



Kelvale Medical Group
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Heart Health

Cardiovascular diseases are one of the leading causes of death in Australia. According to Heart Research Australia, one Australian is killed by a heart disease every 27 minutes.

What we can do to maintain a healthy heart

Diet

Making changes to your diet is one of the most important things you can do to reduce your risk of heart diseases.

If you can we suggest you have home cooked food as often as possible. Plan your groceries list before you go shopping – aim for 5 serves of vegetables and 2 serves of fruits a day, pick leaner protein and healthier fat options and avoid sweets, lollies and soft drink. It is important to eat a variety of nourishing food daily and not to skip meals – you will find it easier to control your portions and say “no” when a tempting treat comes up!

Exercise

“Some is better than none. More is better.”

It is never too late to start! Regular exercise helps to lower your blood pressure and cholesterol, improve mood and reduce your risk of developing heart diseases. The Australian physical activity guidelines recommend 30-45 minutes of moderate physical activity daily and muscle-toning activities twice a week.

So grab a pair of well fitted comfy shoes and get walking! Involve your family members and friends (and your pet friends if you have any!) to get your daily dose of exercise. Don't fancy walking? There are plenty of other options to choose from, including swimming, cycling, yoga, martial arts, weight training, dancing – you name it! Do what you enjoy regularly and consistently.

It is important that you discuss exercise with your GP first if you have a pre-existing heart condition or experience shortness of breath, palpitation, chest pain or dizziness.

Get your risk factors in check

There are some risk factors of developing heart diseases that you cannot control, which include advancing age and family history of heart diseases. The good news is there are other risk factors which you definitely can do something about! These include:

- **Smoking**
- **High blood pressure (hypertension)**
- **High cholesterol**
- **Diabetes**
- **Obesity**

Quitting smoking and keeping your BMI, blood pressure, cholesterol and diabetic management at target are essential to heart health!

What to do if you think you have a heart problem

Book in for a medical check-up at Kelvale Medical Centre. An assessment of your past medical history, presenting symptoms, diet and lifestyle, physical measurements and relevant pathology will help us identify your risk factors of developing heart disease and help you manage them.

Please call (08) 9495 1230 for an appointment or BOOK ONLINE at <http://www.kelvale.com.au>