

Health and wellness initiatives - Lunch and Learn

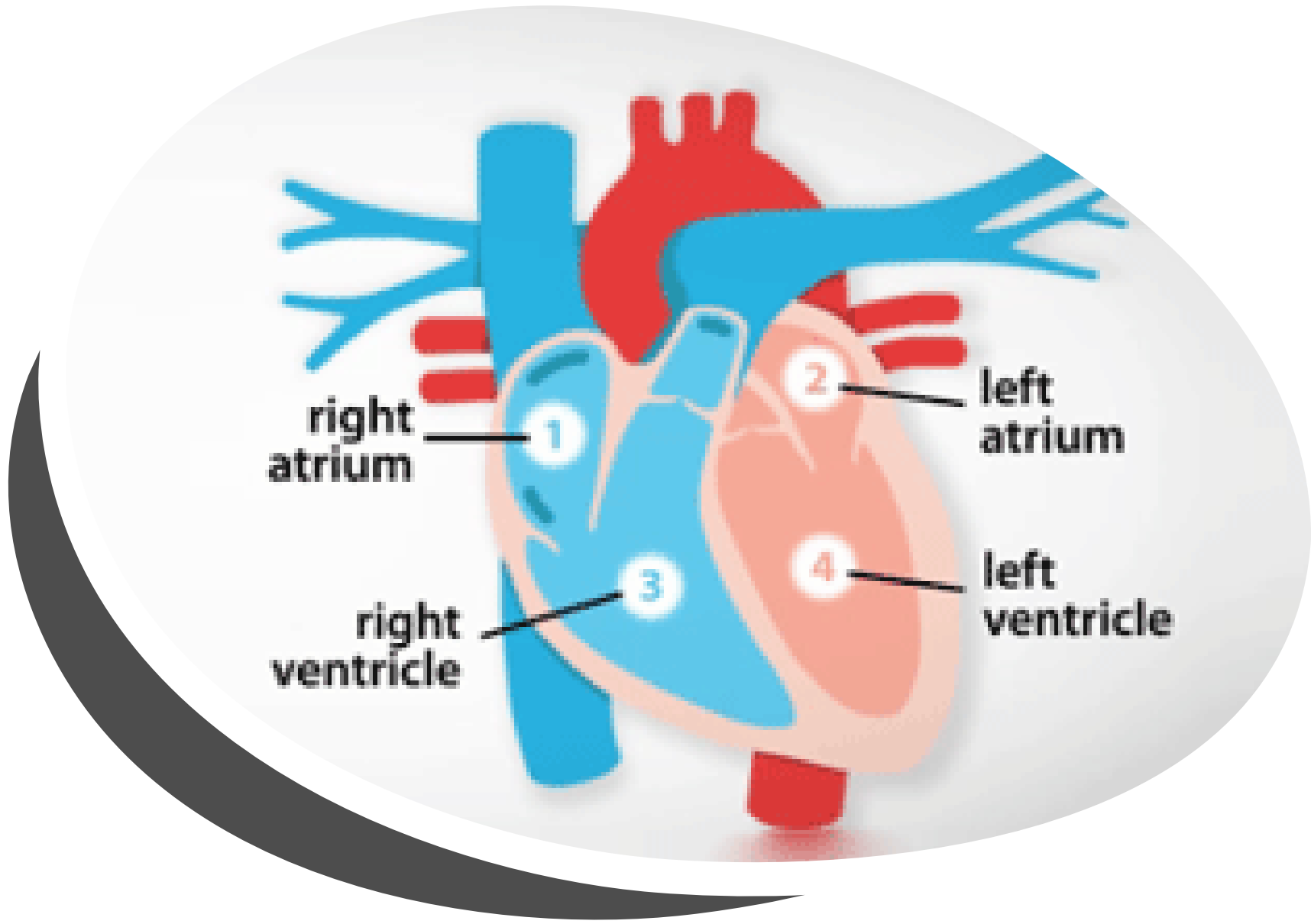
The current research on heart health and how we can best care for our hearts

