

## Cardiovascular risk



The Australian Heart Foundation recommends heart health checks for those over the age of 45 and, for indigenous Australians, those over the age of 35. The Foundation reports that:

*“Every 12 minutes an Australian dies from heart, stroke or blood vessel disease. Most heart attacks and strokes are preventable.”*

We use the “*Absolute cardiovascular risk calculator*” to measure your risk of heart attack or stroke. This involves combining:

- cholesterol scores from a blood test
- blood pressure measurement
- smoking status, age, gender and whether or not you have diabetes

These risk factors measured in combination, are the best predictor of your cardiovascular risk.

Your score will predict a low, medium or high level of risk for heart attack and stroke.

Clearly some risk factors can't be changed such as age, gender and family history.

Other risk factors are **modifiable** that is, they can be changed. Smoking, diet, physical activity, alcohol intake and weight all affect blood pressure and cholesterol.

We understand that for many, making change in these areas is not easy. Talk to us to get support, advice and a plan for managing these lifestyle factors. Change is often not achieved at the first effort. Small steps and support to keep at it often win in the end though.

See us for a heart health check and help to manage risk factors.

## Vale



We remember our friend Uncle Gene Llewellyn Roberts with great affection and appreciation of his contributions to the indigenous community and to BSMC. May you rest in peace.

*Brooke St. Medical Centre – tel. (03) 5427 1002*

## Update flu vaccine shortage

At the time of writing, a very limited amount of flu vaccines have been made available in July. Due to the continuing shortage of vaccines, the Department of Health has directed that public flu vaccines be provided to those most at risk.

Those most at risk are deemed to be: children aged 6 months to less than five years; people aged 5 and over who have medical conditions which increase the risk of flu complications; pregnant women; Aboriginal and Torres Strait Islanders over the age of 15; and any person over the age of 65.

The problem remains that we do not have control over vaccine supplies nor deliveries.

Keep an eye on our website [www.bsmc.net.au](http://www.bsmc.net.au) for changes in availability of vaccines.



In the meantime – do your bit: sneeze and cough into a tissue then bin it and wash your hands.

When tissues aren't available, smother the germs - cough or sneeze into your sleeve at the inside crook of your elbow. Wash your hands regularly.

## Booking online appointments

It's now easier to book your appointment online. “*MyHealth 1<sup>st</sup>*” (the company we use for online booking technology) have changed their booking system. They no longer require you to set up an account in order to book online.

This is good news for those who want to just jump online and quickly book. The option to make an account will still be available.

Please visit our website [www.bsmc.net.au](http://www.bsmc.net.au) and click the button as shown below:



*After hours GP Helpline - tel. 1800 022 222*