

# SOMALI HEALTH EQUITY COLLECTIVE

## Heart Health Handbook

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Essential information for maintaining heart health  
in Somali families living in Toronto

Topics Covered:

- Understanding cardiovascular risk factors
- Traditional diet modifications for heart health
- Exercise recommendations culturally adapted
- Managing blood pressure and cholesterol
- Working with cardiologists and healthcare teams
- Emergency signs and when to seek help

This guide respects Islamic principles and  
incorporates traditional Somali health practices.