



Health & Wellbeing

March – Heart health



The best way to look after your heart is with a healthy lifestyle:

Be smoke free

Being smoke free is one of the best things you can do to protect your heart. Smoking affects the vessels that supply blood to your heart and other parts of your body. It reduces the amount of oxygen in your blood and damages blood vessel walls.

One year after quitting, your risk of a heart attack or stroke is reduced by half. In 5 to 15 years, your risk of stroke and coronary heart disease returns to that of someone who has never smoked.

TMHS have a Smoking Cessation Service that is conducted at the Terang Hospital and the Mortlake Community Health Centre. All appointments are on a one-to-one basis with a trained Smoking Cessation clinician. Consultations are FREE and confidential.

The Smoking Cessation Service is available by appointment only. To book an appointment, please contact the Terang Hospital on: 5592 0222 OR Mortlake Community Health Centre on: 5558 7000.



Manage your blood cholesterol

Cholesterol is a fatty substance carried in your blood. Your body needs cholesterol to be healthy, but an imbalance of cholesterol in your blood can lead to a heart attack or stroke. Talk to your doctor about the best way to control it.

Manage your blood pressure

Blood pressure isn't usually something you can feel. If it's too high, it needs to be treated. Talk to your doctor about the best way to control it.

Manage diabetes

It's important to manage your diabetes to help prevent a heart attack or stroke. Diabetes puts you at risk of heart disease (even if you have 'normal' looking cholesterol and no symptoms). This is because diabetes can change the chemical makeup of some of the substances found in the blood and this can cause blood vessels to narrow or to clog up completely.

One of the most important things to do to reduce the risk of heart disease is to meet with your doctor and/or Credentialled Diabetes Educator to discuss your individual risk factors and how to reduce them.

Be physically active

Regular, moderate physical activity is great for your heart health. It's never too late to start and get the benefits. It's also important to sit less during your day and break up your sitting time.

Enjoy a variety of nutritious foods

Eating a varied diet of healthy foods can help with your weight, blood pressure and cholesterol. There are also specific changes you can make to your diet to help prevent heart disease:

- Eat less salt: Reducing your salt intake is good for your blood pressure
- Limit alcohol: Alcohol consumption increases an individual's risk of cardiovascular disease



Look after your mental health

There can be a greater risk of heart disease for people who have depression, are socially isolated or do not have good social support. Having a good social life with family and friends can help. Depression is more than feeling sad or low. If you feel depressed for more than two weeks, talk to your doctor, a family member or someone you know well.

All information sourced from the Heart Foundation Australia

