



Heartbeat Victoria Goulburn Valley

**NEWSLETTER
MAY / JUNE 2025**

www.heartbeatvictoria.org.au
My heart, My health

Registered Address.

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**HEARTBEAT VICTORIA INC. No. A00015737N
ABN. 76 073 229 523**

VISION: Every individual and family affected by heart disease has access to a compassionate community, vital resources, the highest quality care, enabling them to live empowered heart healthy lives.

MISSION: To foster an active, compassionate and inclusive peer support network in Victoria for individuals and families affected by all forms of heart-related issues.

Through our Community driven groups, we provide emotional support, share information, advocate for better health outcomes and raise funds for cardiac equipment and improved cardiac care.

VALUES

Respect Empowerment Collaboration Hope

Hello All members and friends,

How quickly the seasons seem to change, summer for this year now history and autumn is upon us with all its mild days and trees of many autumn tones. All this creates memories including those made on Mothers Day which is also this month . Childhood memories made with our own mothers and now with family and possible grand children.

Our peer support friends are also part of forming valuable social connections and opportunities to support each other in our heart health and wellness journey. Memories are also formed of past members and the different contributions they made in sharing and supporting heartbeat friends, as we have been together as HB GV Branch now in our 39year. Next year will be our 40th Birthday on December 19th 2026, we will need to make some special memories that day.

Our dinner meeting and education by video with discussion seem to be well received and happy social events. Thanks to Gerald for lightening the mood with his jokes and stories at the end of each monthly meeting. No doubt the Committee will review our new format, but please let us know what you think . Our coffee mornings have been well attended, quite noisy with all the chatter which is a good sign of your enjoyment..

We are still on the lookout for some one to help with the secretary and treasurer roles. Any ideas welcome.

May is quite a busy month as you will see all events in the Newsletter which includes four in May. Hope you are able to join us when possible and please ask if transport required.

The next newsletter will be July/August as the second monthly newsletter seems to work OK for communication and lightens the time spent on computer for me .

All the best. **Robyn.**

MAY DIARY OF ACTIVITIES.

DINNER MEETING



Monday May 5th
at Peppermill Inn Conference room
Dinner 6.00pm

7.00pm Short heart health educational video.
 Summary of Heartbeat GV Branch happenings over the last month through Committee reports.

Time to chat and socialise.

Friends welcome



COFFEE MORNING CATCH UP,
WEDNESDAY 28TH MAY 10.30AM

BAKING DOUGH CAFÉ
 251-253 Maude St Shepparton.

Free parking behind café enter by back door.

See you there. Don't forget we can provide transport .Phone Kevin or Gerald.



WALK AND LUNCH
WEDNESDAY MAY 21ST.

Meet at rotunda next to SAM at 11.00am
 for walk around Lake Victoria.

Lunch 12 noon Shepparton Club.

Research shows those who walk 30 min each day
 have 35% less risk of Cardiovascular Disease

Lets get moooving

Member Welfare

HB GV Branch is there to help you.

Please contact,

Welfare coordinator .

Jenny Hyland
M. 0422 820 491

Happy Birthday

BIRTHDAY GREETINGS

To our Birthday girl in MAY

***Best wishes, good health
 and happiness.***

Ruth Thomson 8th.

Please mark this date and event in your diary.

“High Tea”

At home of Carol Williams, Katunga
 Sunday October 26th 2.00pm.

Full details nearer the time
 This is a social fundraising event

JUNE DIARY OF ACTIVITIES

NO NIGHT DINNER MEETING IN JUNE.

**Instead social event,
Wednesday June 18th
meet for Lunch 12MD at
Milestone Café and Bistro
7723 Goulburn Valley
Highway Kialla.**

The idea for this day is you can go earlier and look around other activities and business on this site.

RSVP to Gerald if able to give an idea of numbers attending. Please join us for fun day out together



**COFFEE MORNING
WEDNESDAY JUNE 4TH 10.30AM**

**MUFFIN BREAK, RIVERSIDE PLAZA
Shepparton.**

**Friends welcome
See you there.**

**Don't forget we can provide transport
Phone Kevin or Gerald**



BIRTHDAY GREETINGS

***To all members with Birthdays in
JUNE***

***Thinking of you on your
birthday and wishing you
the happiest of days***

June Reid 4th

Irene Maag 21st

Additional MAY event.

National Volunteer Week

**HB GV Branch, Cardiac Rehab
Volunteers are invited to a
Luncheon at GVH on**

**May 23rd at Elsie Jones Education
centre GVH 1.00-2.00pm**

RSVP to Karen Saccuzzo
Message-0422 100 169
Email-
karen.saccuzzo@gvhealth.org.au

<https://www.heartfoundation.org.au/heart-week>

Heart Week is Australia's national heart health awareness week held in May each year.

It provides an opportunity for all Australians to start a conversation about heart health with their loved ones and take positive steps to reduce their heart disease risk.

