



Heart attack action plan now available in Hindi

A heart attack occurs every 10 minutes in Australia. Knowing the warning signs of heart attack could save your life, or the life of someone you love. The Heart Foundation's free action plan, fact sheet and information resources about risk factors are now available in 11 languages including Hindi.

Download and print for your patients from www.heartattackfacts.org.au

Sneaky sources of salt in your diet

If you're trying to reduce salt in your diet, you may be avoiding obvious offenders like hot chips, salted nuts, and pizza. But did you know some of your pantry staples may be the biggest contributors of salt in your diet?

Bread

Bread is one of the largest contributors of salt in our diet, but an easy way to avoid overdoing it is to choose breads with the Tick. This means they contain no more than 400mg of sodium per 100g (less than 1g of salt per 100g), so you can still enjoy your favourite sandwich for lunch (with a Tick approved filling of course!)

Canned vegetables and legumes

While they are a handy substitute when fresh options aren't on hand, canned vegetables and legumes are some of the worst offenders for hidden salt. A leading brand of tinned tomatoes contains a whopping 50 times more sodium than the no-added salt equivalent. So be sure to choose Tick approved or salt reduced varieties, or opt for fresh or frozen vegies or dried legumes instead.

Processed meats

75% of the salt in our diet is from processed foods, so even if you're not adding salt to your meals, that doesn't mean it's not sneaking into your diet elsewhere. A simple ham and cheese sandwich can contain as much as 2g of salt – a third of the recommended daily amount for a healthy adult. Try to limit processed meats such as sausages and deli meats like salami, and choose those which carry the Tick, as these have met our strict nutrition criteria for salt and saturated fat.

For more ideas on how to use salt reduced ingredients, check out our recipes at www.heartfoundation.org.au/recipes

Do you have your ticket yet?

Register today for the World Cardiology Congress, 4–7 May. Scientific programme includes:

- Arrhythmias / Sudden cardiac death / Electrophysiology
- Heart Failure / Cardiac function / Myocardial – Pericardial diseases
- Valvular disease / Aortic disease/ Pulmonary circulation
- Ischaemia / Coronary artery disease / Coronary interventions
- Peripheral circulation / Stroke / Non-coronary interventions
- Hypertension
- Epidemiology / Prevention
- Health Promotion / Health advocacy / Global cardiovascular resources
- Basic science
- Cardiac imaging / Information systems
- Paediatrics / Congenital heart disease (paediatric and adult)
- Indigenous health / Rheumatic heart disease
- Nursing / Allied health / CV rehabilitation

This is an event not to be missed, register today www.worldcardiocongress.org