

# newsletter

LiveLife  
Pharmacy



## Today we discuss...

### Heart Health

The heart is a vital organ. It is a beating muscle that pumps blood to the rest of your body. The blood pumped by the heart provides your body with the oxygen and nutrients it needs to function.

It can beat up to 100,000 times a day, which equates to over three billion heartbeats during an average lifetime.

#### *Active living is important*

An active lifestyle can help reduce the risk of preventable diseases, including coronary heart disease, stroke, type 2 diabetes, obesity and some cancers. It can also help to improve mental health, community life and social wellbeing. Your exercise does not have to be strenuous - moderate activity such as brisk walking, is great for your health!

#### Eating healthy is important

Enjoy healthy eating, with a balanced diet following these steps;

1. Eat a variety of foods.
2. Include vegetables, whole grains, fruits, nuts and seeds every day.
3. Choose healthier fats and oils.
4. Try to limit sugary, fatty and salty take-away meals and snacks.
5. Drink mainly water.

The foods that best protect against heart disease include; oily fish, fruit and vegetables, fibre, legumes and soy, nuts and seeds and foods containing vitamin E.

## Talk to our pharmacists about our Prescription Management Service



\*Keep your prescriptions safely on file with us to have them dispensed at your convenience via a **phone call or SMS** so they are always ready on time for you!

\*We can also remind you via SMS when your next repeat is due, to save you time and ensure you always have your medicines when you need them.

#### *Knowing your risk is important*

Knowing your risk of having a heart attack or stroke is the first step you can take to help prevent one.

#### Non-modifiable risk factors

Some risk factors you can't control, like your;

1. Age
2. Ethnic background
3. Having family history of heart disease

#### Modifiable risk factors

Other risk factors you can change, like;

1. Smoking
2. High blood cholesterol
3. High blood pressure
4. Diabetes
5. Being physically inactive.

find out more, visit: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

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