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right atrium

1

left atrium

2

right ventricle

3

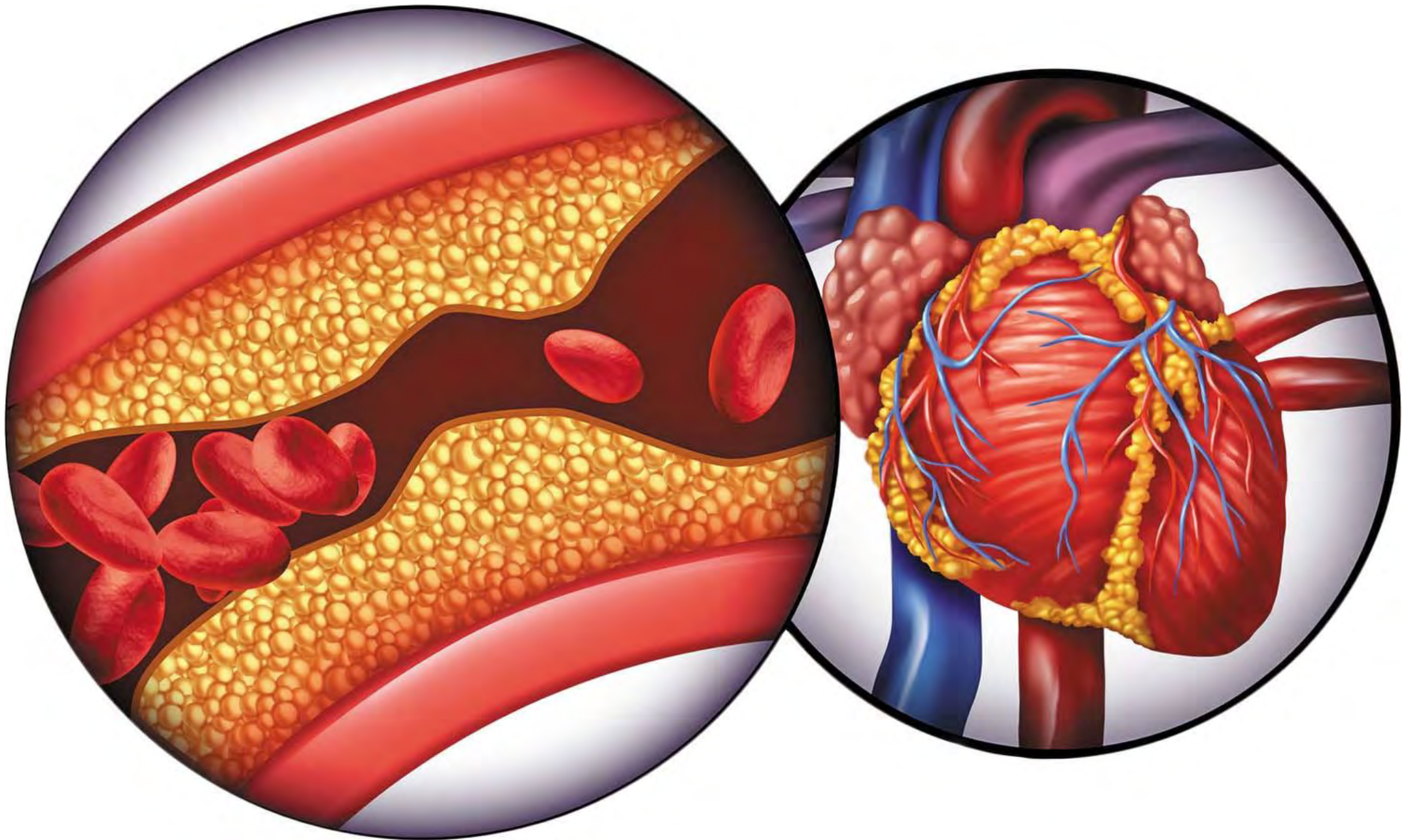
left ventricle

4

What is heart disease?

