

The Sutherland Hospital

Awareness & Rehabilitation Cardiac Support

Ph: 9540 7309

**Providing Exercise and Education Programs to assist
recovery after recent:**

- Heart Attack / Angina
- Heart Surgery
- Angioplasty and Stent insertion
- Pacemakers and AICD insertion
- Other heart related conditions

Exercise Options

Individually tailored home or gym based programs.

1. Fast SHARCS

7am Tues & Fri classes for workers

2. Eight Week Program

Group 1: Tuesday 9.30am; Friday 8am

Group 2: Tuesday 8am; Friday 9.30am

3. Home Program

Assistance and support for you to exercise
conveniently at home in your own time.

Education Options

Providing information to successfully manage your heart condition.

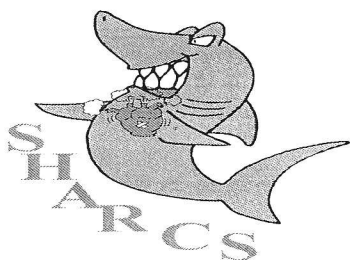
1. Fast SHARCS Education Day

Held monthly 8am – 3pm. One off attendance required.

2. Weekly education session

1hour education session each week after 9.30am gym class,
11am-12pm.

Supported by Sutherland Heart Clinic



Know your heart

Fast SHARCS'

EDUCATION DAY

This information day will provide you with knowledge & skills to successfully manage your heart problem. This day is held once a month on a Wednesday from 8am to 3pm.

Topics include:

- The Heart: Anatomy, Disorders & Treatment
- Risk Factors
- Healthy Heart Eating
- Exercise: How Much, How Often & Fitting Exercise into a Busy Day
- Emotional Aspects: What's Normal & When to Seek Help
- Caffeine, Alcohol & Tobacco Smoking
- Cardiac Medications

EDUCATION DATES

2011

9th Feb
16th Mar
13th Apr
25th May
22nd Jun
20th Jul
17th Aug
21st Sept
26th Oct
30th Nov

A Coronary Care doctor will also be present on the day to answer your questions.

Bookings Essential- CARDIAC REHABILITATION

Ph. 9540 7309

Email: wendy.mullooly@sesiahs.health.nsw.gov.au

Supported by Sutherland Heart Clinic

Will you recognise your heart attack?



Why the information in this fact sheet is important

- No two heart attacks are the same.

Someone who has already had a heart attack may have different symptoms the second time.

- Warning signs differ from person to person.

Heart attacks are not always sudden or severe. Many start slowly with only mild pain or discomfort. Some people do not get any chest pain at all—only discomfort in other parts of their upper body.

- People who have had a heart attack are at increased risk of having another.

People with coronary heart disease still delay seeking medical care the second time they experience warning signs of heart attack.

- Knowing the warning signs of heart attack and acting quickly can reduce the damage to your heart muscle and increase your chance of survival.

Too many people lose their lives because they wait too long to call Triple Zero (000) for an ambulance.

This information is for educational purposes only. It is not a substitute for individual health advice provided by your doctor or cardiologist (heart specialist).

What are the warning signs of heart attack?

The most common warning signs of a heart attack are outlined below. You may have just one of these symptoms, or you may have a combination of them. Symptoms can come on suddenly or develop over minutes and get progressively worse. Symptoms usually last for at least 10 minutes.

- Discomfort or pain in the centre of your chest—this can often feel like a heaviness, tightness or pressure.

People who have had a heart attack have commonly described it as like an “elephant sitting on my chest” or “a belt that’s been tightened around my chest.”

The discomfort may spread to different parts of your upper body.



