

## FOODS THAT PREVENT HEART DISEASE

There is no 'magic' food to decrease your risk of developing heart disease. You need to eat a healthy diet generally.

High-salt diets increase blood pressure and the risk of heart attack and stroke. Most of us eat more than ten times the amount of salt we need to meet our needs.

There is evidence that plant foods, especially wholegrain cereals, legumes, nuts, fruits and vegetables may decrease the risk of heart disease.

The foods that best protect against heart disease include:

- fruit and vegetables**— antioxidants in fruit and vegetables offer protection against heart disease. Fruit and vegetables are also important sources of folate, which appears to be linked to an increased risk of heart disease.

- fibre**— wholegrain cereals and fruit and vegetables.

- unrefined carbohydrate sources with a low glycaemic index** – foods such as wholegrain breads and breakfast cereals, legumes, certain types of rice and pasta are important for people prone to diabetes because they help keep blood sugar levels in check.

- oily fish** – such as mackerel, sardines, tuna and salmon which contain omega-3 fatty acids.

- some vegetables oils** – such as corn, soy and safflower, which contain omega-6 fatty acids, and those containing omega-3 fatty acids such as canola and olive oil. All of these can help to lower LDL cholesterol when used instead of saturated fats such as butter.

- legumes and soy** – soy protein has been shown to lower LDL cholesterol levels, especially if blood cholesterol levels are high

- nuts and seeds** – they should be eaten in small quantities, as they are high in kilojoules.

- tea** – some evidence suggests that antioxidants in tea can help prevent the build-up of fatty deposits in the arteries. The antioxidants may also act as an anti-blood clotting agent and improve blood vessel dilation to allow increased blood flow.

- foods containing vitamin E** – some studies indicate that vitamin E acts as an antioxidant, helping to protect against 'bad' cholesterol. Good sources of vitamin E include avocados, dark green vegetables, vegetable oils and wholegrain products. It is better to eat foods high in vitamin E rather than take supplements, which do not have the same protective effects.

- garlic** – has been found in some studies to lower blood cholesterol.

Make an appointment with our dietitian for more information.

Information Adapted from the Better Health Channel.

Page 4



“Fruit and veg offer protection against heart disease”

## Smoking banned near Castlemaine District Community Health

From 13 April 2015, smoking is banned within the grounds of, and at and within four metres of an entrance to all registered community health centres, including Castlemaine District Community Health.

Under the *Tobacco Act 1987* smoking is now unlawful within these areas and could result in an infringement penalty of \$147.

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# Health Promotion Newsletter



**Castlemaine District  
Community Health**  
*Facilitating Better Health*

## HEART HEALTH WEEK edition

### Move More, Sit Less, and reduce your risk of heart disease

National Heart Week 2015 is from 3<sup>rd</sup> May to 9<sup>th</sup> May. Under the banner of 'Move More, Sit Less!' the campaign aims to raise awareness of the risks involved with sustained physical inactivity and sedentary behaviour.

During the week, Castlemaine District Community Health is encouraging community members to make a step towards a healthier heart.

Their Botanical Gardens walking group, will be including additional activities on their usual Tuesday walk to mark the week, including a big morning tea.

Walking group leader and Community Health Nurse Carol Waddington, warns that “physical inactivity is a major killer, causing about 16,000 premature deaths each year. It is disturbing that two in three (66.9%) Australians aged 15 and over are either inactive or do low levels of exercise. If we are serious about tackling chronic disease, we must be serious about getting our community to move more and sit less.”

“Our walking group allows you to walk as far as you like, and I provide blood pressure and pulse checks as well as health advice,” says Community Health Nurse Carol.

Everyone is welcome, especially people with chronic disease or high cardiovascular risk.

Meet at the Tea Rooms in the Castlemaine Botanical Gardens on Tuesdays and Thursdays during school terms at 9.15am.

Further information is available by calling Castlemaine District Community Health on 54791000.

