



2 June 2010

## **Local MP To Go Red For Women**

Dr Mike Nahan, the Member for Riverton said he will be dressing in red on Friday 11 June for the Heart Foundations' Go Red For Women Day to help raise awareness about women and heart disease.

"Many people do not realize that heart disease kills almost as many women as it does men," said Dr Nahan.

"The statistics are alarming with almost 31 women across Australia every day dying of heart disease, which equates to over 11,000 women per year. I hope that members of the community will join me in dressing in red next Friday to help raise community awareness about the risk that women face."

Dr Nahan said that often, the first warning sign of heart disease is when a person actually suffers a heart attack.

"Unfortunately by that time it is often too late. The best way to reduce your risk of developing heart disease or to prevent it getting worse if it already exists is to improve your lifestyle and have regular medical checkups," said Dr Nahan.

"Recent surveys have shown that heart disease kills four times as many women as breast cancer. And yet most women are well aware of the need to regularly go every two years and have a mammogram but most forget to have other medical checks that could impact on their continued good health."

"Risk factors for heart disease include high blood pressure, high cholesterol, diabetes, smoking and obesity. These risks can be reduced by changing your lifestyle so that you are more physically active or by changing your diet to reduce your intake of saturated fats and salt."

The Heart Foundation advises that some of the warning signs of a heart attack can include pain, pressure, heaviness or tightness in your chest, shoulder, neck, arm, back or jaw, shortness of breath, feeling nauseous or experiencing a cold sweat or dizziness.

"There's no doubt that a heart attack is an emergency situation. If you think you are experiencing these symptoms, it is important to call triple zero (000) straight away and get an ambulance as quickly as possible because time really is of the essence," said Dr Nahan.

"I commend the Heart Foundation on their Go Red For Women campaign and encourage you to join me in wearing something red on Friday 11 June to help raise awareness of this important women's public health issue."

For more information, go to [www.goredforwomen.org.au](http://www.goredforwomen.org.au).

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