



healthy heart

what's on in health

June

1st-7th

DES Awareness Week
DES Action Australia

Phone: 02 9875 4820

www.desnsw.blogspot.com

11th

Go Red for Women
Heart Foundation

Phone: 08 9388 5914

www.hearfoundation.org.au

14th-18th

Safety in Schools Week
Kidsafe WA

Phone: 08 9340 8509

www.kidsafewa.com.au

20th

Perth Marathon and
Marathon Relay
WA Marathon Club

Phone: 08 9472 4833

Cardiovascular Disease (CVD)

Cardiovascular disease includes all the diseases and conditions of the heart and blood vessels. According to The National Health and Medical Research Council (NHMRC) (Australia) it is the leading cause of death in Australians and as a result it is a National Health Priority Area.

Cardiovascular disease includes (but is not limited to) the following conditions:

- heart attack
- (hypertension) high blood pressure
- angina
- stroke
- heart failure
- coronary heart disease
- peripheral vascular disease

major preventable risk factors are:

- tobacco smoking
- high blood pressure
- high blood cholesterol
- insufficient physical activity
- overweight and obesity
- poor nutrition
- diabetes
- risky alcohol consumption

other (non-preventable) risk factors are:

- age (risk increases strongly as you age)
- gender (higher risk for men)
- Aboriginal and Torres Strait Islanders are at higher risk for CV disease
- family history (parents, siblings, grandparents) of CVD increases your risk.

It is estimated that 92% of Australian adults have at least one risk factor for CVD and almost 40% have three or more CVD risk factors.¹



would you recognise the signs of a heart attack?

- Pain, discomfort, tightness or heaviness in:
 - chest
 - shoulder(s)
 - arm(s)
 - neck
 - jaw
 - back

You may also feel:

- nauseous
- dizzy
- cold sweats
- shortness of breath

The National Heart Foundation advice is that "Heart attack symptoms vary. They are not always sudden or severe. Many start slowly with only mild pain or discomfort. Some people experience one symptom, while others experience a combination. But the one thing all heart attacks have in common is that the sooner you receive treatment, the less damage will be done."

Call Triple Zero (000) as soon as possible if you suspect you (or someone else) is having a heart attack.

There is an excellent interactive webpage from the Heart Foundation – see the link www.heartattackfacts.org.au and you can navigate to four videos of personal stories. It is well worth reviewing this page and familiarizing yourself with this information. It could save your life or that of someone close to you.

¹Australian Institute of Health and Welfare 2005: Living dangerously: Australians with multiple risk factors for cardiovascular disease.

Carepoint offer a range of program that are aimed at identifying and reducing risks of cardiovascular disease. These include:

- Healthy Heart Checks
- Group exercise sessions
- Lunch 'n Learn sessions – topics include:
- Keys to a Healthy Heart, Stress Management, Nutrition and Physical Activity – Fitting in Fitness.

Contact us on (08) 6444 4660 or health@carepoint.com.au today!

looking after your heart

Work with your GP

Having regular checks with your GP will give you an opportunity to discuss and review your preventable risk factors. Your doctor can monitor your risk of CVD and also help minimize your risk. They can also order specialist testing if required and should you develop CVD they can provide you with ongoing support and management.

Keep track of your measurements

You should understand and track the following:

waist measurement: The World health Organisation and the NHMRC makes the following recommendations:

Ideal		Increased risk		Greatly increased risk	
Men	Women	Men	Women	Men	Women
< 94cm	< 80cm	94-101cm	80-87cm	> 102cm	> 88cm

Ideal waist measurement relies on you having a well balanced and nutritional diet and participating in regular physical activity at moderate intensity. See a health professional if your waist measurement puts you at increased risk.

blood pressure: high blood pressure stresses your heart and can increase the risk of CVD. You should ask to have it tested at every doctor visit and make sure you keep a record

lamb and pumpkin soup (slow cooked)



source: www.taste.com.au

ingredients

- 2 tsp Moroccan spice mix
- 6 (about 1.5kg) lamb shanks, French trimmed
- 500g Butternut pumpkin, peeled, deseeded, cut into 1cm pieces
- 500ml (2 cups) chicken stock
- 500ml (2 cups) water
- 250ml (1 cup) passata (tomato pasta sauce)
- 1 x 400g can chickpeas, rinsed, drained
- 100g (1/2 cup) basmati rice
- Fresh coriander leaves, to serve

of the results. Your blood pressure should be less than 140/90mmHg.

Maintaining a healthy weight, participating in regular exercise, reducing stress and limiting intake of salt and alcohol are ways in which you can achieve normal blood pressure.

blood cholesterol: Adults over 45years and adults under 45years (with other risk factors) should check cholesterol regularly. The heart foundation recommends the following:

Cholesterol Test	Target
LDL (bad cholesterol)	< 2.5mmol/L
HDL (good cholesterol)	> 1.0mmol/L
Triglycerides	<2.0mmol/L

be smoke free

Avoid starting, quit or at least cut back. As you know every cigarette does damage. Call the Quit helpline on 131 848 or see www.quitnow.info.au for help.

have a healthy nutritional intake

Your doctor or other health professional can provide specific advice but you key tips include:

- choose foods that are low in fat
- choose foods that are low in salt and do add salt to food
- limit alcohol intake
- eat small, regular meals (and always eat breakfast)
- choose foods with the Heart Foundation tick of approval

participate in regular exercise

Aim for 30 minutes of moderate exercise on most (ideally all) days of the week.

instructions

Place spice mix on a plate. Add the lamb shanks and toss to lightly coat. Add the lamb, pumpkin, stock, water and passata to the slow cooker. Cover and cook on low for 6 hours or until the lamb falls off the bone. Use tongs to remove bones and discard. Add the chickpeas and rice. Cook for 30 minutes or until rice is tender. Ladle among serving bowls and top with the coriander. Serve with Greek-style natural yoghurt.

notes

To reheat leftover soup, place in a saucepan and stir over medium-low heat until heated through. Add extra stock if necessary – the mixture thickens on standing. Time-saving tip: Cook on the high setting for 3 1/2 hours.