

# HEART DISEASE

Heart disease is the broad term for conditions that affect the structure and function of the heart muscle



## Causes of Heart Disease



**YOUR HEART IS  
IMPORTANT TO US**

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## Common heart conditions

- Coronary heart disease (CHD)
- Heart failure
- Valve disease
- Arrhythmias (rhythm disorders)

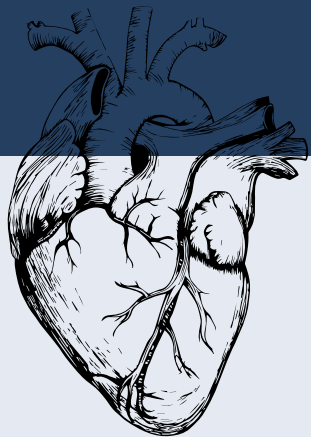
Heart disease can have many causes. It occurs earlier and more frequently in men than women, and within certain ethnic groups. You may be born with heart disease or have an increased risk of developing it due to your genetics.

# Preventing heart disease

In many cases, you can significantly reduce your risk of heart disease by improving your lifestyle choices. Here are a few things you can do to help reduce your risk:

- 1- Eat Well
- 2- Exercise regularly
- 3- Stop Smoking
- 4- See your doctor regularly

If you've been diagnosed with heart disease, it can still be managed. With the right support, lifestyle changes and treatment, you can go on to live a full and active life.



## Coronary heart disease



Around 3 per cent of adult Australians have reported having coronary heart disease at some point in their lives.



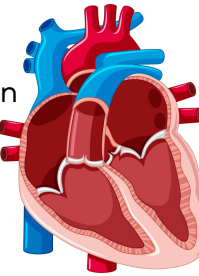
Coronary heart disease (CHD), also known as ischaemic heart disease or coronary artery disease occurs when fatty material (plaque) builds up in the arteries that supply blood to your heart. This fatty plaque gradually clogs your arteries, reducing the flow of blood.

CHD often develops over many years. However, many people don't realise they have it until they have the two common types: **angina** or a **heart attack**.



## Heart disease FAQ's

- 1- Having a family history of heart disease can increase your risk of developing. However, there are many things you can do to reduce your risk.
- 2- While many cases of heart disease can be prevented, most can't be cured. In many cases you can manage heart disease and live well.
- 3- Some heart conditions, such as arrhythmias and valve disorders, can be responsive to treatment and not require further management. However, you still need to have regular check-ups to monitor your condition.



**For more information head to [heartfoundation.org.au](http://heartfoundation.org.au)**

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