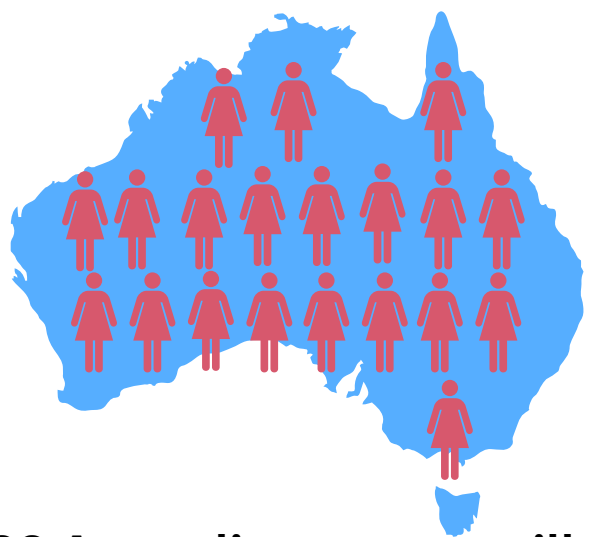


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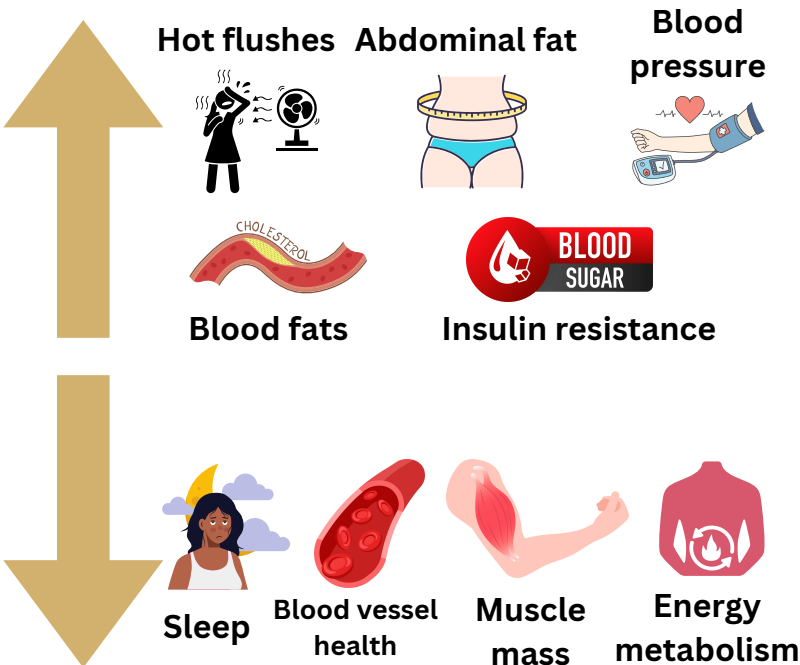
Things you need to know about **Menopause and Heart Disease**

1 Why is this important?

- Cardiovascular disease (CVD) is the second leading cause of death in Australian women and more common than deaths from breast cancer
- CVD includes coronary heart disease and stroke



20 Australian women will die every day from CVD



2 How does menopause affect heart disease risk?

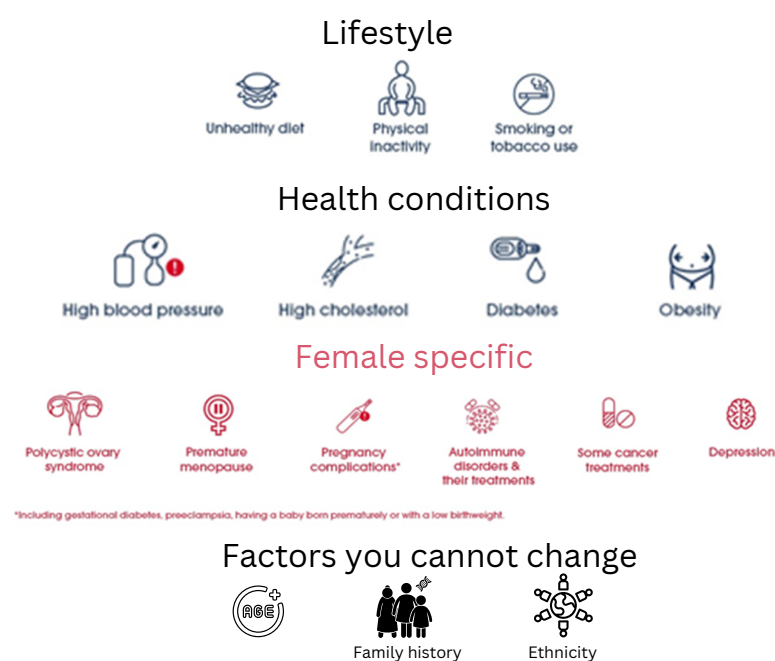
- Body changes that occur with menopause increase heart disease risk
- Early or premature menopause (before age 45 years) has a higher risk of CVD than usual age menopause (~51 years)

3 What risk factors are important for CVD?

Risk factors for CVD are a mixture of:

- Lifestyle
- Health conditions that increase your risk including female specific risk factors
- Risk factors that you cannot change

www.heartfoundation.org.au/Bundles/Your-heart/Risk-factors-for-women



4 How do I find out about my own risk of CVD?

- Check out the Heart Foundation risk calculator: www.heartfoundation.org.au/heart-age-calculator
- Over age 45 years or 30 years if Indigenous? See your GP for a Heart Health Check

5 What can I do to prevent CVD?

- The Heart Foundation website has tips to protect your heart
- “Know your numbers” - eg. blood pressure, cholesterol levels
- See your health professional for help managing conditions that increase your risk of CVD

