

# LOVE THY HEART IN VALENTINE'S WEEK



Contact for comments/information  
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## HEART WEEK February 9<sup>th</sup>- 15<sup>th</sup> 2009

- Cardiovascular disease (heart, stroke and blood vessel disease) is still the leading cause of death in New Zealand accounting for 40% of deaths annually (approximately 11,300).
- Every 90 minutes a New Zealander dies from coronary heart disease (16 deaths a day), and many of these deaths are premature and preventable.

Are YOU at risk  
of a stroke or heart attack?

NOW IS THE TIME TO TAKE HEART, AND  
THINK ABOUT YOU AND YOUR HEART.

- There is no single cause of cardiovascular disease but the way you live your life really does make a difference to your risk of developing it.
- Certain aspects of the choices YOU make about how to live YOUR life are known as your risk factors.
- The more risk factors you have, the more likely you are to develop heart disease.
- The GOOD news is that you can control and change many of these risk factors.

## WHO IS AT RISK

- Men over 45 years
- Women over 55 years
- Diabetics
- Smokers
- Overweight people, especially if your waist circumference is  $\geq 100$ cm in men or  $\geq 90$ cm in women
- People with High Cholesterol
- People with High Blood Pressure
- People with a Family History of heart disease, especially when their relative developed the disease before the age of 60 years
- People who are Maori, Indian, or Pacific Island
- Women who developed diabetes in pregnancy

Those with known cardiovascular disease, angina, history of previous heart attack, or history of previous stroke, are very much at risk.

IF YOU ANSWER YES TO  
ANY OF THESE, TAKE ACTION

## SO HOW CAN I HELP MYSELF?

There are many things you can do to make a real difference to your own and your family/whanau's heart health. Cardiovascular disease is largely preventable - by taking action, you CAN live a long and healthy life.

Don't panic! .... you don't have to make all the changes at once.

## WHAT DO YOU THINK YOU COULD START

- Stopping smoking
- Healthy eating. Less meat. Five serves of fruit and vegetable each day
- Keeping active. Start exercising. Start walking
- Lose some weight

## SO HOW CAN MY HEALTH TEAM HELP ME?

### WE CAN ASSIST YOU:

- To lose weight
- To stop smoking
- To make the right choices to reduce your cholesterol
- Refer you to your local Green Prescription co-ordinator to start an exercise programme

### ONCE YOUR CARDIOVASCULAR RISK IS KNOWN WE MAY NEED TO ASSIST YOU TO:

- Get on the right medication to reduce your cholesterol, or to reduce your chances of getting diabetes.
- Get your blood pressure down by suggesting the right medications and diet.
- Start a daily dose of aspirin

MERCK SHARP & DOHME, in collaboration with Pukekohe Family Health Care, invite patients who are registered with the practice, or do not have a local doctor, to a **FREE Cardiovascular risk assessment**. By doing some simple tests we can give you an estimate of your risk of having a heart attack or a stroke in the next 5 years.

For assessment be available on  
Wednesday 11th February 9am till 1pm &  
Friday 13th February 10am till 2pm  
No booking is required.  
PLEASE BRING THIS VOUCHER WITH YOU.

