Heart disease is the biggest cause of death and disability in New Zealand.

Knowing your risk gives you the chance to take steps to protect your heart.

When should I see my doctor?

- **People without known risk factors**
  - **MEN** from 45 years
  - **WOMEN** from 55 years

- **Māori, Pacific or South-Asian people**
  - **MEN** from 30 years
  - **WOMEN** from 40 years

- **People with other known risk factors or at high risk of developing diabetes**
  - **MEN** from 35 years
  - **WOMEN** from 45 years

- **People with diabetes**
  - Yearly from time of diagnosis

- **People with severe mental illness**
  - From the age of 25 years

To find out more about your risk, visit: heartfoundation.org.nz
What happens in a heart check?

During a heart check, together with your doctor or nurse you will estimate your risk of having a heart attack in the next five years, and discuss options and choices to protect your heart.

Together with your doctor or nurse, you are likely to:

• discuss any family history of heart attack or stroke
• measure your blood pressure, height, weight and waist circumference
• discuss blood test results
• talk about risk factors such as smoking, activity and diet.

Things you may like to think about

• What would your risk mean for you and your family? What would it mean in a few years time?
• What does my doctor or nurse recommend as the best way for me to lower my risk?
• What would I like to do to lower my risk?

Choices you can make to lower your risk of heart attack and stroke

Stop smoking  Make heart healthy eating and drinking choices  Move more  Lose weight  Take medication

To find out more about your risk, visit: heartfoundation.org.nz