

Heart Awareness Month

Welcome to the new-look Good Country Physiotherapy newsletter. Every month, we will be featuring a different theme. You will find articles and information that are relevant to the theme, as well as stock specials. This month, the theme is Heart Awareness, because September is Heart Awareness month. Cardiovascular disease is the biggest health issue in Australia at present, resulting in more deaths than any other disease for both men and women. It's really important that we all look after our heart. For some tips and tricks, read the information below and Shannyn McGrice's article on page two. Good Country

Physiotherapy run Cardiac Rehabilitation classes for anyone who has had a heart attack or heart surgery and wants help getting back on track. These are run by Shannyn in Bordertown on Wednesdays from 2pm-3pm. If you want more information about these classes, please contact one of the clinics on 8755 1530 or 8752 2330. I hope you enjoy this month's newsletter. Please let us know if there is anything you want to see in the next edition!

Regards,
Angela Dunsford (Director)

Healthy eating, Healthy heart...

A delicious risotto with tuna lightly flavoured with fragrant lemon zest.



Serves: 4
Cooking time: 22 minutes

Ingredients

425g can John West Tuna - Olive Oil Blend, drained reserving 2 tablespoons*
2 cloves garlic, crushed
1 1/2 cups Arborio rice
4 cups boiling water
8 baby roma tomatoes, quartered
1/4 cup shredded fresh basil
50g feta cheese
1 cup baby spinach leaves
Grated rind of 1 lemon

Instructions

1. Heat 2 tablespoon of reserved tuna oil in a large saucepan. Add garlic and rice and cook for 1 minute. Pour in boiling water; simmer for 15-20 minutes or until rice is tender and liquid absorbed, stirring occasionally.
2. Gently stir though drained John West Tuna, tomatoes and basil, season with pepper to taste. Remove from heat stand covered for 2-3 minutes.
3. Spoon rice mixture into serving bowls, crumble feta over the rice, top with spinach leaves and sprinkle with lemon rind.

World Physiotherapist Day

Every year on September 8 the physiotherapy profession commemorates its important contribution to the health and wellbeing of millions of people around the planet by celebrating World Physiotherapy Day. This year's theme, Movement for Health, emphasises physiotherapy's role in keeping people mobile, well and independent

As experts in movement and function, physiotherapists encourage and assist people of all ages to participate in safe physical activity, in order to prevent a range of problems and diseases. Physiotherapists work in partnership with you to teach you how to manage you own health, and to improve your wellbeing and quality of life. They assist people with movement disorders which may have been present from birth, acquired through accident or injury, or are the result of ageing or life changing events.

Products of the month

Special price for September

4 Function Pedometer



Pedometer
\$40.00



DW2A 4 function Pedometer

Polar F4



Heart Rate Monitor
\$100.00

Powerful features in a slim and elegant design

Coronary Heart Disease

By Shannyn McGrice
Physiotherapist

Coronary heart disease is a chronic condition that affects a large percentage of the population. Coronary heart disease is when the arteries that supply the heart become filled with fatty deposits known as "plaque." The process by which plaque slowly builds up of the artery walls is known as atherosclerosis. This causes your arteries to narrow and therefore reduces the blood supply to the heart. This may lead to symptoms such as angina. If a blood clot forms in the narrowed artery and completely blocks the blood supply to the heart, it can cause a heart attack.

Risk factors

Risk factors for Coronary Heart Disease include:

- Smoking
- High cholesterol
- Physical inactivity
- Diabetes
- High blood pressure
- Obesity
- Depression, social isolation or lack of social support
- Family history of heart disease or heart attack
- Increasing age
- Males are at a higher risk
- Aboriginal or Torres Straight Islander decent
- Symptoms of Coronary Heart Disease

Angina: Angina is temporary chest pain or discomfort due to a lack of blood flow to the heart muscle, caused by narrowed coronary arteries. Angina pain is usually described as a tight, gripping or squeezing pain in the centre of the chest, that may or may not spread to either or both shoulders, back, neck, jaw or down the arm. Angina can be felt in other areas of the body and not the chest. Some people don't feel pain with angina but rather a discomfort in the chest, others may only feel short of breath but have no pain.

Heart Attack: A heart attack usually occurs when the "plaque" cracks. This causes blood to clot over the area and thus block the blood flow to the heart muscle. Therefore, part of the heart muscle starts to die. If the artery stays blocked, the part of the heart muscle supplied by that artery will be permanently damaged.

What to look for

Heart Attack Warning Signs:

- Tightness, pressure, squeezing or heaviness in your neck, back, arms, jaw, throat, shoulders, chest
- Difficulty breathing
- Break out in a cold sweat
- Feel like vomiting
- Feel dizzy or light headed

Treatment

Treatment for coronary heart disease:

- Medicines to lower blood pressure, cholesterol and thin the blood so it moves more easily through the partially blocked artery. Some medicines can dissolve the clot
- Surgery- bypass surgery, stent

Prevention

Reducing the risk of coronary heart disease and heart attack by:

- Being smoke free
- Enjoy healthy eating
- Be physically active
- Control blood pressure
- Maintain a healthy body weight
- Maintain your psychological and social health

Cardiac Rehabilitation

Cardiac Rehabilitation is designed to help people who have heart problems to make changes to the way that they live. It is recommended that all people who have had a heart attack, heart surgery, angina or blood vessel disease attend cardiac rehabilitation and prevention programs.

For more information or if you think that you may have coronary heart disease. Talk to your doctor or visit the heart foundation website. www.heartfoundation.com.au.

Reference : Heart Foundation, 2008 "Heart Information: Coronary heart Disease," National heart foundation of Australia.



Australian Physiotherapy Association (APA) members have been helping Australians move well and stay well for over 100 years.

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