

EMBORGO; 6PM. SUNDAY 16 APRIL, 1972.



PRIME MINISTER

NATIONAL HEART WEEK

NATIONAL T.V. NETWORK

Speech by the Prime Minister, the Rt Hon. William McMahon, CH,MP.

16 April, 1972.

This is the second occasion I have been given the privilege of opening up National Heart Week. The Foundation has suggested to me that I emphasise as strongly as I can, the ways of minimising the risk of heart disease. Research over the years has clearly indicated the basic causes of heart attack, and I am informed that if you take four precautions, you can reduce the risk considerably.

The precautions you can take are these:-

- . Keep Fit
- . Keep your weight down
- . Give up smoking and
- . Have a regular medical check

Now the Heart Foundation believes that these four remedies are the basis of a long and healthy life and will undoubtedly help us avoid some of the most prevalent of heart diseases.

Their view is, I think, pretty well accepted now. To drive home the risks taken, the Foundation has asked me to mention these points to you:-

- . The average middleaged Australian has one chance in twenty of getting coronary heart disease within five years.
- . If you are unfit, overweight and a heavy smoker, then you have one chance in five.
- . But if you do as the Foundation recommends, the risk is reduced to one in seventy-five.

Now these are telling figures and I want you to think about them. In fact heart disease kills more of us than all other diseases put together. This is why the Foundation has drawn your attention to preventive action of a simple kind. And we want you to do all you can to lower the risk of heart disease that affects so many people. As the Heart Foundation puts it, "Give your heart every chance". And I emphasise, give yourself every chance of a happy successful and interesting life.