**HEART
WEEK**
5-11 May 2025

Tatura Heart Health Information Session

Heart Health Info Session

Join us for an informative Heart Health Info Session in partnership with Heartbeat Victoria and GV Health. Learn about heart and general health & wellbeing, understand your heart risk factors, and explore ways to keep your heart healthy. We'll also discuss potential future activities, including a walking group to keep our community active.

Enjoy a friendly and welcoming atmosphere with afternoon tea provided.



Where: Tatura Community House

When: Tuesday 6th May

Time: 1:30 - 3:00pm

Cost: FREE



12-16 Casey St, Tatura
Mon - Fri 9:00am - 3:00pm
Ph: (03) 5824 1315
www.tatcom.vic.edu.au

In partnership with:




It would be appreciated and of value to others attending, if some Heartbeat Victoria GV Branch members could support this event at Tatura.

If you have a HB Polo shirt please wear it on the day. It is a great opportunity to share the benefits of heart peer support and management of heart risk factors.

Also, if you have any family or friends in the Tatura or Murchison area please let them know about this event and we would welcome their presence.

See you there

Heartfoundation.org.au/heart-week#heart-health-check

Printed with permission of media personnel at, The Heart Foundation Aust. as part of National Heart Week May 5-11

Book a Heart Health Check with your GP today

Never miss a BEAT by booking a Heart Health Check. It's a 20-minute check up with your GP to assess your risk of having a heart attack or stroke in the next five years and discuss steps you can take to lower your risk.

Why should I get a Heart Health Check?

Heart disease is the leading cause of death in Australia. Many heart attacks and strokes can be prevented through healthy behaviours like following a heart-healthy eating pattern, being active, maintaining a healthy weight and being smoke-free.

Many people may not know their risk of developing heart disease, especially since you often can't feel risk factors like high blood pressure and cholesterol. Having a Heart Health Check is an important first step to protecting your heart.

Who needs a Heart Health Check?

If you are 45 years and over, and don't already have heart disease, you can see your GP for a Heart Health Check. Some people may be eligible earlier such as from 30 years for First Nations Peoples and 35 years for people living with diabetes.

What to expect?

There are many different factors that play a part in understanding your risk of developing heart disease. Your GP or nurse will ask you about your medical and family history, check your blood pressure, cholesterol and blood sugar levels, and use these to calculate your risk, using a validated calculator. Once your risk is communicated your GP or nurse will work with you to set a plan to lower your risk. This could include ways to make heart healthy changes to your lifestyle, referral to other health professionals for support and may also include prescribing blood pressure or cholesterol lowering medication.

How much does it cost?

Heart Health Checks are subsidised by Medicare and are free at practices that bulk bill this service. Ask your GP about the cost of a Heart Health Check before your visit.

Please spread the word about Heart Week and our information session at Tatura

Have a friendly chat to family and friends about heart health , its risk factors and the importance of having a Heart Health Check.

For more information visit, heartfoundation.org.au

<https://www.baker.edu.au/news/media-releases/inherited-heart-disease>

6 March 2025 **Media release**

If you've lost a family member prematurely to heart disease, greater reassurance about your risk of suffering the same fate is critical.

That's why a high-powered randomised controlled study led by the Baker Heart and Diabetes Institute that followed patients over three years has confirmed how we can better manage people who sit in the precarious intermediate risk zone, where they can often be overlooked.

The study was conducted in partnership with the Menzies Institute for Medical Research and the Victorian Heart Institute and sites in Perth, Adelaide and Brisbane. It involves seven hospitals and screened nearly 1100 people aged 40–70 years with a first-degree relative who developed coronary artery disease before 60 years, or a second-degree relative with onset before 50 years. Of these, 450 were at intermediate risk, and more than 360 patients had CT scans at baseline and three years to check their response to treatment.

Patients at intermediate risk were randomly allocated to either usual care or a combination of practitioner-led, Coronary Artery Calcium Score (CACS)-informed education and lifestyle intervention, including moderate-intensity statin therapy.

The study found that CACS images — a CT scan of a person's heart to flag calcium, which identifies the fatty plaques that can narrow and block arteries — were a valuable adjunct to education.

Lead researcher and cardiologist, Professor Tom Marwick says optimising patient engagement in prevention strategies is essential. In standard practice, adherence to 'primary prevention' statin therapy at one year is about 50%, he says. In contrast, he says high adherence to statins after CACS-guided education and management was associated with a reduction in dangerous lipids like low-density lipoprotein cholesterol and a slower build-up of plaque, compared with usual care.

Professor Marwick says: "The study showed that use of the Coronary Calcium Score was very helpful in the management of intermediate-risk people with inherited coronary artery disease".

"This approach helps both GPs and patients to visualise the early signs of heart disease via a CT scan and take action in the form of statin treatment before they experience more severe heart blockages and suffer a serious event like a heart attack.

"The resulting control of plaque progression with statin-therapy would be expected to save heart attacks and death over subsequent decades."

For further information

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