

May 28, 2014

Heart Health Week at Liverpool Hospital

To celebrate Heart Week this May, Liverpool Hospital Cardiac Services are holding an open day on Wednesday, May 7, from 10am-1pm.

The Hospital's main concourse will feature interactive stalls, where the public can 'learn the warning signs of a heart attack and reduce their risk of having one', which is the theme for this year's Heart Week from May 4-10.

This includes face-to-face advice, information and education from health professionals associated with weight loss, diabetes, smoking cessation, medications, cardiac rehabilitation services, and support services in the community.

Rohan Rajaratnam, Clinical Director for Cardiovascular and Imaging at Liverpool Hospital said heart disease is largely preventable.

"Knowing your risks of developing heart disease is the first step towards looking after your heart health," he said.

"Many risk factors like high blood pressure or cholesterol are contributors, and have no obvious symptoms."

Cardiovascular Disease remains the leading cause of death in Australia, and more than one million Australians aged 30-65 are at high risk of having a heart attack or stroke.

Heart disease alone affects about 1.4 million Australians, and kills one Australian every 24 minutes.

Sharon Williams, Clinical Nurse Consultants for Cardiac Services said the aim of heart week is to increase public awareness.

"Especially regarding the risk factors – it is paramount to put preventative measures in place to reduce your risk," she said.

"The purpose of heart week is also to become increasingly aware of recognising the warning signs of a heart attack, and what you must do if symptoms occur."

The main risk factors for heart disease include:

- smoking - both active smoking and being exposed to second-hand smoke
- high blood cholesterol
- high blood pressure
- diabetes
- being physically inactive
- being overweight

- depression, social isolation and lack of quality support

“The more risk factors you have, the increased probability of developing heart disease,” Ms Williams said.

If you experience the warning signs of heart attack for 10 minutes, if they are severe or getting progressively worse, call triple zero and ask for an ambulance.

For more information on heart health visit www.heartfoundation.org.au

***** Photo Opportunity ******

The Open Day will run on Wednesday, May 7 from 10am - 1pm, at the ground floor concourse, near the main entrance to Liverpool Hospital. Contact the media and communications team for more details.