

Media Release



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Female parliamentarians unite in pledge to fight Australia's biggest killer

Today, 30 female parliamentarians pledged to support the fight against heart disease and stroke. Attending the Heart Foundation's Go Red for Women Parliamentary Breakfast female MPs and senators from all sides of politics were united in committing to help reduce premature death and suffering from cardiovascular disease and agreeing to raise awareness among women in their constituencies.

Speaking at the breakfast, Minister for Health and Ageing, Nicola Roxon MP outlined the importance of drawing attention to heart disease as the biggest killer of Australian women. Nicola Roxon, was joined by Shadow Minister for Ageing Margaret May MP and Australian Greens health spokesperson Senator Rachel Siewert, in highlighting the need for women to have a greater understanding of their risk of the disease.

Heart disease remains the number one killer of Australian women – claiming the lives of 30 women each day.

“Women are often focused on caring for others and often don't think about their health until something goes wrong. In a recent survey, over three-quarters of women were not aware that heart disease is the leading cause of death among women. This is alarming for one principal reason: if women are not aware of their risk, they are less likely to pay attention to prevention messages, and take the simple steps to improve their heart health,” said Dr Lyn Robert Heart Foundation CEO – National.

“The good news is that almost 80% of heart disease is preventable through simple lifestyle changes. That is why it's so important that we get women talking to their doctor about their risk. The pledge MPs and senators have signed today is aimed at doing just that,” Dr Roberts added.

Go Red for Women is the Heart Foundation's annual awareness campaign that aims to help women understand their risk of heart disease and encourage them to make healthier choices.

The Heart Foundation is inviting all Australians to help raise awareness and funds by attending a Go Red for Women event, holding their own event, or simply donating. Money raised will help fund essential education and research. To find out more visit www.goredforwomen.org.au

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The Heart Foundation saves lives and improves health through funding world-class cardiovascular research, guidelines for health professionals, informing the public and assisting people with cardiovascular disease. As a charity, the Heart Foundation relies on donations and gifts in wills to continue its lifesaving research, education and health promotion work. For further information go to www.heartfoundation.org.au or call 1300 36 27 87.

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