

The information below is adapted from the "One Life, A Second Chance" supplementary booklet designed to complement the "One Life, A second Chance" DVD to assist you in establishing a personal lifestyle plan. This program should be used in conjunction with advice from your doctor / clinician.

Patients who have suffered an adverse cardiac event are often bewildered as to what action to take. "One Life, A Second Chance" is a helpful DVD to assist them back on the road to recovery. It provides information to improve understanding of what has happened and it gives them direction on how to improve understanding of what has happened and it gives them direction on how to improve lifestyle issues which need to be addressed. This self management tool is not only invaluable for the patient but is an essential inclusion in the aids for professional staff who guide these patients to better health.

Alan Cooper, R.N. B.BUS.HlthAdmin, Dip.App.Sc.N.ed, MBA FRCNA, Chief Executive Officer, Friendly Society Private Hospital.

## **CHAPTER ONE – Why Self Manage?**

Self Management is an often heard term. Basically, it means being actively involved with your doctor and other health professionals in the management of your health and your lifestyle. It is about making choices, educating yourself as much as you can and changing your behaviour and habits to assist you in living a healthy lifestyle.

Tony, the man who wrote this plan, had a heart attack many years ago. He has developed an easy to use, proven plan that you can follow. You will hear his story in the DVD. Today he is an extremely healthy man in his 60's who exercises 10-14 hours per week, usually on a daily basis and has experienced no further heart related conditions. In the introduction of the DVD we hear of behavioural patterns, habitual behaviours, exercise activities and belief structures. This refers to the way many of us were brought up to believe that it was cool to smoke, we had to eat everything on our plate and drinking alcohol was a rite of passage. There is a lot of information now available that shows these are very unhealthy behaviours.

Our lifestyle is related to these beliefs and many of these habits are very hard to break.

Therefore, it is not until a major life changing experience, such as a heart attack, that we identify the need to change. We need to 'take charge of our health'.

As the DVD explains, there is medical evidence that shows that an individual does have the ability to heal sickness and reverse illness. We just need to know how!

Three of the most important things you need to do to take charge of your health are:

**EAT THE RIGHT FOODS** – speak with a dietician or nutritionist to help you with information on this.

**EXERCISE CORRECTLY** – a physiotherapist or exercise physiologist will help you design an exercise program suitable to you.

**MANAGE YOUR STRESS** – Most people do not take time out for themselves. Managing stress involves a number of things. Many people meditate, some do yoga or tai chi, others just make sure they have time to do the things they enjoy in life like reading, gardening, crosswords etc. You need something for you.

The other thing you need to consider is having a say in deciding what treatment is best for you. Talk to your doctor, ask questions and explore options.

The objective of this plan and self management in general, is to empower you through information and encourage you to take responsibility for your own health. It will assist you in developing options and strategies to achieve your best health potential.

For many years, people have depended on their doctors to keep them healthy. In the past we would place high expectations on doctors to cure all our ills. Now we know that we need to take some of that responsibility ourselves. We know that in order to understand, we need the knowledge and the best way of gaining this knowledge is to ask questions and make a plan that will help you reach the best health possible. This DVD will give you that knowledge and may help you on your way.



## **CHAPTER TWO – Risk Factors. What Are They And How To Reduce Them?**

In this chapter, the DVD talks about risk factors and how to assist you in reducing them.

There are two types of Risk Factors mentioned in this plan;

Un-modifiable

Modifiable

Basically this means some risk factors can change and some can't. For example, being a male, over 65 is something you cannot change. These are 'un-modifiable risk factors'. However, just because you have an un-modifiable risk factor, does not mean this plan will not work for you. Cardiac disease is not a single factor disease and the more risk factors you have, the higher the chance of disease.

Being a smoker, stress, being overweight and inactive are all things you can change. These conditions are lifestyle habits that are 'modifiable risk factors'. Work on the modifiable risk factors to reduce our chance of further heart related illness.

The DVD talks about other risk factors, and it is important that you can reduce or eliminate as many 'modifiable risk factors' as possible to ensure you obtain the best health outcome you can.

We have provided a checklist for you on the DVD that outlines some of the things you can do to assist in reducing these 'modifiable risk factors'. Basically, you need to take responsibility for your health. Don't blame others. Find out as much as you can about your health, make decisions based on information that is evidence based (this means that it is backed by peer-reviewed studies or reports) and develop healthy lifestyle behaviours, including exercise and good eating.

The DVD talks about many things you can do and how to do them. This booklet will give you information on who to contact for different issues.

Remember, there are a lot of people who can help you on this journey to good health. One of the most important is your partner. They know you best, so listen to them and let them help you. If you don't have a partner, there are many people around you that can help such as family, friends, members of your church or other religious or social group, members of support groups such as Heart Support Australia and your local doctor. No-one should be alone.

Also, listen to what your body is telling you. People think body signals are visual, such as winking or crossing your arms etc. However, body signals are also what your body is trying to tell you about your physical condition. The DVD explains them in detail. It is very important to listen and take note. If you are doing too much, slow down a little.

### **CHAPTER THREE – Structure For Action & Change**

This chapter is about working out what you need to do to help you change your lifestyle. The DVD talks about all the things you need to do such as identifying the problem, finding out what you need to change, working out why changing will better your life and then getting some advice and collecting information regarding these changes.

Tell everyone about your decision to change. It's a lot harder to stop trying to get healthy if you have told everyone what you are doing.