

*Healthy living*



# Health Information Service



Accurate, reliable heart health information

Health Information Service:

- open business hours Australia-wide
- local call cost from anywhere in Australia
- staffed by qualified health professionals

Call 1300 36 27 87 or email [health@heartfoundation.org.au](mailto:health@heartfoundation.org.au)



For heart health information  
1300 36 27 87  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

The Heart Foundation's Health Information Service was established to help everyone to reduce their risk of cardiovascular disease and improve their lifestyle.

Cardiovascular disease is the number one killer of Australians\* claiming a life every ten minutes, but the good news is it is largely preventable.

Our qualified health professionals can give you advice on a range of heart health and lifestyle areas, including:

- blood pressure management
- cholesterol and healthy eating
- quitting smoking
- exercise and physical activity (including joining or starting a Heart Foundation Walking group)
- heart conditions and treatments (including some information about your local rehabilitation centres)
- heart surgery and other heart procedures
- tests used to diagnose heart disease

Call us today to find out what changes you can make to reduce your risk of developing cardiovascular disease or for assistance in managing lifestyle if you have already been affected.

\* Australian Institute of Health and Welfare (AIHW). Australia's health 2006. AIHW cat. No. AUS 73. Canberra: AIHW.

Terms of use: This material has been developed for general information and educational purposes only. It does not constitute medical advice. The information provided by the Heart Foundation's Heart Health Information Service is not a substitute for consultation with your health professional. Please consult your health care provider if you have, or suspect you have, a health problem.

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