



Know your cholesterol

Have your blood cholesterol levels assessed by your doctor and manage them by living a healthy lifestyle and, if needed, with medicines prescribed by your doctor.



Manage your blood pressure

Manage your blood pressure by living a healthy lifestyle and, if needed, with medicines prescribed by your doctor.



Check your blood sugar

Have your blood sugar level assessed by your doctor and manage it through healthy lifestyle and, if needed, with medicines prescribed by your doctor.



Take medicines if and as prescribed by your doctor

If your doctor prescribed you medicines to help lower your risk of heart disease, take them as prescribed.



Get a Heart Health Check

If you are 45 years or older, and do not have heart disease, speak to your GP about having a Heart Health Check.



Learn more about Heart Health Checks at heartfoundation.org.au/your-heart/heart-health-checks

Notes

Five horizontal lines for taking notes.

For more information, visit heartfoundation.org.au

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Building blocks of a healthy heart

Reducing your risk of heart disease

While there is no one cause for heart disease, there are risk factors that increase your chance of developing it. The more risk factors you have, the more likely you are to develop heart disease. More than half of Australian adults have three or more risk factors for heart disease, but many people don't know they're at risk.

Preventing heart disease starts with knowing your risk factors and making positive lifestyle changes to lower your risk. Here are some ways you can do this.



Follow a heart-healthy eating pattern

Enjoy a variety of fresh and unprocessed foods, including foods rich in whole grains, fibre, vitamins, minerals, healthy fats, and naturally low in unhealthy fats, salt and added sugar.



Move more

Aim to do at least 30 minutes of moderate-intensity physical activity most days of the week.



Maintain a healthy weight

Follow a heart-healthy eating pattern and be physically active. Speak to your doctor for support to help you achieve your goals.



Be smoke-free

If you smoke tobacco and/or use e-cigarettes, consider quitting. Talk to your doctor, call Quitline on 13 7848 or visit quit.org.au



Avoid or drink less alcohol

Choose alcohol-free alternatives and reduce overall intake for better heart health.



Manage stress and mental wellbeing

Identify the sources of your stress and think of ways to best manage it. Seek professional help if you are struggling to manage stress.

