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High time Aussies assessed their cardiovascular disease risk

Sunshine Coast and Gympie residents are being urged not to wait for symptoms before having their risk of cardiovascular disease assessed.

The 2018 report of Queensland’s Chief Health Officer has revealed an estimated 880,000 adults in Australia have high blood pressure, and 1.2 million adults have high cholesterol, both important risk factors for cardiovascular disease.

Sunshine Coast Hospital and Health Service (SCHHS) Director of Cardiology Dr Rohan Poulter said many Australians remain untreated or ineffectively treated for high blood pressure and high cholesterol.

“During 2016 high blood pressure was responsible for the deaths of an estimated 3000 Queenslanders, and high cholesterol for the deaths of about 1000 Queenslanders,” Dr Poulter said.

“Both conditions can often be managed by lifestyle modification and medication. It is important to find out your blood pressure and cholesterol numbers and keep them in a healthy range.

“Don’t wait for symptoms before acting, both risk factors for cardiovascular disease are not something you can feel.

“When it comes to heart health, some risks you just can’t change such as age and family history, so it is critical you take control of the risks you can.

“We strongly recommend having a heart health check if you’re over 45 years old, and over 35 years for Aboriginal and Torres Strait Islander peoples,” he said.

Visit your GP to get a heart health check today and find out your personal risk factors.

More information on heart health can also be found at www.heartfoundation.org.au

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