

June 10, 2014

Healthy Heart Forum for Women

Women's Health experts at South Western Sydney Local Health District are encouraging women of all ages to come along to the Healthy Heart Forum on 12 June, 2014 to learn more about their heart health.

Cardiologists, researchers and heart specialists will help explain how important heart health is and what women can do to avoid heart disease.

South Western Sydney Local Health District Manager of Women's Health Rana Qummouh said it has been estimated that 80 per cent of Australians have at least one modifiable risk factor for cardiovascular disease.

"It is the leading cause of death of Australian woman – causing twice as many deaths as cancer," she said.

"Risk factors can include smoking, poor nutrition, high blood cholesterol and pressure, diabetes, physical inactivity and depression.

"Through the forum we aim to give women the knowledge and understanding of these factors so they can avoid being highly at risk of cardiovascular disease."

The Forum is an initiative of the Heart Smart for Women project being piloted at the Warwick Farm Neighbourhood Centre and is completely free including the healthy light lunch provided.

The District's Women's Health Service has partnered with the Heart Foundation, Liverpool Council and Liverpool Hospital's Cardiology service to deliver the project, which also aims to promote the Heart Smart for Women walking group; and increase the number of women attending the Women's Health clinic for cardiovascular disease and other screenings.

Details:

The Healthy Heart Forum for Women will be held from 10am to 2pm on Thursday, 12 June 2014 at the Warwick Farm Neighbourhood Centre, 11 Gallop Street, Warwick Farm.

Guest speakers include Director of Cardiovascular Health Programs at the National Heart Foundation, Julie-Anne Mitchell, and Liverpool Hospital cardiologist Dr Liza Thomas.