29 April 2016

Take care of your ticker: before and after a heart attack

Heart Week (1 – 7 May) is the perfect time to quit smoking, get exercising and start eating healthy – all in the name of keeping your ticker in good working order.

The Sunshine Coast Hospital and Health Service (SCHHS) has partnered with Sunshine Coast Council and the health to raise awareness of the importance of maintaining a healthy lifestyle during Heart Week.

You’re invited to attend the Sunshine Coast Heart Week 2016 Expo, which kicks off a week-long program of events across the region.

The Expo runs from 8am to 12pm on Saturday, 30 April 2016 at the Lake Kawana Community Centre.

There will be free bike rides, stand up paddle boarding, the opportunity to participate in events with the Heart Foundation Walkers, cooking demonstrations, jumping castle and face painting, a chance to talk with health and wellbeing experts on a broad range of topics, vascular health checks, group fitness classes, and so much more!

Director of Cardiology, SCHHS, Dr Rohan Poulter, would like to also remind residents to look after their heart after a heart attack. The focus of this year’s Heart Week is on cardiac rehabilitation after a heart attack.

Dr Poulter said heart disease did not discriminate; it affected young and old, men and women.

“Heart disease is still the single biggest killer of Australian men, women and children, taking a life every 27 minutes,” Dr Poulter said.

“If you survive a heart attack, cardiac rehabilitation can help you recover and get back to normal activities faster.

“Our nursing staff, dieticians and psychologists can help you adopt a healthy lifestyle, feel more confident, connect with people in similar situations, and prevent problems in the future.

“Topics covered include heart disease and risk factors, managing your medications, exercise and your heart, behaviour change and goal setting, healthy eating habits, practical tips for shopping and cooking, and psychological factors and heart disease.”

At 72, Nambour’s Barry Duff knows firsthand the benefits of cardiac rehabilitation.

Following surgery for bowel cancer in July last year, Mr Duff suffered heart failure and was transferred to the Prince Charles Hospital for triple bypass heart surgery.
“After my heart surgery, I was transferred to Caloundra Health Service for rehabilitation,” Mr Duff said. 

“Since then, I have attended ongoing cardiac rehabilitation services at Nambour General Hospital, which has been outstanding.

“The heart education and rehabilitation team has been so helpful; this has assisted me in so many practical ways.

“The staff gave me excellent notes for ongoing reference so I can monitor my progress as I learn to adopt a healthier lifestyle; I actually refer to the notes on a regular basis,” Mr Duff said.

“As part of my cardiac rehabilitation, I’ve now been referred to a hospital dietician and I’m looking forward to the positive difference this will make for me.

“I can’t thank the rehabilitation team enough for their personalised care, professionalism and for going the extra mile to help me find my feet again after my heart attack,” he said.

Sunshine Coast Hospital and Health Service delivers cardiac rehabilitation from Nambour, Noosa, Caloundra, Maroochydore and Gympie. Patients have access to either weekly sessions (2.5 hours once a week for three weeks) or a full day session.

Dr Poulter said annually, the service saw more than 1000 patients in the in-hospital program and more than 500 patients in the community program.

The service is expected to expand after the opening of the Sunshine Coast University Hospital in April 2017.

Sunshine Coast Heart Week 2016 Expo:
For more information including Q&A Specialist Presentation Program times: https://www.facebook.com/events/255906351415636/

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