



# Heart disease

## Know your risks

# The facts!

Heart disease is the number one killer of Aboriginal people.

Be in control.

Get a check up now.

### 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](http://www.health.nsw.gov.au/initiatives/chronic_care/aboriginal/index.asp)

Produced by the NSW Chronic Care for Aboriginal People Program.  
**Aboriginal Health and Medical Research Council:**  
[www.ahmrc.org.au](http://www.ahmrc.org.au)

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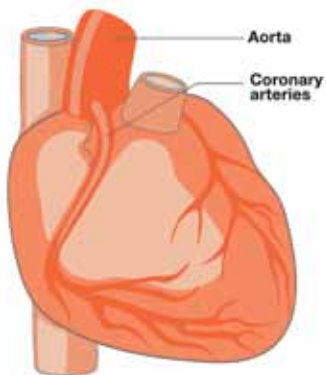
*Chronic Care  
for Aboriginal People*





## What is heart disease?

- Heart disease is also called ischaemic heart disease or coronary heart disease
- Heart disease can cause angina or a heart attack
- It is caused by atherosclerosis, a build up of fatty stuff (bad cholesterol) in the blood vessels (coronary arteries) that supply your heart. This blocks the blood flow to the heart (see heart attack in this series).



## What are risks for heart disease?

- High cholesterol
- High blood pressure
- Smoking
- Being overweight
- Family history
- Not exercising
- Diabetes
- Stress/depression.

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Chronic Care  
for Aboriginal  
People  
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## What can I do to help reduce the risks?

- Do not smoke
- Keep your blood pressure under control
- Keep a healthy weight
- If diabetic, keep blood sugar levels within normal limits
- Eat healthy
- Exercise daily – walking is great for you
- Try to relax
- Know when you are stressed
- Have regular health checks
- Drink less alcohol
- Take your medications properly.