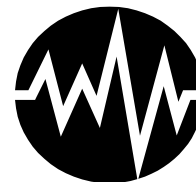


Goulburn Valley Heartbeat



The Newsletter of
Heartbeat Victoria Inc.
Goulburn Valley Branch
Established Dec.1986
HBVC ABN 76 073 229 523

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GOULBURN VALLEY
MARCH - APRIL
2024

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

HEARTBEAT VICTORIA INC

VISION: to be an excellent & well recognized peer support organisation which assists in improving the emotional, social & physical wellbeing of people living with heart disease. or a heart condition.

MISSION: to advise & promote associated support groups in conducting peer support activities for people living with heart disease to ensure they have a better understanding of the impact of their heart disease or condition, how they might seek on going services & support in their local area & how to raise funds to improve cardiac services.

Hello All members and friends,

How life marches on when one is kept busy with a wide range of activities, social functions and family commitments, and of course health management, all enjoyable. With autumn now upon us we can certainly notice the change of weather and has those of us that like to escape the cold, we are planning our adventures to holiday up north to warmer climate.

April brings our third meeting for the year, and due to Easter Monday being the first Monday of the month our meeting is moved to Monday April 8th. Cloe Carr , Exercise Physiologist, GVH will join us for dinner prior to her presentation , so hope you all can join us.

Arthur and I will be away for 3-4 months commencing early May, the program will continue as per the Calendar of Activities. Marg Gray will act as Secretary for the May meeting. I will support the Committee by email and ensure the speakers are organized and reminder emails sent to members.

As discussed at meeting last year we will not have formal meetings each month, this will allow more time to socialise and for the speaker and questions. The activities are reduced in the winter, especially at night due to cold and fog with making country driving more difficult.

Thank to all members who continue to collect cans and fundraising for Cardiac equipment. We are also trying to organise a Bunnings BBQ for sometime in the cooler weather.
Next newsletter will be June - July announcing Heartbeat GV activities only.



**“Don’t stop playing because you grow old;
We grow old because we stop playing”**

Bye for now, Robyn



APRIL diary of activities HB GV Branch.

PEPPERMILL INN SHEPPARTON CONFERENCE ROOM.

CHANGE OF DATE DUE TO EASTER

Monday, 8th April 2024

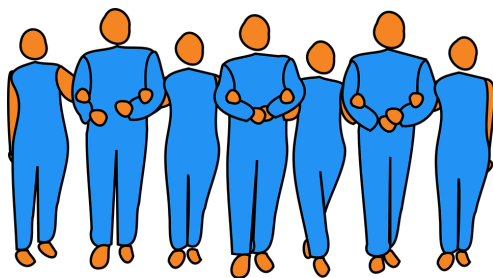
Dinner: 6.00pm

Speaker : 7.00pm

Chloe Carr,
Exercise Physiologist, GVH
Importance of ongoing exercise following a
cardiac event.

Coffee/tea socialise: 8:00pm

Looking forward to seeing you all.



COFFEE

MORNING

CHAT,CHEW &

SHARE

Monday April 22nd 10.30am
Degani Café, Riverside Plaza
Shepparton. Friends welcome

*Cardiac Rehab participants invited.
See you there.*

BIRTHDAY GREETINGS



**To all members with Birthdays in
APRIL**

Joyce Russell 4th
Margaret Gray 12th
Gerald Quinn 24th
Elizabeth Woodyard 29th

**WISHING YOU A WONDERFUL
BIRTHDAY AND
GOOD HEALTH AND
HAPPINESS**

FUN DAY OUT WALK AND LUNCH WEDNESDAY APRIL 17 TH

11am. Walk . Meet at rotunda Cussen Park,
Ross St .Tatura.

Lunch provided 12.15pm Cost \$10.00
at Fennell's Home
4 Riviera Close Tatura.

Please join us for walk and lunch or just lunch
If attending lunch please let Gerald know if possible,
M0408354720, otherwise
happy for you to just come on
the day



Member Welfare
**HB GV Branch is there to help
you.**

Please contact,

Welfare coordinator .

Jenny Hyland . 0422820491

MAY diary of activities HB GV Branch

PEPPERMILL INN SHEPPARTON CONFERENCE ROOM.

Monday, 6th May 2024

Dinner: 6.00pm

No Meeting

Speaker: 7.00pm TBA from GVH
Cardiac Team

Why attend Heartbeat activities:

Heartbeat peer support groups allow you to interact and connect with people who have been in a similar situation to you. Sharing information about similar experiences can help you understand more about your own situation particularly in relation to Heart Disease and give you an opportunity to feel 'heard'.

A support group is a meeting of people – either physically or online – to share information, experiences, problems and solutions, often relating to health or social problems. Offers opportunity to be updated about heart health issues by health professionals. Supports and motivates you to maintain a healthy life style.

