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PULSE

Newsletter for your Heart Health

HS-A PLAYS A KEY ADVISORY ROLE IN DEVELOPMENT OF THE AUSTRALIAN FIVE-POINT PLAN TO TACKLE CHOLESTEROL

Heart Support Australia (HS-A) plays a key advisory role in the development of the Australian five-point plan to tackle cholesterol. Australia's Cholesterol Heartache: A simple roadmap for urgent action on cholesterol management, developed with the backing of Australia's leading cardiovascular (CVD) experts, provides a simple, actionable roadmap for the Australian Government.. [Read More](#)

CARING FOR A LOVED ONE WITH A HEART CONDITION OR AFTER HEART SURGERY

You may have just taken on the role of carer, or you may have already been caring for someone with a heart condition for a while. We have information to help you care better. [Read More](#)

HS-A CARDIO-PROTECTIVE DIETARY INFORMATION IN PREVENTING CARDIOVASCULAR DISEASE-CVD

Tips and diet recommendations for a healthy heart and to prevent a secondary heart event [Read More](#)

Interest Group meetings:

Canberra:

12-2PM, November 18, 2020

3/50, Launceston St, Phillip ACT

Perth :

12-2PM, December 07, 2020

Meeting Room, Wesley Uniting Church

Hayes St, Central Perth

Other Meetings:

Annual General Meeting

November 25, 5:30PM via Zoom

Board Meeting

November 26, 05:30 PM via Zoom

What's New?

[HS-A Partners with University of Sydney, Westmead Research on a research project on Atrial Fibrillation](#)

Canberra Times article:

[New report calls for better cardiovascular disease treatment and testing to prevent heart attacks](#)

Join our Facebook Group:

[HS-A Australia Online group](#)

Partnerships



Coming Up

-All your heart info in short videos

-New partnerships and alliances

-Heart & Soul Challenge

Try it, It's FREE



Cardiosmart,
Download the app:



Become a Member

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Heart Support Australia is supported by the Department of Health



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Heart Support Australia (HS-A) is a national not-for-profit organisation providing support, information and encouragement to people who have been affected by a heart event

Our mailing address is:
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