Chest

- Discomfort in these parts of your upper body:



Arm(s)



Shoulder(s)



Neck



Jaw



Back

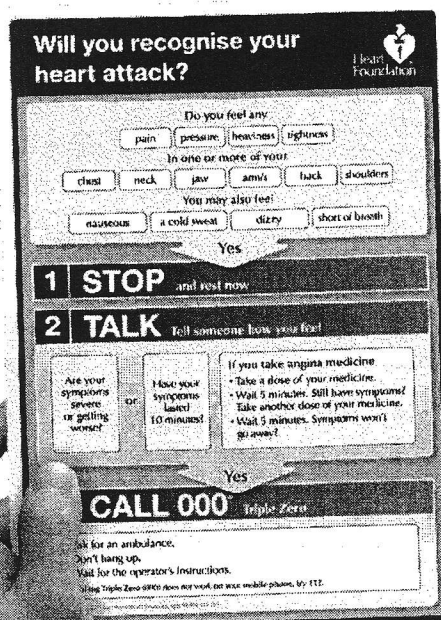
You may have a choking feeling in your throat. Your arms may feel heavy or useless.

- You may also experience other signs and symptoms:

- feel short of breath
- feel nauseous
- have a cold sweat
- feel dizzy or light-headed.

Remember, the warning signs of heart attack can vary and it is quite common to experience a combination of warning signs. If you have heart attack warning signs, refer to your action plan and get help fast. Call Triple Zero (000)* and ask for an ambulance.

*If calling Triple Zero (000) does not work on your mobile phone, try 112.



Warning signs of heart attack—what to do

- Stop—Immediately stop what you are doing and rest.
- Talk—If you are with someone, tell them what you are feeling.
- If you take angina medicine:
 - Take one dose of your angina medicine. Wait 5 minutes.
 - Still have symptoms? Take another dose of your medicine. Wait another 5 minutes.
- If any of your symptoms:
 - are severe
 - get worse quickly
 - have lasted 10 minutes
- Call Triple Zero (000)* now!
- Ask for an ambulance. Don't hang up. Wait for advice from the operator.

*If calling Triple Zero (000) does not work on your mobile phone, try 112.

Why is a heart attack an emergency?

With heart attack, every minute counts. Too many people lose their lives because they take too long to call Triple Zero (000) for an ambulance.

Getting to hospital quickly can reduce the damage to your heart muscle and increase your chance of survival. In hospital, staff will give you treatments that help to reduce this damage.

Why call Triple Zero (000)?

Calling Triple Zero (000) gets you:

- an ambulance fast
- treatment as soon as you phone
- advice on what to do while waiting for the ambulance to arrive.

Ambulance paramedics are trained to use special lifesaving equipment and to start early treatments for heart attack inside the ambulance.

The ambulance is the safest and fastest way to get you to hospital. It gets you medical attention straight away. Attempting to get to hospital quickly in a private vehicle can be dangerous for the occupants of your vehicle and other road users.

It is always better to go to hospital and be told it's not a heart attack than to stay at home until it is too late.

Want to know more?

For more information about the warning signs of heart attack, visit www.heartfoundation.org.au.

CARDIAC REHABILITATION

Sutherland Hospital

Phone: 9540 7309 Fax: 9540 8964

Locked Bag 21 TAREN POINT NSW 2229

Be prepared

- Know the warning signs of heart attack and what to do.
- Keep your action plan handy (on your fridge or in your wallet/purse).
- Make sure that you have ambulance cover.
- Tell your family and friends about the warning signs of heart attack and what to do—don't keep this lifesaving message to yourself.
- Prevent another heart attack by taking steps to reduce your risk—talk to your doctor or visit www.heartfoundation.org.au.



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2nd a 3rd Aust inactive. Just these 3 facts exposes many Aust to risk of health problems.

20% of Aust smoke and 11% consume risky amounts of ETOH

People with 3 or 4 RF are 4x more likely to have MI than those with no RF.

Regular physical activity not only reduces the risk of heart disease but also improves glucose metabolism, reduces body fat, lowers blood pressure, improves musculoskeletal health, controls body weight and improves mood and sense of well being.

In Summary

After your cardiac event attend a CR program which will facilitate and shorten the period of your recovery. CR will also assist you maintain skills for long term behaviour change and self management.

Simple measures such as knowing your numbers such as BP and cholesterol, being physically active most days of the week, following a diet minimal in animal fat and salt; meeting 4 & 2. Being a non-smoker and indulging in safe amounts of ETOH.

Good News....But you do not have to wait until you have a cardiac event to be able to make behavioural changes that can greatly reduce your risk of developing health disorders.