

# It's important to look after your heart

**Heart disease can  
make you very unwell**

**It can cause heart  
attacks, strokes and  
other illnesses**



**You can look after your heart by:**



Getting your blood  
pressure checked



Doing regular  
exercise



Eating a good diet



Giving up smoking

**Talk to your carer or GP about things you can do  
to keep your heart healthy.**