

ENGAGEMENT

Blog – Physical health: Cardiovascular Disease

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-BLOG-

It's time for a heart to heart

Your heart is at the centre of your cardiovascular system. It has the important job of pumping oxygen and nutrient-containing blood around your body, which is why it's essential that you take care of it.

But sadly, cardiovascular disease (CVD) is the leading cause of death in Australia. Around one in twenty or 1.3 million Australians experience a heart, stroke or vascular disease each year.¹

That's why the Heart Foundation has come together with our insurance partner TAL to provide information and tools to help Australians improve their heart health. Dr Priya Chagan from TAL explains some of the ways you can reduce your risk of CVD.

Prevention is better than cure

Preventative health screening tests have long been advocated for as a valuable healthcare strategy that supports the early diagnosis of CVD. That's why it's crucial that all Australians take care of their heart and get regular health checks – even if you don't have any symptoms. The earlier you kickstart preventative measures, the easier it is to prevent any potential heart complications.

For instance, high blood pressure and raised cholesterol can damage your heart and blood vessels, but there are often no noticeable symptoms. So without any tests, it's unlikely that you'd know if you have one of these underlying health conditions.

The best way to understand your risk is to speak to your GP about CVD screening and prevention, and to have a heart health check. Your doctor will be able to explain the best timing and frequency for screening tests based on your age, overall health and medical history.

Understand your family history

Your family health history can help identify if you're at higher risk of certain conditions. The good news is that just because you might have a family history of CVD, it doesn't mean you'll face the same condition – it just means it's more likely.

¹ Australian Bureau of Statistics. (2022). *National health survey*

Not all health conditions are inevitable, and you can always make lifestyle changes to improve your health.

Control the controllable

Certain lifestyle factors like diet, physical activity, smoking and alcohol use can significantly impact your heart health. Fortunately, these are factors you can control. Simple changes – like eating a balanced diet, being physically active and managing stress – can make a big difference.

Walking just 30 minutes a day can reduce your risk of heart disease by 35% and improve your energy levels, wellbeing and overall quality of life.² The Heart Foundation offers a range of resources, including [personal walking plans](#), to help you stay active and maintain a heart-healthy lifestyle.

TAL's [HeartChecker website](#) encourages Australians to keep working towards their heart health goals. Whether you're just starting on your journey or you're looking for more tips, HeartChecker gives you the tools and resources you need *be informed, check yourself and take action*.

-ENDS-

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² Heart Foundation. (2025). *Heart Foundation Walking*