### Inside this issue:

Love your Heart 2

Heartmoves 2

Diabetes and Heart Health 3

Foods that help prevent heart disease 4

Smoking banned near CDCH 4



Carol Waddington is the Community Health Nurse at Castlemaine District Community Health

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“Spending too much time alone is not good for your heart”

## LOVE YOUR HEART by Sam Peavey

Follow these **nine** easy steps to a lighter and happier heart:

Not getting enough **sleep** can contribute to hypertension and heart disease. An average of 6-8 hours uninterrupted sleep is recommended.

**Smile** and don't hold grudges. Holding on to a grudge increases stress and your heart rate. Try to laugh more. It feels great and laughter can burn up to 20% more kilojoules!

**Exercise** has many health benefits and can also help depression. Why not get started with a walking group? Castlemaine District Community Health (CDCH) offers walking groups in Harcourt, Maldon and Castlemaine.

Avoid drinking more than two standard drinks of **alcohol** a day. More than this can increase blood pressure and lead to heart failure.

**Socialise** and connect with friends! Spending too much time alone is not good for your heart or your mental health. Join a group, connect with treasured friends.

Some **relaxation exercises** such as meditation, tai chi and yoga can reduce stress and improve your immune function. CDCH offers a variety of tai chi groups around the Shire and is fast becoming one of our most popular exercise groups.

Eating a **balanced diet** will keep your weight down and your heart functioning at its best. Refer to our article “Foods that prevent Heart Disease” or make an appointment for an assessment to see our Dietitian by calling CDCH on 5479 1000.

**Depression and anxiety** can increase the risk of heart disease. Counselling offers support, strategies for change, someone to trust and hope for a positive future. A GP referral is not required. Contact CDCH on 5479 1000 for an appointment.

Cut down on your **caffeine** intake. Too much caffeine raises stress hormones in the body which is not good for your heart.



Sam Peavey is the Allied Health Promotion Team Leader



## HEARTMOVES

Heartmoves is an exercise program designed to be safe for people with long term health conditions such as heart disease, diabetes and obesity. It can also be adopted for people with special needs, and can even be done in a chair.

A trained Fitness Instructor guides the class through strength, aerobic and stretching exercises that are adapted for those with special needs.

The program is suitable for people of all ages and abilities. To gain maximum benefit it is recommended that participants attend twice a week.

Class size is limited to ensure maximum safety for participants.

CDCH runs Heartmoves classes throughout the district. Currently vacancies are available in the Maldon class.

The Maldon sessions are held on **Tuesdays and Thursdays from 1.30pm - 2.30pm during school terms**, at the Maldon Hospital. The Cost of the sessions is kept affordable at \$5 per session.

New participants can join at any time. A GP assessment may be required.

**To join the Heartmoves group in Maldon** or to be added to a waitlist for Castlemaine or Campbells Creek group, phone reception on **(03) 5479 1000** and ask for the Heartmoves registration form.

## DIABETES AND HEART HEALTH

According to the Victorian branch of Diabetes Australia, people with diabetes are 3 to 4 times more likely to develop cardiovascular disease (including heart attack and stroke) than those who do not have diabetes.

One reason is that people with type 2 diabetes often have 'abnormal' levels of blood fats (cholesterol and triglycerides). Not only are the blood fat levels different to those of a person without diabetes, the cholesterol also tends to 'behave' differently.

The LDL (bad) cholesterol particles in people with diabetes are often denser and therefore more likely to block the blood vessels than the type of LDL cholesterol particles found in a person without diabetes. This abnormal cholesterol means that people with diabetes experience six times more atherosclerosis (plaque build-up in the arteries).

If you have diabetes and are concerned about your heart disease risk, talk to Andrea or Kay, the Diabetes Nurse Educators at Castlemaine District Community Health. Diabetes Nurse educators provide one-on-one consultations for people with diabetes and pre-diabetes. The service is also available for carers and family members of people with diabetes,

GP referral is not needed for this service.

Phone 54791000 to make an appointment with one of our Diabetes Nurse Educators.

“People with diabetes are 3 to 4 times more likely to develop cardiovascular disease”



Andrea Long and Kay Pedretti are Diabetes Nurse Educators, at Castlemaine District Community Health

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