

Heart Week



Heart health self-assessment

This document in no way replaces the advice of a General Practitioner (GP) or medical professional, and should be used as a guide only. If you are experiencing any symptoms of a heart disease, please contact the Mater Emergency Department or a medical professional as soon as possible.

If you tick no...

0-3 times:

Low risk

4-7 times:

Medium risk

8+ times:

High risk

	Y	N
You exercise for 30 minutes at least twice a week	<input type="radio"/>	<input type="radio"/>
You drink 2L (eight cups) of water a day	<input type="radio"/>	<input type="radio"/>
You eat at least two pieces of fruit most days	<input type="radio"/>	<input type="radio"/>
You eat at least five vegetables most days	<input type="radio"/>	<input type="radio"/>
You don't smoke/vape	<input type="radio"/>	<input type="radio"/>
You have a regular sleep pattern	<input type="radio"/>	<input type="radio"/>
You normally sleep for at least eight hours a night	<input type="radio"/>	<input type="radio"/>
You don't have family history of any heart conditions	<input type="radio"/>	<input type="radio"/>
You don't have/have had kidney issues	<input type="radio"/>	<input type="radio"/>
You don't have Diabetes	<input type="radio"/>	<input type="radio"/>
You don't regularly feel unexplainably dizzy or nauseous	<input type="radio"/>	<input type="radio"/>
You don't regularly drink energy drinks	<input type="radio"/>	<input type="radio"/>
You don't regularly experience tightness or pain in your chest/upper body	<input type="radio"/>	<input type="radio"/>

If you are of medium or high risk of heart disease, it is strongly recommended you contact a health professional for assessment.

DON'T *skip* A BEAT!

DON'T *skip* A BEAT!

DON'T *skip* A BEAT! DON'T *skip* A BEAT!

mater.org.au