See you at our meeting.



Walk & Lunch Tuesday May 21st.

11am meet at the rotunda next to SAM for
walk around Victoria Lake

Lunch 12noon, Shepparton Club.

**You are welcome to join us, nice time to be
out in the lovely autumn weather.**

For transport assistance contact:

Kevin M.0419 644 771

HAPPY BIRTHDAY

BIRTHDAY GREETINGS

To all members with Birthdays in

MAY

Robert Hoskins 4th
Ruth Thompson 8th
Bob Gretton 17th
Carole Williams 22nd
Dawn Macdonald 23rd

**Wishing you lots of joy, laughter and
unforgettable moments as you
celebrate another birthday!**



**COFFEE
MORNING
CHAT, CHEW &
SHARE**

Monday, 27th May 10.30am

**Butter Factory Cafe, 452 Wyndham
Shepparton**

*Cardiac Rehab participants invited.
See you there.*

MEMBER WELFARE: Our thoughts are with Arnold and Astrid Gough as they manage their on going health problems with family support. We wish Bob and Myrna Gretton all the best with their planning for home move to Kialla Gardens.

HEART DISEASE IS AUSTRALIA'S LEADING SINGLE CAUSE OF DEATH.

Heart disease is an umbrella term for range of conditions that affect your heart. Diseases under the heart disease umbrella include blood vessel diseases, such as coronary artery disease; heart rhythm problems (arrhythmias); and heart defects you're born with (congenital heart defects), among others.

The term 'heart disease' is often used interchangeably with the term 'cardiovascular disease'.

Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as those that affect your heart's muscle, valves or rhythm, also are considered forms of heart disease.

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

A number of conditions involve the heart or the circulation of blood through the blood vessels:

- coronary heart disease
- heart attack
- heart failure
- stroke
- arrhythmias – abnormal heart beats
- aneurysm – a bulge caused by weakening of the heart muscle or artery
- septal defect – an abnormal opening between the left and right sides of the heart
- peripheral vascular disease – a disease of the large blood vessels of the arms, legs, and feet
- rheumatic heart disease – caused by rheumatic fever, and mainly affecting the heart valves
- congenital heart disease – defects or malformations in the heart or blood vessels that occur before birth.

By improving your lifestyle, including your diet and level of fitness, you can minimise your risk of getting cardiovascular disease.

<https://www.heartresearch.com.au/heart-disease/what-is-heart-disease/>

Statistics and information on cardiovascular disease in Australia.

<https://www.heartfoundation.org.au/your-heart/evidence-and-statistics/key-stats-cardiovascular-disease>

Cardiovascular disease

Cardiovascular disease (CVD) is an umbrella term that includes heart and blood vessel diseases (e.g. coronary heart disease), and stroke, is one of Australia's biggest health problems.

CVD accounts for one in four of all deaths, claiming the life of one person every 12 minutes.

Explore the statistics relating to CVD below.

Prevalence¹

- One in 6 people in Australia self-report as living with CVD, accounting for more than 4.5 million people.
- This represents almost 18% of the total Australian population.
- The number of people with CVD has decreased over time (declining approximately 80% since the 1980s), due to research into and improved knowledge of risk factors, medicines and interventions.

However, CVD is still one of the most prevalent health conditions in Australia.

Deaths²

- CVD is a major cause of death in Australia; responsible for causing around one in four (24%) of all deaths.
- This means that on average, around 120 people in Australia die from CVD each day, or one person every 12 minutes.

Continued page 5.

Statistics and information on cardiovascular disease in Australia. Cont.

<https://www.heartfoundation.org.au/your-heart/evidence-and-statistics/key-stats-cardiovascular-disease>

Deaths²

- 40% more men die from CVD compared to women.*
- People in lower socioeconomic groups, Aboriginal and Torres Strait Islander peoples and those living in regional and remote areas, generally have higher rates of death due to CVD than other Australians⁴.*

Deaths from cardiovascular disease have decreased over the last 10 years. *

*After adjusting for population size and age distribution.

Hospitalisations³

- Someone is hospitalised for CVD approximately every minute, equating to over 1500 hospitalisations per day.
- More men (40% more) than women are admitted for CVD each year.

Approximately \$5 billion is spent each year on public hospital services for people with CVD, accounting for 11% of the total spend on hospital admissions – the largest share of any disease group⁵.

With Heart Disease being a leading cause of death in Australia you would think there would be a large number of people seeking the services of heart peer support groups.

Heartbeat peer support programs offer a wide variety of activities supporting the management of heart disease that empowers heart patients with improved self-esteem and confidence. Heartbeat GV Branch provides a safe space to receive education, discuss concerns, share experiences, and increase social connectedness. This leads to improved physical and psychosocial health which means fewer hospital stays and less trips to the GP.

