

## Reduce Risk: Live Well

These are some factors that increase your risk of cancer, cardiovascular disease and type 2 diabetes:

- I am over 45 years of age
- I am male
- I have heart disease, or have had a heart attack, or have a parent, a brother or sister who has had heart disease
- I have diabetes, or have a parent, brother or sister with diabetes
- I had diabetes when I was pregnant (women only)
- I am overweight\*
- I have high blood pressure
- I have high cholesterol

\* Overweight means your waist measurement is more than 94cm (38") for men or 80cm (32") for women

However, making the following positive changes to your lifestyle will help you lower your risk. These will help decrease your waist measurement, high blood pressure and high cholesterol level.

What positive changes can you make?

- Eat fruit and vegetables everyday
- Drink less alcohol
- Do more physical activity
- Stop smoking
- Go out into the sun wearing a hat, sunscreen and sunglasses

## Remember

See your doctor if you think you might be at risk of developing a chronic condition

Diabetes Australia – Vic  
1300 136 588  
[www.diabetesvic.org.au](http://www.diabetesvic.org.au)

National Heart Foundation  
1300 36 27 87  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

Cancer Council Victoria  
13 11 20  
<http://www.cancervic.org.au>

For interpreter service call 131 450

