

Heart Health

Heart disease is a major cause of death in Australia, and accounts for 34% of all deaths. Smoking, lack of exercise, overweight and high blood pressure are all risk factors for heart disease. Heart disease can be prevented.

Do you have:

- ♦ High blood pressure
- ♦ More than 2 alcoholic drinks per day
- ♦ A family history of heart disease
- ♦ Excess weight
- ♦ Lack of exercise
- ♦ High cholesterol
- ♦ Diabetes
- ♦ Smoking
- ♦ Stress

See your doctor to discuss attending a Heart Health Education session



HEART HEALTH

This brochure has been produced as a resource for our patients.

Any questions regarding your health should be discussed with your doctor.

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Weekdays: 8am to 10pm
Weekends: 8am to 8pm
Public Holidays: 8am to 8pm

Burwood HealthCare

PATIENT HEALTH INFORMATION

Healthy Heart



Healthy You

HEART HEALTH

Heart Health

Cholesterol is a fatty substance produced naturally by the body and also comes from food. Gradual blocking of blood vessels by fatty deposits makes it harder for blood to flow through, which may lead to a heart attack.

TYPES OF CHOLESTEROL

LDL cholesterol or '**BAD**' cholesterol tends to clog blood vessels.

HDL cholesterol or '**GOOD**' cholesterol can help to unclog arteries.

TRIGLYCERIDES are a type of fat that occur naturally in the blood, but excess levels also increase the risk of heart disease.

WHAT CAN I DO TO REDUCE MY RISKS?

- ♦ Talk to your doctor
- ♦ Drink alcohol in moderation (1 to 2 standard drinks per day, plus 2 alcohol free days per week)
- ♦ Do 30 minutes of moderate physical activity on most days
- ♦ Maintain a healthy weight
- ♦ Eat nutritious food
- ♦ Reduce salt and saturated fat intake

Some risk factors for heart disease such as smoking, excess weight, stress and lack of exercise, are modifiable risk factors which may be reduced by changing lifestyle.

What else can I do to reduce my risk of Heart Disease?

- ⇒ Have your blood pressure checked regularly as there are usually no warning signs



- ⇒ Take blood pressure medication as prescribed and do not stop or change medication unless advised to do so by your doctor



- ⇒ Quit smoking - smoking causes over 40% of heart disease in people under the age of 65. Smokers have up to 4 times the risk of suffering sudden cardiac death in comparison to non smokers.



FURTHER INFORMATION

Burwood Health Care

*Marlene Jackson B.App.Sci.
(Health Promotion)*

Our accredited practising dietitians provide expert individual nutrition on a range of health conditions.

Heart Foundation

This website provides extensive heart health information and useful links to other resources.

*Ph: 1300 36 27 87
www.heartfoundation.org.au*

Chronic Illness Alliance

Information regarding Chronic Illness organisations and resources.

*Ph: 03 9882 4654
www.chronicillness.org.au*

Quit

Victorian Smoking and Health Program website

*Ph: 13 78 48
www.quit.org.au*