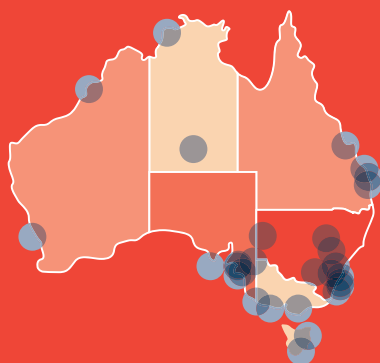
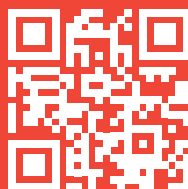


Living with heart disease

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.

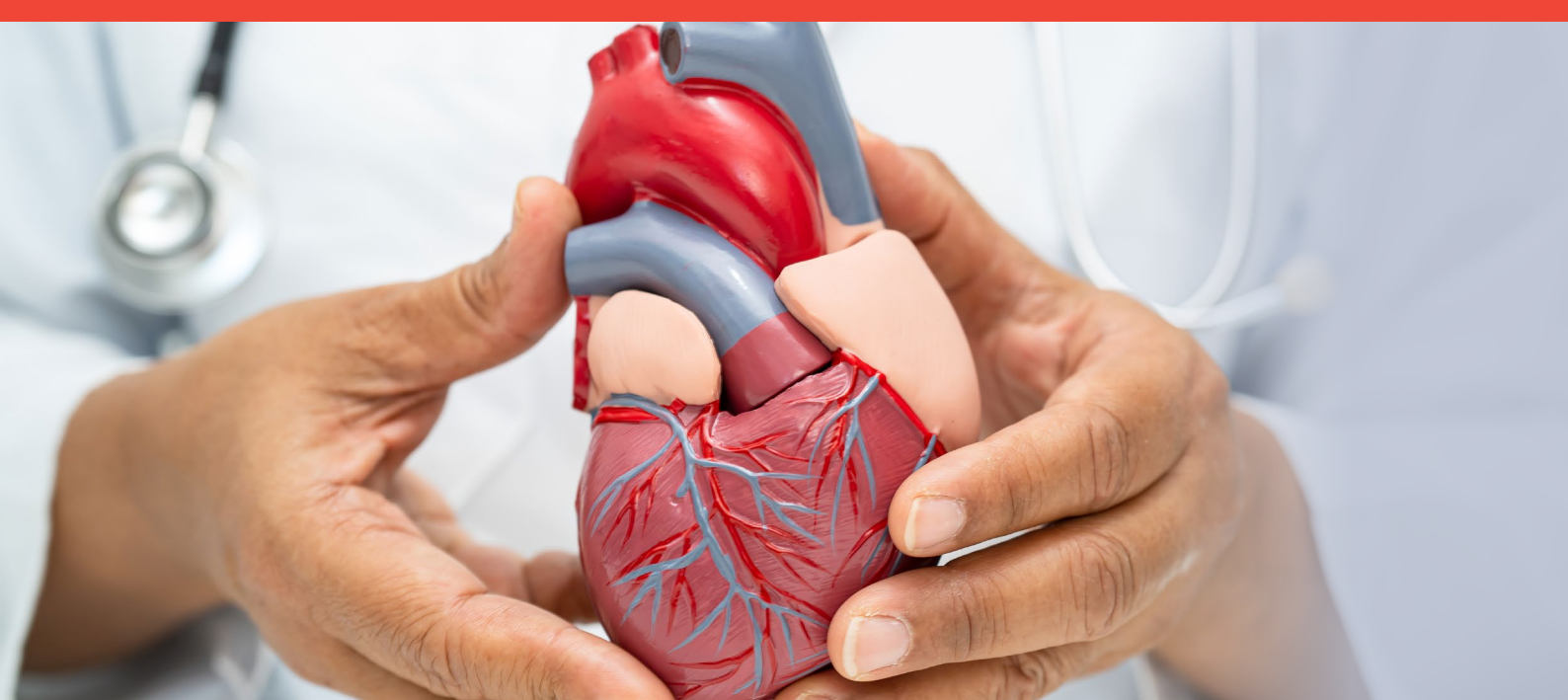


**KNOW YOUR NUMBERS
TREAT YOUR RISK**

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

References

1. World Health Organization (WHO). Fact Sheets: Cardiovascular Diseases (CVDs) 2021. Available online: [www.who.int/en/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)](http://www.who.int/en/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)) (accessed on 5 March 2023).
2. Fortin M, Haggerty J, Almirall J, Bouhall T, Sasseville M, Lemieux M. Lifestyle factors and multimorbidity: A cross sectional study. BMC Public Health 2014;14(1):686.
3. Image: © 2019 National Heart Foundation of Australia ABN 98 008 419 761. HH-PWS-002.10119



What is heart disease?

Heart disease is a collective term for all types of conditions that affect the heart, including those that affect the vessels of the heart.



Coronary Heart Disease

- Heart attacks and Angina
- The muscle layer of the heart
- Spontaneous Coronary Artery Dissection (SCAD)



Arrhythmias

- Atrial (top chamber) and ventricular (bottom chamber) abnormal electrical signals



Pericarditis/Myocarditis

- Are inflammatory conditions that affect the heart.



Heart Failure /Cardiomyopathy

- Thinning or thickening of the heart muscle
- The electrical rhythm of the heart



Heart Valve Disorders

- Mitral, Aortic, Tricuspid and Pulmonary valves can be narrowed or diseased

Heart disease is the single leading cause of death in Australia.



Lifestyle changes could prevent 60% of all heart disease and stroke deaths.



Treatment options for my heart

Coronary Heart Disease: Heart attacks and Angina

- Early treatment:
"Clot-busting" medicine
- Angioplasty and stenting
- Coronary Artery Bypass Graft

Heart Valve Disease

- Valve repair
- Valve replacement

Arrhythmias

- Ablation procedures
- Pacemakers
