Did you know a heart attack occurs once every 10 minutes in Australia?

Over 50 per cent of heart attack deaths occur before the person reaches hospital and almost 25 per cent of people who die from a heart attack die within one hour of their first warning sign.

Sunshine Coast Hospital and Health Service (SCHHS) Acting Director of Cardiology Dr Mark Johnson said National Heart Week provides an opportunity to highlight that we can all make a difference by learning the warning signs of heart attack and sharing this lifesaving information with patients, colleagues, family members and friends.

Dr Johnson stated “Heart attacks are more common than many realise and we encourage every Australian to learn the warning signs of heart attack and call Triple Zero (000) if they or someone else is experiencing any symptoms.”

Warning signs vary from person to person and they may not always be sudden or severe. Although chest pain or discomfort is the most common symptom, some people will not experience chest pain at all.

Symptoms may include pain, chest pressure, heaviness or tightness in one or more parts of the upper body including chest, neck, jaw, arm(s), shoulder(s) or back in combination with other symptoms such as nausea, shortness of breath, dizziness or a cold sweat.

Nambour General Hospital provides a comprehensive 24/7, 365 day heart attack service which includes prevention, screening, diagnosis, acute and ongoing medical care, surgery, rehabilitation, palliative care and percutaneous coronary intervention/angioplasty (PCI).

The Cardiology Department consists of a highly trained team of Cardiologists, Nursing Staff, Cardiac Scientist and Allied Health Professionals.
Dr Johnson said the recent development of the 24/7 365 day acute heart attack (primary PCI service) has been a significant advancement in Cardiac Care on the Sunshine Coast and surrounding areas.

To promote this initiative, a display will be held in the main foyer of Nambour General Hospital during Heart Week detailing the early warning signs of a heart attack and how people can reduce their risk of having one.

ENDS

Media contact: Jude Rhodes - Tel: 5489 8617 or 0408 713 747