Heart disease is the broad term for conditions that affect the structure and function of the heart muscle. It includes:

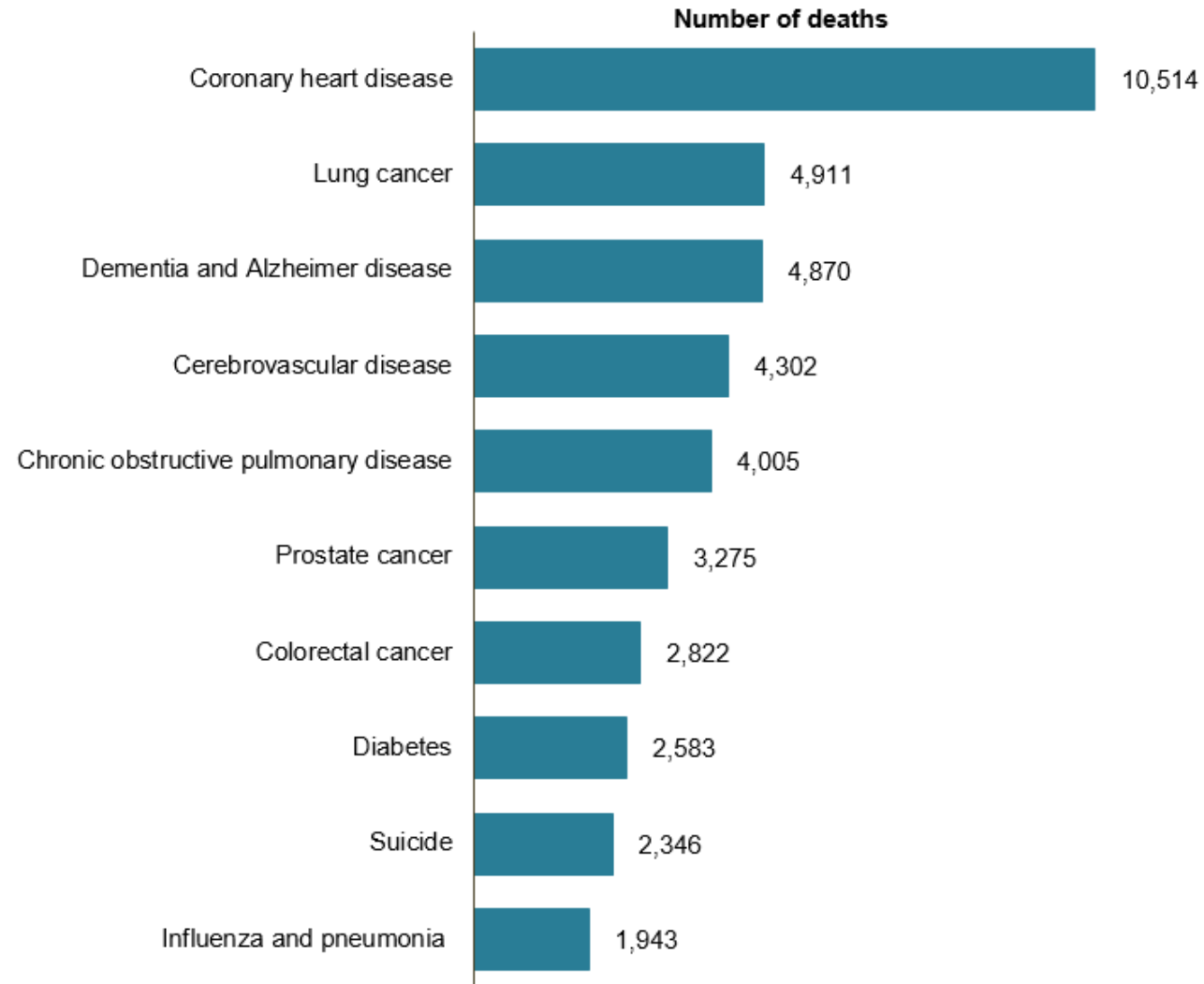
- Coronary heart disease (CHD)
- Heart failure
- Valve disease
- Arrhythmias (rhythm disorders)