- Implanted defibrillators

No matter which heart condition, you have you will need to

Take daily medications to:

1. Reduce your risk of another heart event.
2. Protect your stent/procedure.
3. Treat symptoms of angina.
4. Strengthen the pumping action of your heart.
5. Control the rate and rhythm of your heartbeat.

Attend Cardiac Rehabilitation to:

1. Receive specialist advice on risk factor management.
2. Receive specialist advice on physical activity.
3. Make changes to ensure your continued good health.
4. Reduce your risk of a future heart event.
5. Improves the quality of your life.



What else can I do?



Stop smoking



Maintain a healthy weight



Exercise daily



Establish healthy eating



Manage stress



Manage sleep apnoea



Lessen alcohol intake



Keeping your vaccinations up to date.

Decrease Lower Blood Pressure
<130/80mmhg

Decrease
Lower LDL (bad) Cholesterol
<1.4mmol/l

Control Lower HbA1c
(diabetes control) < 5.7%

Talking about your heart health with your health professional

Knowing when to get help starts with conversations. Here are some ideas to help.

Understanding my symptoms

- How will I recognise a heart attack?
- When should I go to my GP?
- When should I call an ambulance?

Understanding my medications

- If I have side effects, can I stop my medications?
- Will I be on medications for life?



Caring for my heart health



Get a good sleep



Reduce stress



Monitor my blood pressure and sugars



Drink less alcohol



Manage my cholesterol



Establish healthy eating patterns



Learn about my medicines



Be socially active



Always take my prescribed medications



Stop smoking



Be active



Maintain a healthy weight



Be up to date with vaccinations including; influenza, pneumococcal, COVID-19, shingles and RSV

Never stop your heart medications.

If you are concerned that they are making you feel unwell, see your doctor or pharmacist.

A heart attack is a medical emergency – if you feel worse, not better, in 10 minutes, CALL 000.