



CARDIAC PREVENTION AND REHABILITATION

Helping you improve your cardiovascular health and reduce your risk factors

CARDIOVASCULAR HEALTH

THE FACTS

Every 12 minutes, an Australian is killed by cardiovascular disease (CVD). That's 120 lives a day. Or 43,800 people a year.

What is cardiovascular disease?

CVD refers to a class of disease that involves the heart and/or blood vessels (e.g. arteries). It's commonly related to atherosclerosis, a process whereby plaques, or fatty deposits, form in your arteries and cause them to narrow.

Once atherosclerosis affects the major arteries, it restricts blood flow to important parts of the body, which can result in a number of sudden and severe medical conditions. A lack of blood supply to the heart may lead to a heart attack, while a shortage of blood to the brain can cause a stroke. Decreased blood flow to your hands and feet can result in peripheral arterial disease.

Recognising the warning signs and symptoms of CVD, and seeking prompt medical care, can help prevent your risk of heart attack, stroke and peripheral arterial disease.

RISK FACTORS FOR HEART ATTACK OR STROKE

There's no one cause for heart disease. But there are risk factors that can increase your chance of developing it. The more risk factors you have, the bigger your risk of suffering a heart attack or stroke is.

Risk factors within your control:

- Smoking
- High cholesterol
- High blood pressure
- Diabetes
- Being inactive
- Being overweight
- Unhealthy diet
- Depression, social isolation and lack of quality support

Risk factors beyond your control:

Age – as you get older, your risk of heart disease increases

Gender – men are at a higher risk of heart disease than women, although a woman's risk can increase drastically after menopause

Ethnicity – people of certain ethnic ancestry run a higher genetic risk than others

Family History – if someone in your family has suffered a heart attack, speak to a doctor or health practitioner about your risk

We aim to improve your health, reduce your cardiovascular risk factors and improve your overall quality of life by providing you with an individualised program designed to suit your capabilities and personal goals.



For additional information

Call: 08 8267 6432

E-mail: physio@bodyfit.life

Web: bodyfit.life

Body Fit is a boutique physiotherapy practise specialising in preventative and rehabilitative cardiac treatment. Body Fit develops programs customised to address client specific risk factors and personal health histories in order to reduce the likelihood of a heart attack, stroke and/or peripheral arterial disease in patients. Body Fit also specialises in treatment and therapy options designed to return patients to peak health and keep them there.

Contact Body Fit today for a personalised, confidential consultation regarding your cardiac health.

This brochure is general advice only. If you have specific concerns regarding CVD and your cardiovascular health, speak to your doctor or a professional health practitioner.

HEART ATTACK

The heart is a muscle, and it requires a good supply of blood to keep it healthy. A heart attack occurs when there is a sudden and complete blockage of an artery that supplies blood to an area of your heart.

The longer blockage caused by CVD is left untreated; the more the heart muscle is damaged. If blood flow is not restored quickly, damage to the heart muscle can be permanent.

This is why reacting to signs and symptoms promptly, and seeking treatment, helps reduce damage to the your heart and improves your chances of survival.

RECOGNISE A HEART ATTACK

Do you feel any

pain pressure heaviness tightness

In one or more of your

chest neck jaw arms back shoulders

Your may also feel

nauseous a cold sweat dizzy short of breath

These symptoms are often accompanied by:

- Nausea or vomiting
- Sweating
- Dizziness and feeling light headed
- A feeling of heart burn or indigestion
- Collapse

STROKE

A stroke occurs when blood flow to the brain is interrupted by either

- A blood clot blocking the arteries
- A blood vessel bursting in the brain

Recognising a stroke or TIA

- Weakness, numbness or paralysis of the face or one or both arm or legs
- Trouble speaking or understanding others
- Dizziness, loss of balance or unexplained fall
- Blurred or loss of vision in one or both eyes
- Sudden and severe headache, different to any usual pattern of headaches
- Difficult swallowing
- Confusion
- Unconsciousness

PERIPHERAL ARTERY DISEASE

PAD occurs when blood flow in the arteries that supply blood to the limbs, especially in the legs and feet, is restricted.

Recognising PAD

- Numbness, tingling and weakness in the lower legs and feet
- Burning or aching pain in the feet or toes when resting
- Sore on leg or foot that will not heal
- Cold legs or feet
- Colour change in skin on legs or feet
- Loss of hair on legs
- Pain in the legs or feet that awaken you at night