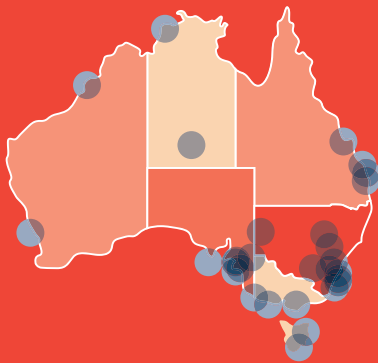
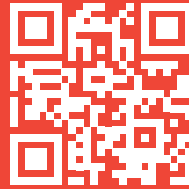


Self-management & your heart health

Please scan the QR code to visit Heart Support Australia's website for additional information and access our online resources to further support your journey.



Being part of Heart Support Australia and sharing your lived experience benefits your heart health in many ways.

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Heart Support Australia acknowledges the Traditional Owners and custodians of country throughout Australia and their continuing connection to land, waters, and community. We pay our respect to them and their cultures, and Elders past, present and future.



**KNOW YOUR NUMBERS
TREAT YOUR RISK**

Help reduce the chances of a secondary heart event by knowing your numbers. Visit www.knowyournumberstreatyourrisk.com.au

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Self-management & your heart health

Being able to manage your heart health means considering your personal values. What matters to you? What provides meaning to your life? Identifying what matters to you will give you the motivation to live your best life. Below are some of the values you may live by. When you focus on your values, you can then set goals that you will attain. Some values you may live by include family, relationships, exercising, along with moral values such as honesty, kindness and compassion.

SMART acronym

The SMART acronym is a mnemonic device often used in goal-setting. It stands for:

Specific: Goals should be clear and well-defined.

Measurable: Goals should be quantifiable, allowing progress to be tracked.

Achievable: Goals should be realistic and attainable.

Relevant: Goals should align with overall objectives and be meaningful.

Time-bound: Goals should have a deadline or timeframe for completion.

An example of using the SMART acronym might be:

"I will add vegetables to my evening meal this week."

"I will walk for 15 minutes 5 times this week."

"I will drink 3 glasses of water each day this week."



A partnership approach

Self-management involves a partnership between you and your health professional. When you feel you are able to manage your heart health you will notice:



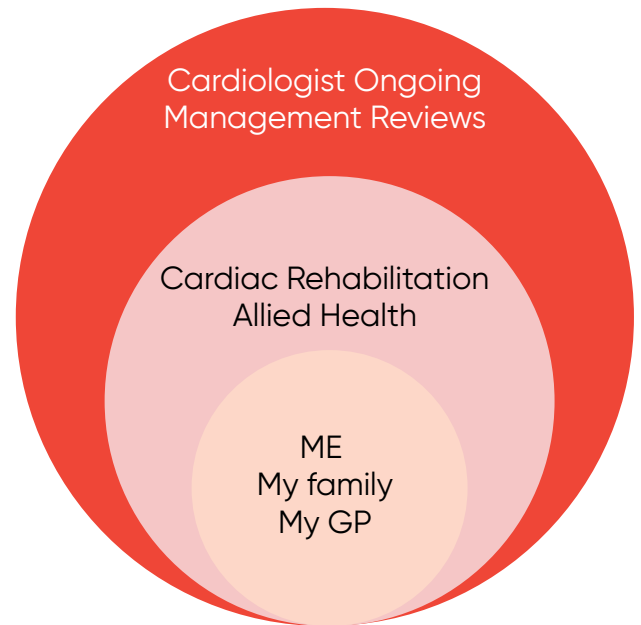
- You will feel more confident talking to your health professionals
- You will monitor your signs and symptoms, recognise and respond to them
- You will have fewer unplanned visits to doctors and specialists
- You will access support services
- You will manage your physical, emotional, and social life
- You will sleep better, have more energy, and lower blood pressure
- You will manage your medications better
- You will feel more in control of your healthy lifestyle – your best life!

Your past success in making positive changes to your life helps influence your future success.

Talking with my health professional about managing my heart health

To ensure that I am able to manage my heart health, I need information to:

- Know and understand my condition.
- Know when to seek help.
- Be accountable.
- Follow an agreed care plan.
- Understand why and when to take my medications.
- Adopt a healthy lifestyle.



Manage your risk factors for heart disease

To ensure that I am able to manage my heart health.

- BP < 130/80 mmHg.
- Cholesterol LDL < 1.4 mmol/l.
- BSL < 5.5 mmol/l.
- Smoking – cease.
- Waist measurement < 94 cm (men), < 80 cm (women).
- Be active every day.
- Eat more vegetables, fruits, grains.

Healthy lifestyle practices



Smoking cessation



Weight management



Physical activity



Reduce stress



Blood sugars HbA1c



Reduce alcohol



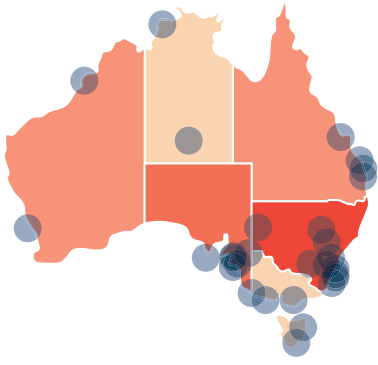
Nutrition intake/diet



Have a healthy diet



Emotional wellbeing



Being part of Heart Support Australia and sharing your lived experience benefits your heart health in many ways.

The benefits of cardiac rehabilitation and participation in a heart support group

Attending Cardiac rehab reduces hospital readmission within the first year after a coronary event by as much as 45%.



Improved knowledge and confidence.



Improved psycho-social recovery.



Support to improve heart health; healthy eating patterns, regular exercise.



Reduced anxiety and depression.



Improved self-management of heart disease.



Improved quality of life.

1.

Communication,
Connection

2.

Knowledge,
Collaboration

3.

Skills,
New Challenges

4.

Facilitation,
Moving out of
your comfort
zone

5.

Reinforcement,
Shared
experiences

6.

Desire to make
changes

7.

Optimism, Hope
for the future

