



Coronary heart disease



The facts!

Coronary heart disease is the most common cause of death for Aboriginal and Torres Strait Islander peoples.

You can prevent coronary heart disease by reducing your risks.

Get your free health check today.

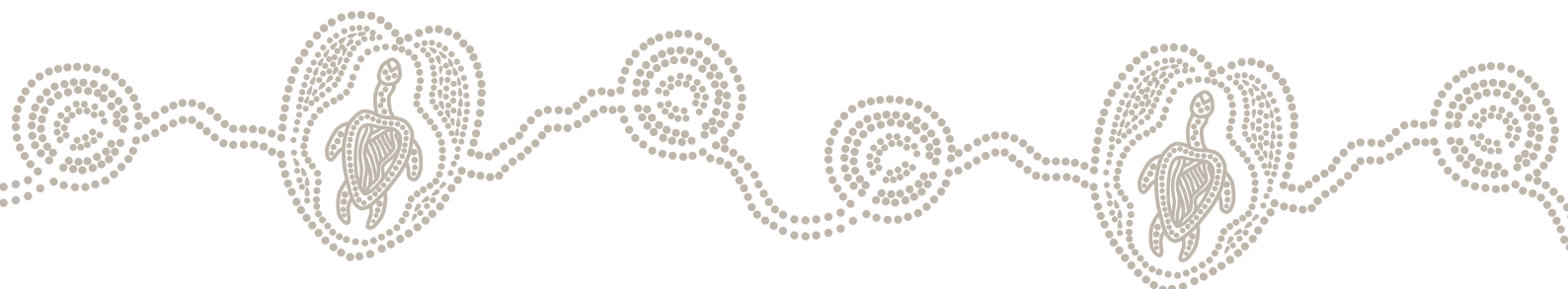
What causes coronary heart disease?

Coronary heart disease affects the blood vessels that supply your heart with blood and oxygen.

Fatty material called plaque builds up in the lining of the blood vessels. This is called atherosclerosis.

The inside of the blood vessel becomes narrow and less blood can get through. If the arteries become too clogged, the heart may not be able to work properly.

There is no single cause of coronary heart disease, but there are 'risk factors' that increase your chance of getting it.





What are the risk factors?

- High (bad) cholesterol
- Cigarette smoking (or being exposed to other people's smoke)
- Lack of exercise
- High blood pressure
- Obesity
- Diabetes
- Depression

There are some risk factors we cannot change. These include:

- family history
- age
- sex (men are at greater risk for coronary heart disease).

How to reduce your risk of coronary heart disease

- Stop smoking
- Eat healthy foods
- Drink less alcohol (grog)
- Maintain a healthy weight
- Increase physical activity – aim for 30 minutes or more of moderate intensity physical activity every day of the week
- Manage your blood pressure
- Manage diabetes (if necessary)
- Have a regular health check
- Take your medications as directed by your doctor

Be in control – get your health checked now.

© 2013 National Heart Foundation of Australia ABN 98 008 419 761

This work is copyright. No part of this publication may be reproduced in any form or language without prior written permission from the National Heart Foundation of Australia (national office). Enquiries concerning permissions should be directed to copyright@heartfoundation.org.au.

INF-083-C

Terms of use: This material has been developed for general information and educational purposes only. **It does not constitute medical advice.** Please consult your healthcare provider if you have, or suspect you have, a health problem. The health information provided has been developed by the Heart Foundation and is based on independent research and the available scientific evidence at the time of writing. The information is obtained and developed from a variety of sources including, but not limited to, collaborations with third parties and information provided by third parties under licence. It is not an endorsement of any organisation, product or service.

While care has been taken in preparing the content of this material, the National Heart Foundation of Australia, its employees and related parties cannot accept any liability, including for any loss or damage, resulting from the reliance on the content, or for its accuracy, currency and completeness.

This material may be found in third parties' programs or materials (including, but not limited to, show bags or advertising kits). This does not imply an endorsement or recommendation by the National Heart Foundation of Australia for such third parties' organisations, products or services, including their materials or information. Any use of National Heart Foundation of Australia materials or information by another person or organisation is at the user's own risk.

