

Health is a journey... DISCOVER MORE

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Heart healthy tips

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How to reduce your risk of heart disease



Most of us probably don't think about the important job our heart does. As with all parts of our body, the heart needs to be cared for or it won't be able to work properly. When our heart doesn't work properly it is called heart disease and heart disease is the biggest cause of death in New Zealand.

How do you measure heart health?

Your heart health can be measured using a [heart risk assessment](#). In general, it's advised you start having these from the age of 45 years if you are a male or 55 years if you are a female. You should start having them about 10 years earlier if you have these [risk factors](#).

How do you reduce your risk of heart disease?

While some people are born with congenital heart disease, most damage to the heart can be prevented. You can help reduce your risk of heart disease by taking steps to control factors that put you at greater risk:

- Control your [blood pressure](#).
- Lower your [cholesterol](#).
- Be smokefree – [quit](#) or avoid second-hand smoke.
- Get enough [exercise](#) – at least 20 minutes of physical activity every day.

From your *Health Navigators*

General health roundup

[Tips for starting insulin for type 2 diabetes](#)

Starting insulin to manage type 2 diabetes may seem scary and overwhelming at first, but your GP or diabetes nurse will provide support and information to help guide you through.



[How you can help prevent a sexual assault](#)

Everyone can play a part in stopping a sexual assault by looking out for each other and knowing how and when to intervene.



[New procedures for managing concussion](#)

A concussion is the most common head injury in sport and may occur with or without loss of consciousness. Within parts of New Zealand, new concussion management procedures are being introduced. Find out more.



Parenting puzzles solved

[How to motivate your child without bribery](#)

As a parent, it's easy to fall into the trap of bribing your child to get them to do something. While offering a bribe can seem like a quick, easy-**fix solution**, **it's not good for your** child in the long-term.



[There is enough to worry about without worrying about your child's eating](#)

Fussy eating is normal in young children and can be stressful for parents. But, as long as your child is growing and developing healthily, then they're eating enough.



[Does your child have problems with #2s](#)

Constipation in children is quite common. However, there are a few things you can do to prevent and ease your child's toileting problems.



Understanding your medications

[Polypharmacy is the term used to describe taking a large number of medicines](#)

Taking a large number of medicines may be necessary for some people, but there are instances where the use of some medicines may be unnecessary.



Video of the month

[Just a little heart attack](#)

Heart attacks are serious but this is a light hearted take on how woman ignore the symptoms of a heat attack.



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