

28 February 2020

Wear red and help women beat heart disease

A splash of red is making more than a fashion statement this month – it’s aimed at saving lives.

Health Promotion staff at South Western Sydney Local Health District donned red clothing items for Wear Red Day to highlight heart disease risk factors – especially for women.

The District has partnered with the National Heart Foundation to raise awareness of heart disease in culturally diverse communities through the HeartSmart for Women program.

“Coronary heart disease is the leading cause of death for Australian women,” District Health Promotion Director Mandy Williams said.

“The HeartSmart program is helping to educate women in our culturally diverse region to better understand heart disease and learn how to take steps to prevent it.

“Many of the risk factors are related to lifestyle and include smoking, high cholesterol and blood pressure, an unhealthy diet and lack of exercise.

“Our message for all women is to have regular heart checks with your GP, and adopt a healthy lifestyle with exercise and healthy eating.”

Since 2018, the District’s Health Promotion Unit has provided 26 heart health education programs for women in languages such as Arabic, Assyrian, Spanish, Vietnamese, Mandarin, Khmer and Tagalog.

Ms Williams said some of the warning signs of heart attack in women might be more vague or non-specific than in men. Chest pain is not the only sign.

“Through the HeartSmart Program, we are also raising awareness of the warning signs for women including feelings of weakness, fainting, light-headedness, or extreme and unusual fatigue, shortness of breath, difficulty in breathing or nausea and vomiting,” Ms Williams said.

“Knowing the warning signs can save your life.”

The HeartSmart program provides practical information to support women to change their lifestyle, improve their nutrition, blood pressure and cholesterol, get physically active and quit smoking.

“We are encouraging women to share the heart health message - so they protect the hearts of the women they know and love.”

Call Triple Zero (000) if you have any symptoms of heart attack.

For more information on the HeartSmart program phone Ms Sharda Jogia, Senior Women’s Health Promotion Officer, on 8738 6927 or visit www.heartfoundation.org.au

