



Coronary heart disease



The facts!

Coronary heart disease is the most common cause of death for Aboriginal and Torres Strait Islander peoples.

You can prevent coronary heart disease by reducing your risks.

Get your free health check today.

What causes coronary heart disease?

Coronary heart disease affects the blood vessels that supply your heart with blood and oxygen.

Fatty material called plaque 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. If the arteries become too clogged, the heart may not be able to work properly.

There is no single cause of coronary heart disease, but there are 'risk factors' that increase your chance of getting it.





What are the risk factors?

- High (bad) cholesterol
- Cigarette smoking (or being exposed to other people's smoke)
- Lack of exercise
- High blood pressure
- Obesity
- Diabetes
- Depression

There are some risk factors we cannot change. These include:

- family history
- age
- sex (men are at greater risk for coronary heart disease).

How to reduce your risk of coronary heart disease

- Stop smoking
- Eat healthy foods
- Drink less alcohol (grog)
- Maintain a healthy weight
- Increase physical activity – aim for 30 minutes or more of moderate intensity physical activity every day of the week
- Manage your blood pressure
- Manage diabetes (if necessary)
- Have a regular health check
- Take your medications as directed by your doctor

Be in control – get your health checked now.

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