

# Have you had a heart and stroke check?

## Your first step to help prevent a heart attack or stroke

### What is it?

A heart and stroke check is for people who:

- are 45 and over (35 and over for Aboriginal and Torres Strait Islander peoples)
- have not had a heart attack, heart problems or stroke.

You can visit your local doctor or nurse for this check.

To understand your risk, they will take blood tests and talk to you about:



Your age



If you smoke



Blood pressure



Cholesterol



Your weight



What you eat



How much you move



Your family history



Diabetes



Kidney disease

### Why is it important?

Having a heart attack or stroke is very serious and will have a big impact on your life.

Your doctor or nurse can use a risk calculator to find out your overall chance of having a heart attack or stroke.

[www.cvdcheck.org.au](http://www.cvdcheck.org.au)

They can talk to you about what you can do to lower your risk. This may include taking medicines.

**Don't let a heart attack or stroke be the first sign that something is wrong.**

#### Take action

- ✓ Make an appointment with your doctor or nurse
- ✓ Ask for a heart and stroke check
- ✓ Take this brochure with you
- ✓ Ask about any local programs that can help you
- ✓ Do it for you and for the ones you love

## How to keep your heart healthy

Get help to quit smoking



Be more active



Eat foods that are good for you



Cut down on alcohol



Keep your blood pressure  
and cholesterol at safe levels



Manage your diabetes



Reach out for social support

## For heart health information

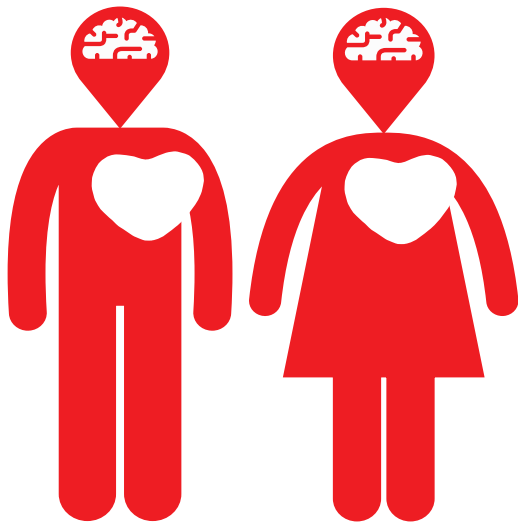
Call **1300 36 27 87** to speak with a health professional. The **Heart Foundation's Health Information Service** provides information on heart health and support services.

## For stroke information

Call **1800 STROKE (1800 787 653)**. **StrokeLine's** health professionals provide information and advice on stroke prevention, treatment and recovery.

## For an interpreter

Call **131 450** if you need an interpreter and ask for the Heart Foundation or Stroke Foundation.



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