



Cardiovascular disease

Are you at risk?

The facts!

Cardiovascular disease is the most common cause of death for Aboriginal people.

You can help prevent cardiovascular disease by reducing your risks.



NSW Chronic Care for Aboriginal People Program

For more information

Contact your local Aboriginal Medical Service or Health worker. Aboriginal Chronic Care workers are located in NSW Health Services and some Aboriginal Medical Services.

Chronic Care for Aboriginal People Program:
www.health.nsw.gov.au/initiatives/chronic_care/aboriginal/index.asp

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*Chronic Care
for Aboriginal People*





What is cardiovascular disease?

Cardiovascular disease (CVD) includes diseases of the heart and blood vessels. It includes:

- Heart disease
 - heart attack, angina
- Stroke (brain)
- Heart failure
- Rheumatic heart disease
- High blood pressure
- Peripheral vascular disease (legs).

CVD is caused by a clogging process

Fatty stuff builds up in the lining of the blood vessels. This is called atherosclerosis.

The inside of the blood vessel becomes narrow and less blood can get through.

What causes the fat to build up?

- High (bad) cholesterol levels
- Cigarette smoking
- Diabetes
- Lack of exercise
- Diet high in fats
- High blood pressure
- Obesity.

These are known as risk factors for CVD.

There are other risk factors:

- Family history
- Age
- Sex (men are at greater risk for CVD).

These risk factors we cannot change.

A clogging process in the blood vessels causes cardiovascular diseases.

How to reduce your risk of CVD

- Stop smoking
- Exercise daily
- Eat healthy
- Limit alcohol
- Keep blood pressure down
- Keep diabetes controlled
- Keep your weight within normal limits
- Have regular health checks.

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