

Media statement

26 April 2019

Take care of your ticker: talking about Heart health checks

Heart Week (28 April – 4 May 2019) is the perfect time to check on your ticker, and raise awareness of maintaining a healthy lifestyle.

Sunshine Coast Hospital and Health Service (SCHHS) staff and visitors will be able to get a free health check at several of our facilities during Heart Week.

Health Foundation representatives will be at SCUH on Thursday, 2 May from 10-2pm in the foyer to speak with community and staff and will have a display with HF resources. The My Health for Life team will be taking blood pressure and referring people to the program.

SCHHS Director of Cardiology, Dr Rohan Poulter would like to remind residents to look after their heart after a heart attack.

“Heart disease is still the single biggest killer of Australian men, women and children, killing 51 Australian’s every day”, Dr Poulter said.

“Heart disease does not discriminate, affecting young and old, men and women. If you survive a heart attack, cardiac rehabilitation can help you recover and get back to normal activities faster.

Sunshine Coast Hospital and Health Service delivers cardiac rehabilitation education sessions 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. Exercise sessions are run at the Sunshine Coast University Hospital for cardiac rehabilitation patients.

In 2018, 1125 patients took part in Cardiac Rehabilitation education sessions in the hospital setting, and 784 patients took part in the community program, which includes education and/or exercise rehabilitation.

186 patients were provided with smoking cessation counselling.

“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,” Dr Poulter said.

Learning more about your heart health is key to understanding how to prevent heart disease.

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You can learn more about your heart health by using the Heart Foundation's [Heart Age Calculator](#); this online tool helps you to understand your risk of having a heart attack or stroke.

Media can attend the Heart Foundation Health checks by pre- arranged appointment only with media contact below.

The Heart Foundation health checks:

- Caloundra Health Service – Monday, 29 April, 10am – 2pm
- Nambour General Hospital – Wednesday, 1 May, 10am – 2pm
- Sunshine Coast University Hospital – Thursday, 2 May, 10am – 2pm.

ENDS

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