QUEENSLAND PARLIAMENT TO ‘GO RED FOR WOMEN’ THIS WEEK

The lights along the Alice Street wing of Parliament House will turn red this week in support of the Heart Foundation’s ‘Go Red for Women’ campaign.

The Heart Foundation advises that there are many common misunderstandings surrounding heart disease.

One such misunderstanding is that heart disease is a man's disease. In reality, heart disease is the number one killer of Australian women.

‘Go Red for Women’ aims to help raise women’s awareness of this disease and dispel that myth.

In 2007, 10,610 women died from heart disease in Australia, which equates to 29 women every day.

Speaker John Mickel said that it was important for the Queensland Parliament to support the Heart Foundation’s campaign.

“Go Red for Women aims to alert women about their risk of heart disease and inform them about the actions that they can take to improve their heart health.

“By having the Parliament’s lights ‘Go Red’ this week, I want to encourage all Queenslanders, particularly women, to increase their awareness of the risk factors of heart disease.

“Studies have shown that only three per cent of Australians are aware that heart disease is the leading cause of death in women and that only one in four women have spoken to their doctors about heart disease.

“Women are often too busy thinking about the health of their family and neglect their own so I encourage all women to take the time to follow the Heart Foundation’s advice to reduce their risk of heart disease,” Mr Mickel said.

The Heart Foundation advises that women can reduce their risk of heart disease by having regular heart check-ups, not smoking, enjoying healthy eating and being active every day.

For more information on ‘Go Red for Women’, see http://www.goredforwomen.com.au

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