Heart disease is not modern



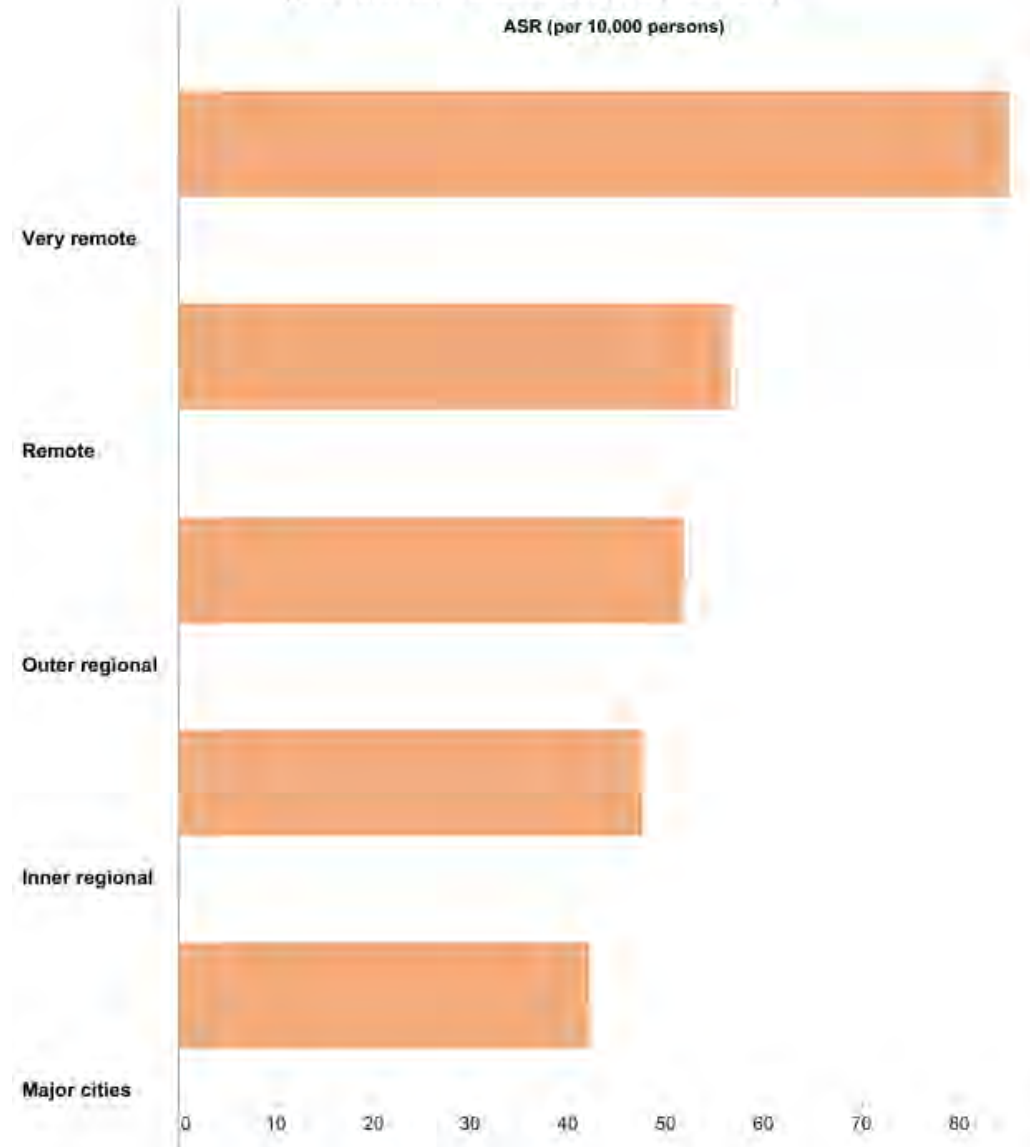
The bad news!



