

Latrobe highlights Heart Week 5-9 May 2008

The importance of a healthy heart and seeking urgent medical attention when suffering chest pain was highlighted at Latrobe Regional Hospital during Heart Week 5-9 May, 2008.

Latrobe Regional Hospital uses Heart Week as an opportunity to educate visitors to the Hospital about heart problems via a public display.

The display explained the risk factors associated with heart disease and heart attacks, what actually occurs when someone suffers a heart attack and ways we can keep fit and healthy to prevent heart disease.

The important message of the 2008 Heart Week is that anyone experiencing chest pain must seek immediate medical assistance – call an ambulance.

Latrobe Regional Hospital Cardiac Rehabilitation Co-ordinator Joy Fogarty said those suffering chest pains should not wait for them to subside.

“If you or someone you know is still experiencing severe chest pains, which get worse quickly or last for 10 minutes, ring 000 and ask for an ambulance,” she said.

Each year more than 24,000 Australians die from heart disease.

Latrobe Regional Hospital plays an important role in the recovery of patients after a heart event by providing a free program that educates the patient about how to obtain good heart health. The aim of the program is to enable you to return to your optimal level of health and activity and enjoy a quality lifestyle.

For further information about how to keep your heart healthy, visit the Heart Foundation website at www.heartfoundation.com.au or phone 1300 362 787.

Caption: Participants in Latrobe Regional Hospital’s Cardiac Rehabilitation Program.

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For more information contact Michelle Toppin, Communications Advisor, Latrobe Regional Hospital on 03 5173 8539 or 0447 551 282.

