



ENGAGE WITH OTHER HEART EVENT SURVIVORS

Whether you have high blood pressure, heart failure, cardiovascular disease, valve disease, atrial fibrillation, heart defects, abnormal heart rhythm, or unstable angina...

Heartbeats is for YOU.

We respect, understand and welcome diverse cultures, ethnicity and age groups.



A truly shared journey is one taken on the same path with those who have been or are on that path themselves.

Visit our Facebook page



www.facebook.com/groups/476099493155288/

Heartbeats meets once a month at a Community Centre near you

For a group near you contact:

Trent Lash

Email: trentlash@yahoo.com

Mobile: 022 0606 199

Tel: 09 424 1188



heartbeats

sharing the journey

**Cardiac Education and
Support Group**

IT'S TIME TO BE HEART SAVVY

A person has a heart attack every **90 minutes in NZ**

6,700 people die of heart disease each year

NZ has one of the **highest annual mortality** rates for heart disease of any country (138 per 100,000 people)

Women are 4x more likely to die from heart disease than from breast cancer



HEARTBEATS VISION

A community-based, cardiac support group for sharing heart disease information and encouraging improved cardiac healthcare in the community.

HEARTBEATS GOALS

- Help each other and whanau with long term, personal rehabilitation and cardiac management
- Provide better understanding of heart disease
- Connect with a broad base of cardiac healthcare providers
- Advocate, educate and share information for better outcomes

Join your local Heartbeats group, share your experience and learn from others

RECOGNISING HEART ATTACK SYMPTOMS

Ache along the jawline, neck or back

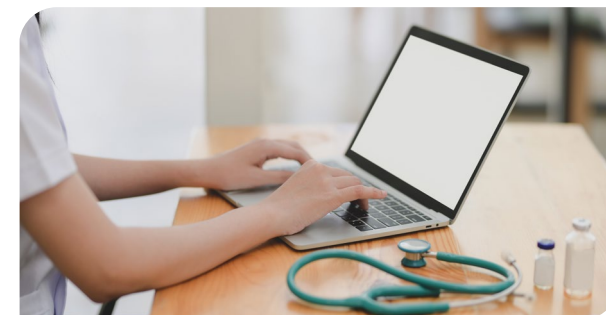
Nausea, indigestion or heartburn

Chest pain, discomfort or tightness

Pins and needles in arm or fingers

Unusual excessive sweating

Breathlessness



For more information

Heart Foundation NZ
www.heartfoundation.org.nz
Tel: 09 571 9191

Waitemata DHB
www.waitematadhb.org.nz
Tel: 021 719 733 (Cardiac Nurses)

Health Navigator
www.healthnavigator.org.nz