One in four Traveller deaths is due to heart disease and stroke. Know your risk.
MIND YOUR TICKER

- Heart disease and stroke is the number 1 killer of Traveller Women in Ireland
- Heart disease and stroke are caused by a build up of fat in your blood vessels
- This causes damage to your blood vessels
- This can lead to a heart attack or stroke

Take positive steps to prevent heart disease, heart attack and stroke

GET OUT AND GET SOME FRESH AIR
Be active for at least 30 minutes five days a week. Move more. Spend less time sitting.

EAT WELL
Eat more fruit and vegetables. Eat fish twice a week. Eat less chips, pizza, biscuits and cakes.

STOP SMOKING
Quit the fags. Your risk of heart attack is reduced by half one year after quitting.
Enjoy life
Feeling stressed may cause you to eat unhealthier foods, smoke more and drink more alcohol which affect your heart. Take time out for yourself.

Easy on the booze
Limit the booze to no more than 11 standard drinks per week. A standard drink is a half pint of lager or a small glass of wine or a pub measure of spirit.

Enjoy life
Feeling stressed may cause you to eat unhealthier foods, smoke more and drink more alcohol which affect your heart. Take time out for yourself.

Get to know your GP
Have regular blood pressure and cholesterol checks. Start having checks in your 20s or 30s. Follow the advice of your GP and take medication as prescribed.

Know your family history
Heart disease, stroke and heart attack can run in families.

Change of life (menopause)
Your risk of getting heart disease and stroke are greater after the change of life. This is because your cholesterol, blood pressure and body weight may increase.
KNOW THE SIGNS OF HEART ATTACK
A heart attack happens when the heart muscle is damaged because the blood supply is blocked off.

The symptoms of a heart attack vary from person to person. The symptoms can often be different for women and men. Watch out for:

■ Chest discomfort: squeezing, uncomfortable pressure or pain in the centre of chest, that lasts for more than a few minutes
■ Indigestion or gas-like pain, breaking out in a cold sweat, nausea, vomiting, light-headedness and collapse
■ Discomfort and/or pain spreading to the shoulders, neck, jaw or upper arms
■ Shortness of breath, weakness particularly in the left arm, worry or unusual nervousness.

WHAT SHOULD YOU DO?
You might not feel all of the above symptoms. If you experience any, don’t wait.

If you think you are having a heart attack, get help fast and dial 999 or 112.

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health strategies, support research and provide vital public information. Thank you for your support.