

HEALTH TIP

FEBRUARY

HEART DISEASE

2015



BE SMART. LOVE YOUR HEART.

February is Heart Research Month, a month where all Australians are encouraged to make their heart health a priority and proactively participate in the fight against heart disease by raising funds for life-saving heart research. To celebrate, Heart Research Australia's REDFEB campaign promotes a healthy lifestyle and raises much needed funds for first-stage, innovative research into the prevention, diagnosis and treatment of heart disease.

KNOW THE RISKS

Knowing your risk of having a heart attack or stroke is the first step you can take to help prevent one.

A combination of risk factors show your overall likelihood of having a heart attack or stroke in the next five years. The more risk factors you have, the more likely you are to have a high chance (risk) of having a heart attack or stroke.

Non-modifiable risk factors

- age
- ethnic background
- having family history of heart disease

Modifiable risk factors

- smoking
- high blood cholesterol
- high blood pressure
- diabetes
- being physically inactive
- being overweight
- depression



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