

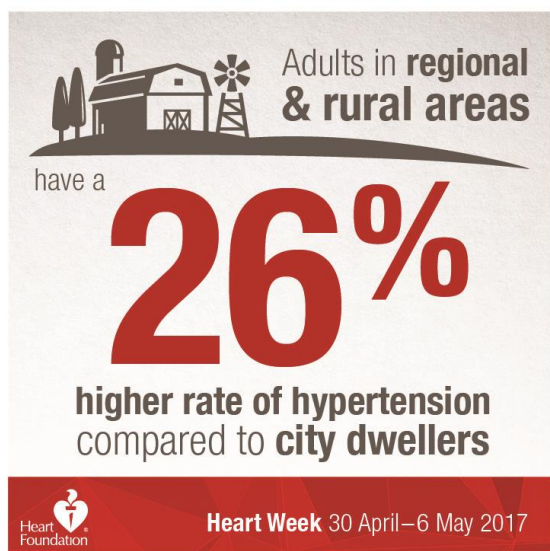
Health & Wellbeing Newsletter

Heart Week 30 April – 6 May

Heart Week runs from 30 April - 6 May. In 2017, we're talking about the importance of diagnosing and treating high blood pressure.

Quick Facts: Hypertension in Australia

- Hypertension is when blood pressure is persistently higher than normal
- 6 million adult Australians have hypertension
- High blood pressure can be a silent killer because there are no obvious signs or symptoms
- Uncontrolled high blood pressure can lead to a heart attack, stroke or kidney disease
- More than two in five adult Australians or 2.65 million have hypertension that is unmanaged
- Adults in regional/rural areas have a 26% higher rate of hypertension compared to city dwellers
- Residents living in metro areas are more likely to have hypertension that is unmanaged
- The rate of hypertension in Indigenous Australians is 16% higher than non-Indigenous Australians



Men's Health

All this emphasis on the health of boys and men - what's that about? They're alright, aren't they?

In many cases, the answer is no.

A boy born in Australia in 2010 has a life expectancy of 78.0 years while a baby girl born at the same time could expect to live to 82.3 years old. Right from the start, boys suffer more illness, more accidents and die earlier than their female counterparts.



A Gift That Saves Lives: What can you do? Give blood. Give now. Give often

Every year, on 14 June, countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank blood donors for their life-saving gifts of blood.

Blood is an important resource, both for planned treatments and urgent interventions. It can help patients suffering from life-threatening conditions live longer and with a higher quality of life, and supports complex medical and surgical procedures. Blood is also vital for treating the wounded during emergencies of all kinds (natural disasters, accidents, armed conflicts, etc.) and has an essential, life-saving role in maternal and perinatal care.

The lives and health of millions of people are affected by emergencies every year. In the last decade, disasters have caused more than 1 million deaths, with more than 250 million people being

affected by emergencies every year. Natural disasters such as earthquakes, floods and storms create considerable needs for emergency health care, while at the same time, often destroying vital health facilities as well. Man-made disasters such as road accidents and armed conflicts also generate substantial healthcare demands and the need for front-line treatment.



Crohn's and Colitis Awareness Month 2017



This is the time when we can all work together to raise awareness of two conditions that affect 1 in 250 Australians. We know many of the newly diagnosed patients, and people living with IBD, initially go through a daunting time due to lack of awareness and information about IBD. They are confused and unsure about what is happening to them, fear for their future, are embarrassed to discuss with family and friends, and stressed about how the diagnosis will change their lives and put their dreams on hold. With the Live Fearless campaign, we address these concerns by showing people that IBD doesn't have to stop them from living their life and chasing after their dreams.

This year's May Awareness Month brings a new message for our audience through the Live Fearless campaign – one that focuses on empowering IBD patients to live life fearlessly after their diagnosis.

Get Behind it! Bowel Cancer Awareness Month

Bowel Cancer Awareness Month is an annual initiative of Bowel Cancer Australia running throughout the month of June (1-30 June), to raise public awareness of a disease that claims the lives of 80 Australians every week.

Bowel cancer is the third most common type of newly diagnosed cancer in Australia affecting both men and women almost equally and is Australia's second biggest cancer killer after lung cancer.

Bowel Cancer Awareness Month has a positive message – saving lives through early detection – as bowel cancer is one of the most treatable types of cancer if found early.

For more information visit Bowel Cancer Australia's Bowel Cancer Awareness Month website.

<http://www.bowelcancerawarenessmonth.org/>

