



WHY SHOULD I HAVE A HEART WOF?



HEY FABIAN, WOULD YOU BELIEVE IT? I HAD TO TAKE THE CAR FOR A WARRANT... THOUGHT IT WAS GOING TO FLY THROUGH BUT IT FAILED.

SAME, I TOOK MYSELF IN FOR A HEART WOF AND I DIDNT PASS EITHER.



WHAT DO YOU MEAN A HEART WOF?

GETTING THE ONCE OVER FROM YOUR DOC TO SEE IF YOU'RE AT RISK OF HAVING A HEART ATTACK. YOU SHOULD GET ONE TOO MATE.



REALLY? THERE'S NOTHING WRONG WITH ME AND I'VE GOT TOO MUCH ON ANYWAY.

THAT'S WHAT I THOUGHT... BUT I WAS KIDDING MYSELF.



WHEN MY UNCLE HAD A HEART ATTACK I SHOULD HAVE REALISED IT COULD HAPPEN TO ME.



THREE MONTHS EARLIER

YOU'RE AT HIGH RISK OF HAVING A HEART ATTACK.

YOU NEED TO MAKE SOME CHANGES.



WHEN I FOUND OUT I WAS HIGH RISK - I WAS SHOCKED! MAN, IF I WAS A CAR AND CARRIED ON LIKE I WAS, I WOULD HAVE BROKEN DOWN BY NOW.

SO, WE REALLY NEED TO LOOK AFTER OUR HEARTS AS MUCH AS OUR CARS.



I WANT TO BE AROUND FOR MY FAMILY. I'M MAKING CHANGES TO LOOK AFTER MY HEART AND I'M GOING TO KEEP MY HEART WOF REGULAR - NO EXCUSES ANYMORE.

LOOK AFTER YOUR HEART AS WELL AS YOUR CAR. GET A HEART WOF.

- IF YOU'RE A MAN OVER 45 OR A WOMAN OVER 55 HAVE A HEART WOF
- IF YOU'RE MAORI, PACIFIC OR INDIAN HAVE A HEART WOF TEN YEARS EARLIER
- IF YOU HAVE A FAMILY HISTORY OF HEART DISEASE OR OTHER RISK FACTORS HAVE A HEART WOF TEN YEARS EARLIER.

FIND OUT MORE AT WWW.HEARTFOUNDATION.ORG.NZ

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