

News release

Wednesday September 28, 2011
For immediate release

Think the world of your heart

The importance of keeping your heart healthy by making changes to your lifestyle is being highlighted tomorrow (September 29) as part of World Heart Day.

Over the next 15 years the number of patients across Leicester, Leicestershire and Rutland suffering from cardiovascular disease (CVD), coronary heart disease (CHD) and stroke is predicted to increase by 15 per cent. This means an extra 6,000 people across Leicestershire will need NHS support for heart complications.

By making simple lifestyle changes people can reduce their risk of getting coronary heart disease. And if they already have heart disease, they can take steps to reduce their risk of developing further heart-related problems.

The Leicester, Leicestershire and Rutland PCT Cluster is working with local councils to prevent these diseases by tackling issues of smoking, obesity, cholesterol and high blood pressure.

Ivan Browne, consultant in public health speaking on behalf of the Cluster, said: "Many of today's heart problems can be directly linked to people's lifestyles. The challenge is to identify those people who are not currently being treated for heart, blood pressure, diabetes or cholesterol problems but may be at risk of developing heart-related problems as a result of their lifestyle choices.

"We have lifestyle programmes running across Leicester, Leicestershire and Rutland, including Fit and Active Families and Fit and Active Lifestyles. Free swimming and access to leisure facilities in the city are also available for those aged 60 and over.

"Walking is a great way to get your heart beating and it is an activity you can do at your own pace for free in the many parks and green spaces across the city and county.

"Stopping smoking, reducing the amount of alcohol we drink, taking regular exercise and eating a healthy, balanced diet go a long way to protecting our hearts."

For more information on CVD, CHD and stroke visit NHS Choices at www.nhs.uk or contact the British Heart Foundation on 020 7554 0000.

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For interviews or more information please contact media officer Liz Thomas on 0116 295 7677 or liz.thomas@leicestercity.nhs.uk or senior media officer Caroline Higgs on 0116 295 7663 or caroline.higgs@lcr.nhs.uk.

Notes to editor:

In October 2010 NHS Leicester City and NHS Leicestershire County and Rutland joined forces to form a 'cluster', in line with the requirements of the Department of Health. Although we share one Cluster Board and our staff work across the city and county boundaries, we have not legally merged, and retain our separate statutory duties. Together we serve a population of more than a million people. Cluster formation is an interim stage in the reform of the NHS, involving on-going transfer of most local commissioning functions to GP-led clinical commissioning groups, in line with the Health and Social Care Bill, now before Parliament and the House of Lords.