

Do you know your risk of a heart attack ?

Healthy Farmers = Productive Farmers

Most of us are working hard, long hours and many struggle to find time to attend to our health. However not managing your health proactively can result in costs to your productivity and have serious implications not only for yourself but your family and employees.

If we knew how high our risk of having a problem, maybe many of us would be more likely to take action. In Australia, cardiovascular disease (or heart disease) is still one of the leading causes of death and disability and is often preventable. It affects BOTH men and women.

The Australian Absolute Risk Cardiovascular Disease calculator has been developed to help calculate the risk for people over the age of 45 years of having a heart attack or stroke over the next 5 years. You can use the risk calculator and enter your test results eg blood pressure, cholesterol and smoking and diabetes status to calculate your own risk here : <http://www.cvdcheck.org.au/> Use this tool with your GP to make decisions about managing your health. For more detail about the tool, see here : <http://www.heartfoundation.org.au/SiteCollectionDocuments/absolute-risk-your-heart-and-risk-score.pdf>

If you are **over 45 years and don't know your figures re your health, see your GP for a health check** and discussed this with them.

How can I reduce my risk factors?

1. Stop smoking and avoid second-hand smoke.
2. Be active every day. Aim for at least 30 minutes of moderate-intensity physical activity, such as brisk walking, on most, if not all, days.
3. Avoid adding salt to food. Choose 'no added salt', 'low salt' or 'salt reduced' foods where possible.
4. Eat a variety of foods, including vegetables, wholegrains, lean meats, oily fish, fruit, low fat dairy and vegetable/seed oils. Remember to also eat nuts, seeds and legumes.
5. Take your medicines as prescribed by your doctor.
6. Visit your doctor regularly

Managing your health is just as important as doing maintenance on your machinery as far as your productivity goes. Why not use some of the "quiet" times of the year to see to your own maintenance ?

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