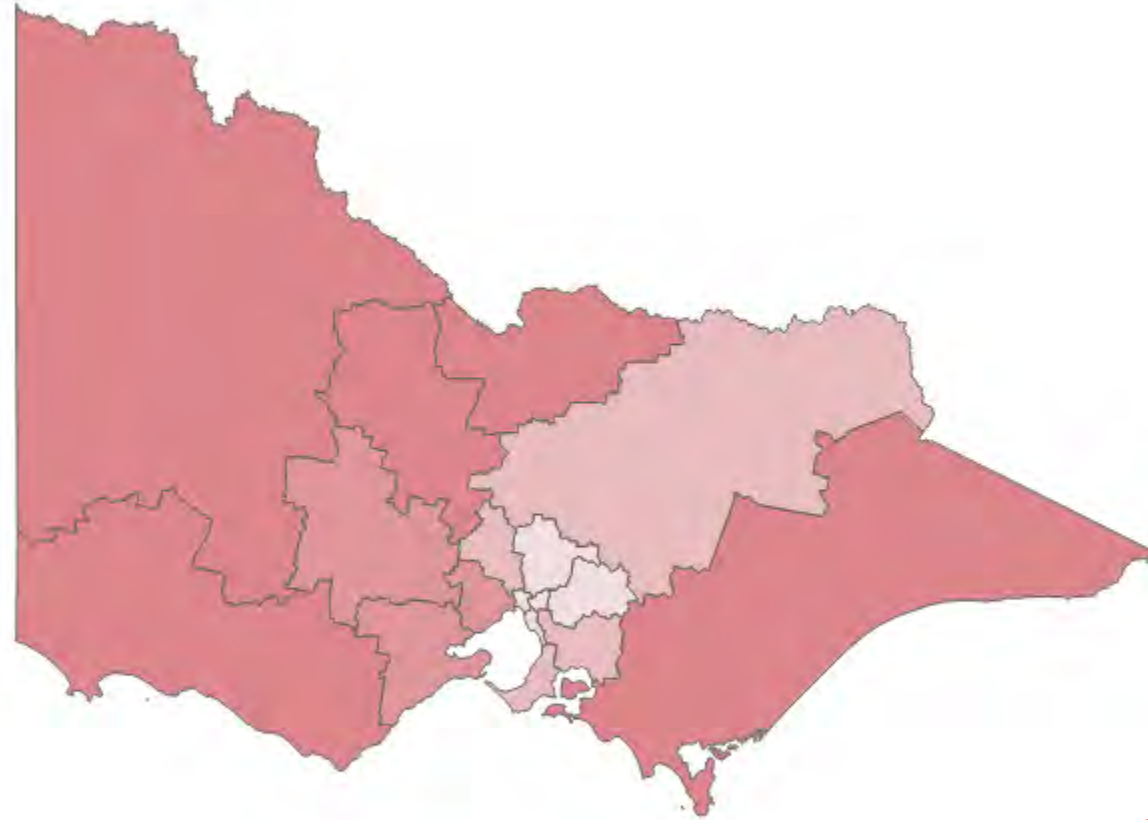
The good news!
Its Preventable

**Rates by Remoteness Index
(ABS Australian Statistical Geography Standard)**

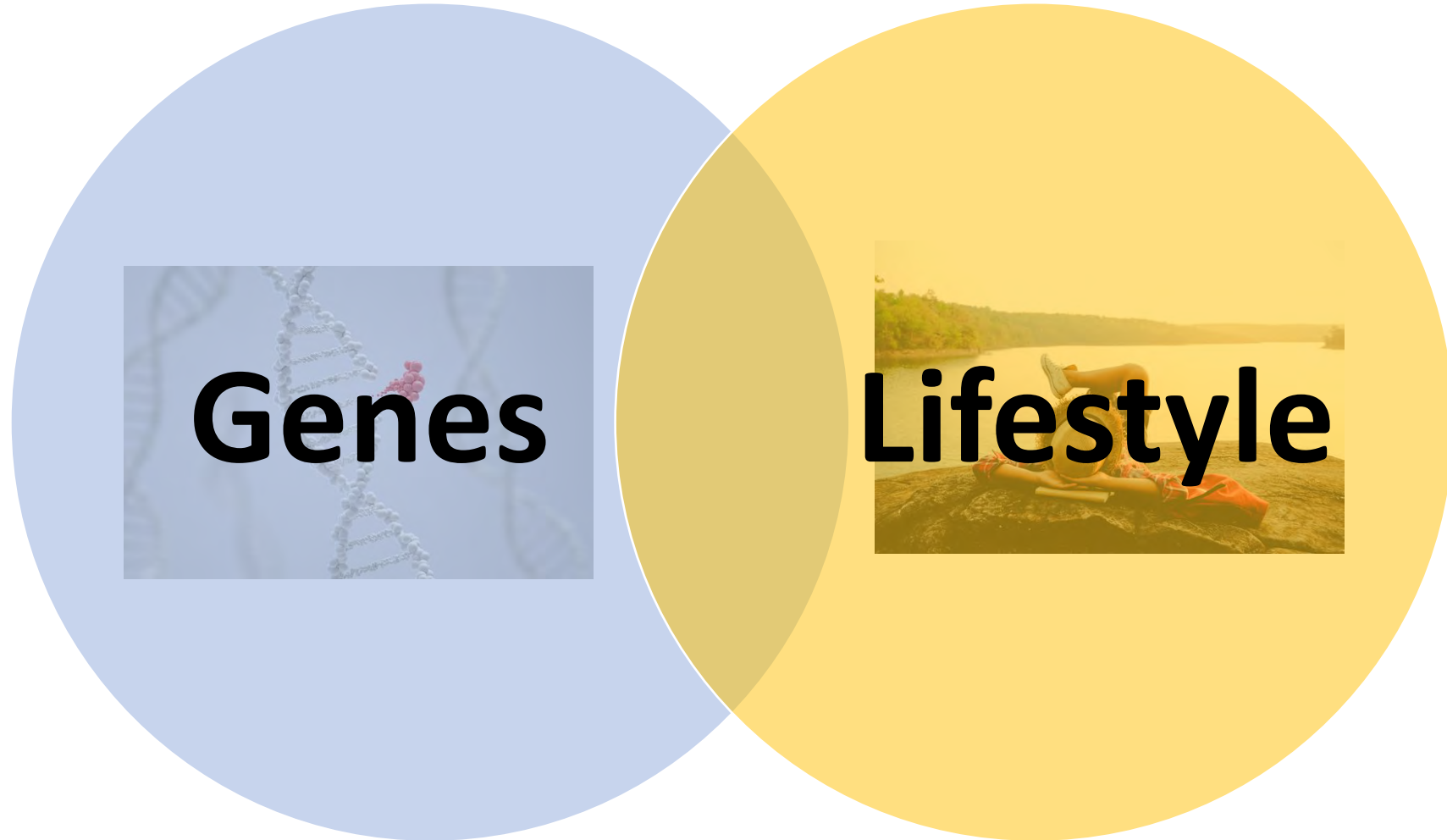
ASR (per 10,000 persons)



Heart Disease in VIC

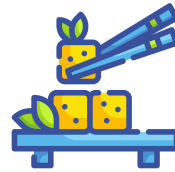


Contributing Factors



A heart healthy diet

- **Eat more fruit and vegetables and less meat – high nitrates**
- **Swap to wholegrain**
- **Nourish your microbiome – yoghurt**
- **Make healthy fat choices – olive oil, avocados, nuts, fish and sunflower seed**
- **Reduce salt**



A heart healthy diet

- **Consider fasting / lower carb**
- **Moderate consumption of healthy drinks (coffee, green and black tea, Karkadé (Hibiscus) tea, pomegranate juice, beetroot juice and cocoa.**
- **Moderation of alcohol consumption and avoidance of binge drinking.**



Heart healthy Choices

- Smoking Cessation.



- Engage in regular moderate intensity aerobic and resistance exercise, 30 minutes on 5 – 7 days per week or HIIT (High Intensity Interval training).



- Reduce stress and introduce mindfulness



- Reduce exposure to air pollution and cold temperature

Get to know your levels

Keep your blood pressure healthy

Keep your total cholesterol healthy

Keep your blood sugar healthy

Get tested

If you're 45 years or older (30 years or older for Aboriginal and Torres Strait Islander peoples) you should see your doctor for a Heart Health Check

Heart Disease in Women

- **Women are less likely to attend cardiac rehabilitation, less likely to take their medication regularly, and are less likely to make the lifestyle changes necessary for good health.**
- **Heart health-related complications during pregnancy can include: high blood pressure, pre-eclampsia, gestational diabetes.**
- **Complications during pregnancy can increase your risk of heart disease later in life.**

Will you recognise your heart attack?

