



# February is National Heart Month

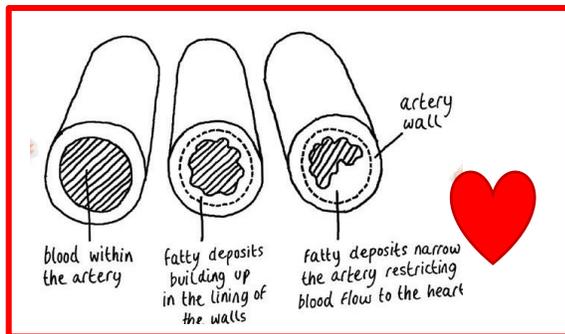
This information leaflet and attached pack are for patients of Hilary Cottage Surgery. They have been prepared by Hilary Cottage Surgery PPG. We are grateful to those listed below for their help in this:

- ▶ The British Heart Foundation: <https://www.bhf.org.uk/>
- ▶ The staff team at Hilary Cottage Surgery

## Some of the main risk factors for coronary heart disease are:

- ▶ Being over weight
- ▶ Not being active
- ▶ Smoking
- ▶ Drinking too much
- ▶ Having diabetes
- ▶ Your age
- ▶ Your family history

## Essential facts we all need to know about coronary heart disease:



Your heart is a muscle that needs oxygen from your blood to work properly.

- ▶ Coronary heart disease is when the tubes that supply your heart muscle with blood (your coronary arteries) get clogged up.
- ▶ If the tubes get narrower, less oxygen will get to your heart and you might get chest pain or angina.
- ▶ If a tube gets blocked and the blood can't get to part of your heart, you'll have a heart attack.

## Some easy ways we can help to prevent heart disease:

Keeping your heart healthy, whatever your age, is the most important thing you can do to help prevent and manage heart disease.

- ✓ Healthy Eating ⇒ look at the '6 artery cleansing foods' leaflet in this pack
- ✓ Be Active for Your Heart ⇒ 9 tips PLUS additional information for families and over 65s.
- ✓ 10 minutes to change your life ⇒ British Heart Foundation short, useful booklet in this pack
- ✓ Coping with Stress ⇒ British Heart Foundation practical facts and helpful advice in this pack

### Local help:

#### The British Heart Foundation Swindon Healthy Hearts:

We meet on Thursdays 5.45 - 6.45pm for phase 4 exercise classes instructed by a cardiac rehab qualified instructor **Venue:** Croft Sports Centre, Marlborough Lane, Swindon, UK, SN3 1RA.

**FREE BHF Magazine:** Change your life with Heart Matters, the FREE magazine for anyone with a heart condition or at risk of heart problems, or who helps to look after someone with heart disease. <https://www.bhf.org.uk/heart-health/how-we-can-help/heart-matters>

