

Kardinia Health Encourages Community to Prioritise Heart Health

Kardinia Health is encouraging eligible community members to prioritise their heart health by booking a Heart Health Check with their GP or nurse.



Geelong, Victoria Oct 12, 2025 ([IssueWire.com](https://www.issuewire.com)) - These checks are an important way to understand your individual risk of heart disease and take proactive steps toward long-term well-being.

Heart Health Checks are available for people who do not already have heart disease and are aged 45 years and over, 35 years and over for people with diabetes, and 30 years and over for First Nations peoples. During the appointment, your GP or nurse will ask about personal and family health history, assess lifestyle and environmental risk factors, and carry out several clinical checks.

These may include checking your blood pressure, ordering blood tests to measure cholesterol and blood sugar levels and performing an electrocardiogram (ECG) to monitor heart rhythm. Your clinician will use this information to calculate your risk of having a heart attack or stroke in the next five years using a validated clinical tool. They will then work with you to develop a tailored plan to reduce your risk. This might include making lifestyle changes, being referred to other health professionals like a dietitian or diabetes educator or starting medication to help manage blood pressure or cholesterol.

As a leading healthcare provider in Geelong, Kardinia Health urges the community to take action before heart problems arise. Heart disease often develops without warning, but a simple check-up with your GP can provide the information and support needed to take control of your heart health before symptoms appear.

Kardinia Health also offers several easy, non-invasive heart checks for patients of the clinic. These include:

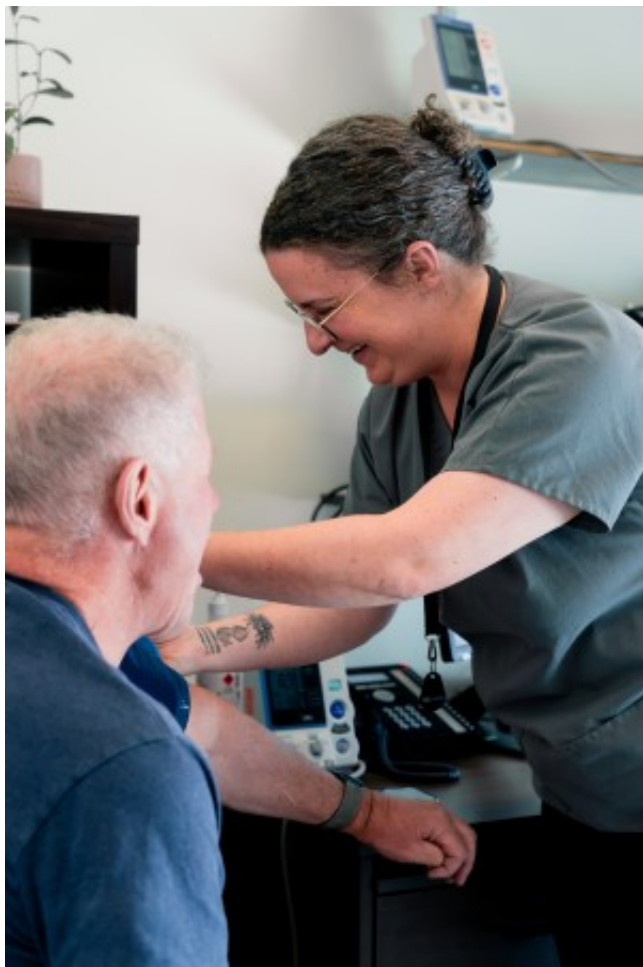
- ECGs
- Holter monitors
- Ambulatory blood pressure monitoring
- Echocardiograms

If needed, your GP may also refer you for further tests outside the clinic, such as a stress test or scan, to take a closer look at how your heart is working and check for any concerns.

Many risk factors for heart disease can be modified through early intervention, including high blood pressure, high cholesterol, diabetes, poor diet, inactivity, excess weight, smoking or vaping, and excessive alcohol intake. Other risk factors, like age, gender, cultural background, and family history, can't be changed but should still be considered when assessing overall heart health.

Heart disease remains one of the leading causes of illness and death in Australia, but with the right support and regular check-ups, many serious conditions can be prevented or managed effectively.

For more information or to book a Heart Health Check, contact [Kardinia Health](https://www.kardiniahealth.com.au) today.
www.kardiniahealth.com.au



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