Warning Signs Action Plan



Do you feel any

pain pressure heaviness tightness

In one or more of your

chest neck jaw arm/s back shoulder/s

You may also feel

nauseous a cold sweat dizzy short of breath

Yes

1 STOP and rest now

2 TALK tell someone how you feel

If you take angina medicine

- Take a dose of your medicine.
- Wait 5 minutes. Still have symptoms? Take another dose of your medicine.
- Wait 5 minutes. Symptoms won't go away?

Are your symptoms severe or getting worse?

or

Have your symptoms lasted 10 minutes?

Yes

3 CALL 000 Triple Zero and chew 300mg aspirin, unless you have an allergy to aspirin or your doctor has told you not to take it

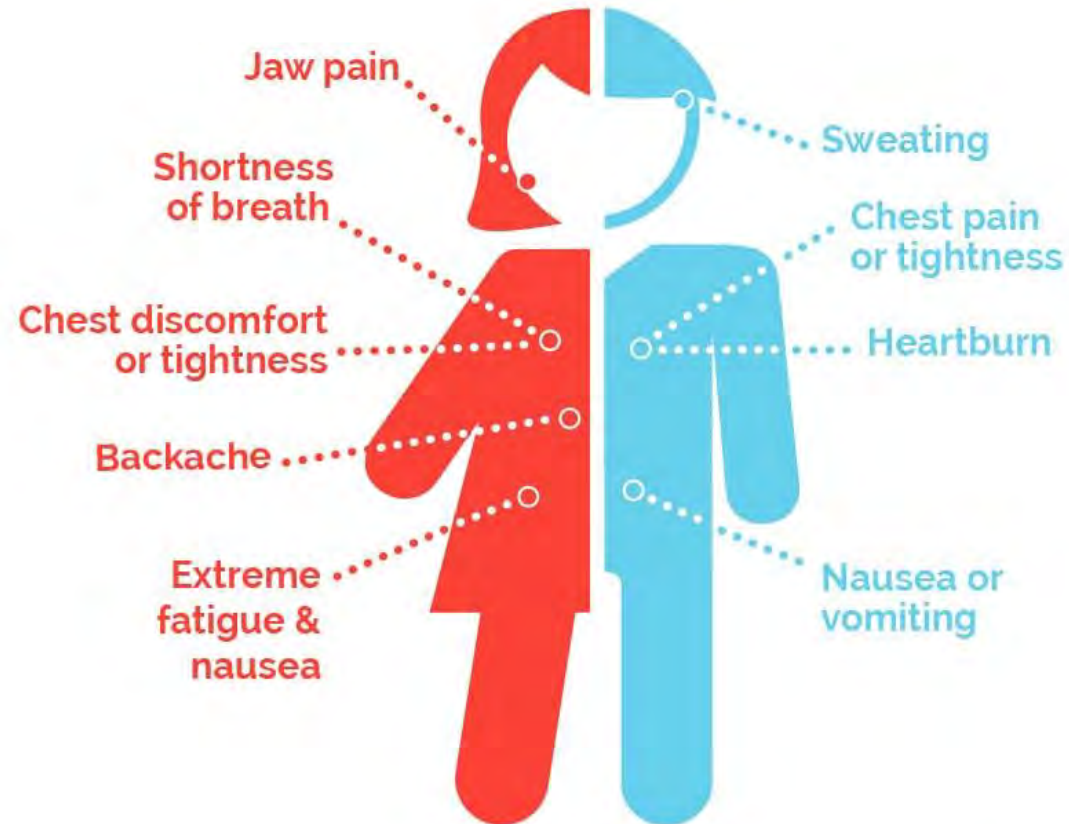
- Ask for an ambulance.
- Don't hang up.
- Wait for the operator's instructions.

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Know the difference

Warning signs differ between men and women.



Women symptoms include chest discomfort which radiates up to the throat, jaw and through to the back and shoulder blades, extreme fatigue, shortness of breath, heart fluttering, light-headedness and nausea.