



HEART HEALTH

Heart Disease

Heart disease is Australia's leading single cause of death, with 18,590 deaths attributed to heart disease in Australia in 2017. Heart disease kills one Australian every 28 minutes.

Heart disease is an umbrella term for range of conditions that affect your heart. Diseases under the heart disease umbrella include blood vessel diseases, such as coronary artery disease; heart rhythm problems (arrhythmias); and heart defects you're born with (congenital heart defects), among others.

The term 'heart disease' is often used interchangeably with the term 'cardiovascular disease'. Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as those that affect your heart's muscle, valves or rhythm, also are considered forms of heart disease.

A number of conditions involve the heart or the circulation of blood through the blood vessels:

- coronary heart disease
- heart attack
- heart failure
- stroke
- arrhythmias – *abnormal heart beats*
- aneurysm – *a bulge caused by weakening of the heart muscle or artery*
- septal defect – *an abnormal opening between the left and right sides of the heart*
- peripheral vascular disease – *a disease of the large blood vessels of the arms, legs, and feet*
- rheumatic heart disease – *caused by rheumatic fever, and mainly affecting the heart valves*
- congenital heart disease – *defects or malformations in the heart or blood vessels that occur before birth.*

Risk Factors

- Smoking
- Cholesterol
- High Blood Pressure
- Being inactive
- Diabetes
- Being overweight
- Unhealthy diet

90% of Australians have at least one risk factor for heart disease. The more risk factors for coronary heart disease you have, the greater your chance of developing it.

The good news is that for most risk factors, you can do something about them.

RED FEB

Wear red during the month of February for someone close to your heart. Honour the memory of someone you loved who sadly passed away due to heart disease. Raise money for life-saving research, raise awareness for heart disease and help keep families together for longer.



<https://www.heartresearch.com.au/wrd/>