Peer support complements and enhances other care services by delivering emotional, social and practical assistance for managing the heart conditions and staying healthy. There is plenty of evidence to be found that delivering peer support in local communities helps people to achieve better social and health outcomes.

How do we spread the word about the value a person with heart disease receives by joining Heartbeat Victoria Goulburn Valley Branch? We currently are giving our individual invites to our coffee morning each month to Cardiac Rehab and Pacemaker Clinic participants.

Any other ideas from members or others about how to introduce new members to our Branch, would be welcome.

Five foods to help lower blood pressure. <https://www.heartfoundation.org.au/blog/five-foods-to-help-lower-blood-pressure>

One the easiest steps you can take to prevent high blood pressure is choosing healthy foods.

High blood pressure is a health issue that affects both young and old Australians alike, with close to 6 million Australians (34%) aged 18 years and over with high blood pressure.

Alarming it's one of the leading risk factors for death and disability in Australia, as well as across the world.

One the easiest steps you can take to prevent high blood pressure is choosing healthy foods.

The foods we choose every day are important for our heart health. Research into high blood pressure shows us that the foods we consume can help to lower and manage high blood pressure.

But don't worry, we've done the heavy lifting and read the research, all you need to do is read on. The following foods are your best bets in beating high blood pressure— based on the science.

Continued page 6.

Five foods to help lower blood pressure. <https://www.heartfoundation.org.au/blog/five-foods-to-help-lower-blood-pressure> **Cont.**

Vegetables

While research on beetroots and high blood pressure has got a lot of coverage lately, don't think that beetroot is the only vegetable of importance. Regularly having 4-5 serves of vegetables is linked to a lower risk of high blood pressure. In the Dietary Approaches to Stop Hypertension (DASH) eating pattern, people who ate more vegetables and fruit compared to their regular diet (which was probably low in these natural superfoods) had lower blood pressure than those who didn't.

Choose a variety of fruit and vegetables. The different colours offer different healthy nutrients.

Fruit

After reading about vegetables, it's no surprise their partner fruit features in a healthy eating pattern for managing high blood pressure. Like vegetables, fruit is a rich source of potassium, magnesium and fibre. Include a handful of frozen and washed berries on your yoghurt or a piece of fruit with nuts as a 3pm pick me up.

Fresh, frozen, canned fruit and vegetables all count towards your daily amount. Frozen and canned vegetables can be just as healthy as fresh. [Read the nutrition information panel](#) to avoid added salt and added sugar in these varieties.

Wholegrains

This may be more surprising given some fad diets swear off wholegrain foods like bread or cereals but regular consumption of wholegrains is linked with healthier hearts, and a lower risk of high blood pressure.

This is no surprise to us here at the Heart Foundation - [we know high intake of wholegrains is linked to a 30% lower risk of death from cardiovascular disease](#). Choose wholegrain versions of your regular foods: wholegrain pasta and rice, wholegrain bread, wholegrain or high fibre breakfast cereal like rolled oats, porridge, or untoasted muesli. Remember to watch your portion size. Rice and pasta can be easy to over-serve. At your main meal keep to ½ to 1 cup (cooked) and instead load up on vegetables.

Reduced fat dairy

Combining the vegetables, fruit, and wholegrain choices with reduced fat unflavoured dairy products like milk and yoghurt has been linked to greater reductions in blood pressure than increasing fruit and veg intake alone.

Choose reduced fat unflavoured milk, cheese and yoghurt and look for ways to include these foods as a nourishing snack. Enjoy reduced fat plain yoghurt with a bowl of wholegrain cereal, topped with berries and nuts and you have a recipe for success. Add reduced fat cheese with tomato and avocado to wholegrain crackers for filling morning or afternoon snack.

Nuts and seeds

Nuts and seeds are delicious and nutritious. Nuts and seeds provide healthy unsaturated fats, proteins, vitamins and minerals.

Nuts, seeds and legumes are important parts of healthy eating patterns, so try and include some plain unsalted nuts and seeds in your meals every day. A serve of nuts or seeds is 30g, or a small handful.

An added bonus - regular consumption of nuts is linked to lower levels of LDL (bad) cholesterol and total cholesterol in the blood and does not lead to weight gain.

Spice up your life

Including these foods everyday will put you on a path to good health. More of these foods means less of the foods that may be too high in salt or saturated fat. Limiting your salt and saturated fat intake is important for your heart health, and the health of your blood vessels. Choose the above foods and know you'll be automatically lowering your salt and saturated fat intake. When cooking, use different spices to bring out the flavour of your foods instead of salt.

And when you choose packaged foods, don't always trust your tastebuds – trust the [nutrition information panel](#) instead – as many of the packaged foods we turn to for quick and convenient meals can contain way too much hidden salt.

What do we take away from this? Small changes count. Several small changes can lead to big change, which is good news for our blood vessels and our hearts.