



September 27, 2017

Get your blood pressure checked this World Heart Day

TerryWhite Chemmart and the Heart Foundation have teamed up to encourage Australians to get a free blood pressure check this World Heart Day (Friday 29th September) and throughout the month of October.

Despite heart disease being a leading killer of Australians, and high blood pressure a leading risk factor for heart disease, it is estimated that one in four Australians have unmanaged and uncontrolled high blood pressure.

Adjunct Professor John Kelly AM, National CEO of the Heart Foundation, said it was vital for Australians to 'know their heart' this World Heart Day.

"Heart disease leads to 150,000 hospitalisations every year and, sadly, one Australian life is lost to heart disease every 27 minutes," Professor Kelly said.

"However, many people simply aren't aware of whether they are at risk of heart disease.

"If you haven't had your blood pressure checked recently, this is the ideal time to do it. The good news is that high blood pressure can be managed through lifestyle changes such as being more physically active, eating a healthy, balanced diet, not smoking and maintaining a healthy weight, in addition to any medications prescribed by your GP or specialist."

TerryWhite Chemmart clinical pharmacist Krystel Tresillian said, while it was important for people of all ages to be looking after their heart health, it was especially important for older Australians.

"More than 50 per cent of Australians over the age of 45 have high blood pressure, and this percentage increases with age," Ms Tresillian said.

"But there may not always be obvious symptoms of heart disease, which means that regularly discussing your heart health with your GP or local TerryWhite Chemmart pharmacist can help you identify any risk factors."

TerryWhite Chemmart CEO Anthony White said that, while TerryWhite Chemmart pharmacies offered blood pressure checks all year round, World Heart Day was a reminder for those who hadn't had their blood pressure checked recently to get tested.

“By partnering with the Heart Foundation, TerryWhite Chemmart pharmacies around Australia are proud to be able to offer an easy and accessible way for everyone to know their blood pressure numbers,” Mr White said.

“I’ll be rolling up my sleeve this World Heart Day to have my blood pressure checked, and I would urge everyone else to do the same.

“It only takes a few minutes and it may just help save your life.”

Free blood pressure checks will be available at participating TerryWhite Chemmart pharmacies on World Heart Day and throughout October, with no appointment necessary.

For more information on how to manage high blood pressure visit www.heartfoundation.org.au or call the helpline 1300 36 27 87.

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For more information

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About the National Heart Foundation of Australia

The Heart Foundation is a not-for-profit organisation dedicated to fighting the single biggest killer of Australians – heart disease. For more than 50 years, it’s led the battle to save lives and improve the heart health of all Australians. Its sights are set on a world where people don’t suffer or die prematurely because of heart disease.

About TerryWhite Chemmart

Following the merger of Terry White Group and Chemmart in late 2016, TerryWhite Chemmart is now Australia’s largest retail pharmacy brand, with approximately 500 stores around the country. TerryWhite Chemmart delivers high-quality, accessible, and cost-effective community-based health care services.