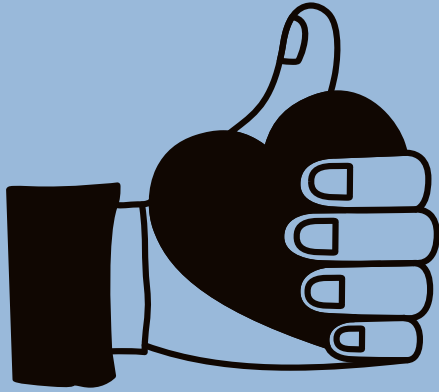
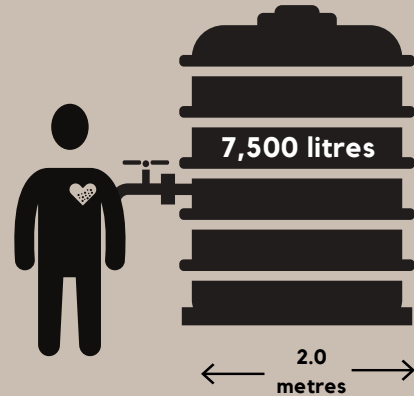


HEARTEN UP! HEART HEALTH MATTERS

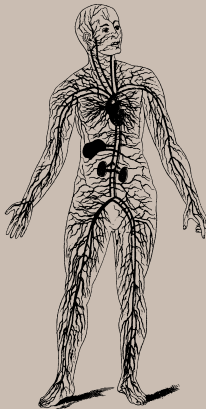
Heart disease is a leading cause of death. Rural people have high levels of heart disease and are more likely to die the further away they live from large centres.



Your heart is a muscular pump about the size of an adult fist. It beats 100,000 times a day, 365 days a year.



Your heart pumps enough blood to fill a 6,500-7,000 litre tank every day. A lot for a 300gm pump to do for 80+ years.



Your heart pumps blood under pressure through 96,500 kilometres of blood vessels in your body.



Every day 21 Australians die from a 'heart attack' when a heart blood vessel blocks and heart muscle dies.

Hearts Matter: SO KNOW YOUR NUMBERS

If you don't know, its time to check your:

- blood pressure
- blood cholesterol and blood glucose
- find out your family heart history

The most common sign of a heart attack is chest discomfort or pain, which can spread to your arms, neck, jaw or back. You require emergency treatment to restore blood flow to your heart.

After 10 minutes of chest pain call Triple Zero (000) and state your location. Every minute counts—the further away you live the sooner you should leave.

References

- Australian Institute of Health & Welfare (2019). Rural and Remote Health. Cat.no PHE 255. Canberra, AIHW.
- AIRD, W. C. (2005). "Spatial and temporal dynamics of the endothelium." *Journal of Thrombosis and Haemostasis* 3(7): 1392-1406.
- Baker, T., S. McCoombe, C. Mercer-Grant and S. Brumby (2011). "Farmers with acute chest pain are uncertain how and when to seek help: A pilot study." *Emergency Medicine Australasia* 23(3)
- Heart Foundation. (2020). "What is a heart attack?" Retrieved 13 September, from <https://www.heartfoundation.org.au/conditions/heart-attack>.