

Top tips for living well with heart disease

Kick-start your heart-healthy habits

Follow these seven top tips to keep your heart healthy.



1. Understand your heart

Understanding your heart condition and how your heart works can help you take control of your health.



2. See your doctor as often as they recommend

Your doctor (general practitioner/GP) is your initial point of contact for health concerns, ongoing check-ups and referrals. Seeing your doctor regularly can assist in managing your long-term health. They can help you to understand and manage your blood pressure and cholesterol, fill new scripts for medicines you need, and support your emotional and mental health. Everyone is different, so speak to your doctor about how regularly you need to see them.



3. Take your medicines as prescribed by your doctor

Taking heart medicines is an important part of your ongoing care. Even if you are feeling well, do not stop taking your medicines without speaking with your doctor first. Your medicines are there to reduce your risk of future heart problems and manage symptoms.



4. Follow a heart-healthy eating pattern

Heart-healthy eating is not about 'good' and 'bad' foods or following restrictive diets. It is about making small changes that you can continue long term. A heart-healthy eating pattern is based on a combination of foods, chosen regularly over time. This includes vegetables, fruit, wholegrains, healthy proteins and fats, and limited salt.



Scan the QR code or visit myheartmylife.org.au to join MyHeart MyLife - a free support program for people living with heart disease.



5. Keep yourself active

Keeping physically active is important for your heart and overall health. It will help you get back to your normal activities, reduce the risk of future heart problems and improve your mood. Always speak to your doctor or other healthcare professional before starting or increasing your physical activity levels.



6. Connect with others

Reach out to friends, family or other loved ones to assist you with your heart health. Being connected is important for your heart and your general health.

You can also join our MyHeart MyLife Facebook community, where you can connect with others who understand what you're going through.



7. Manage your risk factors

Reduce your risk of another heart event by keeping your blood pressure, cholesterol and blood sugar levels within a healthy range. If you smoke or vape, it is important that you start your journey to quitting. Remember, there is a lot of support available to help you.



Scan the QR code or visit myheartmylife.org.au to join MyHeart MyLife - a free support program for people living with heart disease.