



# Love Thy Heart this Valentine's Day



## Cardiovascular disease

(heart attack or stroke and blood vessel disease) is still the **leading cause of death** in New Zealand accounting for 40% of deaths annually (approx. 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?

- Men over 45 years
- Women over 55 years
- Diabetics
- Smokers
- Overweight people, especially if your waist circumference is  $\geq 100\text{cm}$  in men or  $\geq 90\text{cm}$  in women
- People with High Cholesterol or High Blood Pressure
- People with a Family member who has developed the heart disease before the age of 60 years
- People who are Maori, Indian, or Pacific Island
- Women who developed diabetes in pregnancy
- People with known cardiovascular disease, angina, history of previous heart attack, or history of previous stroke, are very much at risk.

## If you answered yes to any of these questions, take action!

*New cardiovascular guidelines were produced in 2009, written by some of New Zealand's leading cardiologists. These guidelines recognise LDL (Bad) cholesterol as an important marker of cardiovascular risk. Talk to your practise nurse about your LDL cholesterol to ensure you are at a level close to the guideline goals.*

- **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.**

**ProCARE**

The **GOOD news** is that you can control and change many of these risk factors.

**Now is the time** to take heart, and think about you and your heart.

## What do you think you could start with?

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

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

## 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
- If needed, get you on the right medication to reduce your blood pressure and cholesterol
- Reduce your chance of getting diabetes

## MSD, in collaboration with PUKEKOHE FAMILY HEALTH CARE

will be facilitating the screening of high risk patients within the practise. Patients who qualify will be notified by post.

## For further information contact

Pukekohe Family Health Care

10 West Street, Pukekohe. 09 237 0280