

GOODLIFE FASHION CHARITY LUNCH

The Heart Foundation's annual Go Red for Women campaign, which ran in June, this year highlighted the alarming fact that too many Australian women are oblivious to the risk of heart disease.

A new survey released by the Heart Foundation showed that a staggering 78% of Australian women are unaware that heart disease is their number one killer.

"There are many myths about heart disease, such as the perception that it is an old man's disease. This is not the case – heart disease tragically claims the lives of 30 Australian women every day," said Kathy Bell, Chief Executive Officer of the Heart Foundation (Victoria).

While 95% of women know the link between lifestyle and heart disease, 65% of the women surveyed did not mention the major risk factors of blood pressure, cholesterol or diabetes as concerns.

"Often there are no obvious symptoms of heart disease, which is why we are encouraging women to talk to their GP about assessing their heart disease risk. The good news is that heart disease can often be prevented through simple lifestyle changes," Kathy Bell said.

The Heart Foundation encourages all Australian women to look after and love their hearts. There are five healthy choices women can make to reduce their risk:

1. **Get regular check-ups** – on your next visit with your GP, ask for a heart disease risk assessment.
2. **Know your numbers** – learn your blood pressure, cholesterol level and waist circumference, and check these regularly.
3. **Be smoke free** – kicking the habit is the single most important thing you can do to reduce your risk, and it is never too late to benefit from giving-up.
4. **Enjoy healthy eating** – include a variety of foods from different food groups.
5. **Be active every day** – regular, moderate physical activity is good for the heart. The Heart Foundation recommends at least 30 minutes or more on most or all days of the week.

The Heart Foundation, Australia's leading heart health charity, is funded almost entirely by donations from the community. The Heart Foundation saves lives and improves health through funding world-class cardiovascular research, providing guidelines for health professionals, informing the public, and assisting people with cardiovascular disease.

For information about the work of the Heart Foundation, or about cardiovascular disease, contact the Heart Health Information Service for the price of a local call on 1300 36 27 87 or visit www.heartfoundation.org.au.

