time orientation may differ between ethnic groups. This information will also inform how public health messages are tailored to the South Asian ethnic group. We are planning a major participant recruitment event this fall at the Dashmesh Culture Centre! Stay tuned for more information!



We are conducting a series of small studies to inform development and testing of a family-focused program to help South Asian people reduce their heart disease risk. We will soon begin investigating how particular counseling styles may help or hinder people in the South Asian community to address their heart disease risk.

We continue to publish study findings in medical and nursing journals, and work toward taking study results to the community. I am looking forward to meeting people at the 2016 DIL Walk Gala!

## THANK YOU SO MUCH FOR YOUR ONGOING SUPPORT!

