



## Your guide to a healthy heart, self-care and support in West Dunbartonshire

This booklet provides information on the risk factors for cardiovascular disease (CVD). You will also find links to local services who can help you build healthier habits and live healthier for longer.

For more information, visit

 [www.nhsinform.scot/illnesses-and-conditions/cardiovascular-disease/](http://www.nhsinform.scot/illnesses-and-conditions/cardiovascular-disease/)

West Dunbartonshire  
Health & Social Care Partnership

**NHS**  
Greater Glasgow  
and Clyde

# Useful Links



If you have had a previous cardiac event, Cardiac Rehabilitation is a programme providing exercise, education and support. Visit [www.nhs.uk/hospitals-services/services-a-to-z/cardiology-services/cardiac-rehabilitation/](https://www.nhs.uk/hospitals-services/services-a-to-z/cardiology-services/cardiac-rehabilitation/) Speak to a health professional for a referral.

## Other links

**NHS Inform:** [www.nhs.uk/infomedia/illnesses-and-conditions/cardiovascular-disease/](https://www.nhs.uk/infomedia/illnesses-and-conditions/cardiovascular-disease/)

**British Heart Foundation:** [www.bhf.org.uk/informationsupport/support/healthy-living/staying-active/](https://www.bhf.org.uk/informationsupport/support/healthy-living/staying-active/)

**Weigh to Go:** a support service for young people who want support to lose weight.

Call [0141 451 2727](tel:01414512727) or visit [www.nhs.uk/hospitals-services/services-a-to-z/weight-to-go/](https://www.nhs.uk/hospitals-services/services-a-to-z/weight-to-go/)

# Stress


It is normal to feel stressed or down from time to time. Stress can lead to cardiovascular disease because it sometimes leads to unhealthy habits.

To get help with stress, there is support available:


**Togetherall** is a free, anonymous online community for anyone feeling lonely, worried or stressed. Visit their website at **[www.togetherall.com](http://www.togetherall.com)**

**Breathing Space** offer phone support service for anyone living in Scotland who is over 16.

 Call **0800 83 85 87**

**Stepping Stones:** call  **0141 941 2929,**


 email **[referral@stepstones.org.uk](mailto:referral@stepstones.org.uk)** or visit

 **[www.stepstones.org.uk/](http://www.stepstones.org.uk/)** for a range of 1:1 and group support services across West Dunbartonshire.

**Golden Friendships** offer friendly groups in Clydebank, everyone welcome, call  **0141 588 3070.** You can also visit **Golden Friendships** - caring for our community in Clydebank and improving social inclusion.

# Alcohol

Alcohol can have a negative effect on our heart and general health. Drinking alcohol can also make it harder to stay a healthy weight. Try not to drink more than 14 units a week and to have a few days without alcohol each week.

Visit  [www.nhsinform.scot/healthy-living/alcohol/tips-on-cutting-down-alcohol/](http://www.nhsinform.scot/healthy-living/alcohol/tips-on-cutting-down-alcohol/) for tips and advice.

## For local support

West Dunbartonshire Alcohol and Drugs Recovery Service offer a range of treatments and support. You can contact them directly or ask any health and social care professional. For Clydebank, call  **0141 941 4400** or email  **addictions.clydebank@west-dunbarton.gov.uk**. For Dumbarton and Alexandria, call  **01389 812018** or email  **addictions.dumbarton@west-dunbarton.gov.uk**

## Low-risk drinking guidelines



Men and women should not regularly drink more than **14 units per week**



14 units is the equivalent of



**6 pints of beer**

(4% abv, 568ml)

or



**6 glasses of wine**

(13% abv, 175ml)

or



**14 shots of a spirit**

(40% abv, 25ml)



Avoid alcohol when pregnant or trying to conceive

It's best to spread this evenly across the week rather than drinking all at once. Having several alcohol-free days each week is a good way to cut down.

# Being More Active

Exercise can help everyone feel happier and healthier. If you have a health condition, it can help you manage it and help you to feel better. Aim for some movement every day. This can include walking, cycling or gardening, so find something you enjoy.

## Find help here

Find out about local walking groups at  [www.wdcvs.com/events-and-activities/](http://www.wdcvs.com/events-and-activities/) and leisure centres at  [www.west-dunbarton.gov.uk/leisure-parks-events/west-dunbartonshire-leisure/](http://www.west-dunbarton.gov.uk/leisure-parks-events/west-dunbartonshire-leisure/)

**Live Active programme:** this is for anyone who would like to become more active. A health professional can refer you to your local leisure centre for an appointment.

Visit  [www.west-dunbarton.gov.uk/leisure-parks-events/west-dunbartonshire-leisure/fitness-health/live-active/](http://www.west-dunbarton.gov.uk/leisure-parks-events/west-dunbartonshire-leisure/fitness-health/live-active/)

# Risk Factors

Cardiovascular disease is a general term for diseases that affect the heart and blood vessels such as stroke and heart attack.

Your risk of developing cardiovascular disease can be higher because of certain habits or health conditions (known as risk factors). Many of these can be controlled or managed, either through lifestyle changes, or treatment. Making lifestyle changes can help protect your heart. Even small changes can make a big difference.

## HEART DISEASE RISK FACTORS



SMOKING



GENETICS



AGE



ALCOHOL



UNHEALTHY FOOD



HIGH CHOLESTEROL



STRESS



DIABETES



OBESITY

# Smoking

Smoking increases your risk of developing heart and circulatory diseases so stopping smoking can make a big difference to your life. Quit Your Way West Dunbartonshire offer free and informal support and medication at your local pharmacy, at local clinics in Dumbarton, Alexandria and Clydebank or by telephone.

You are more likely to succeed with their support.

Visit  [www.wdhscp.org.uk/health-improvement/quit-your-way/](http://www.wdhscp.org.uk/health-improvement/quit-your-way/) or call  0800 916 8858

**QUIT YOUR WAY**  
with our support

# High Blood Pressure (also known as Hypertension) and High Cholesterol

High blood pressure and high cholesterol are very common and often there are no symptoms. Knowing your blood pressure and cholesterol levels can stop life threatening conditions such as heart attack and stroke.

**Making lifestyle changes could reduce your risk**



## For support

**Chest Heart Stroke Scotland:** 🌐 visit [www.chss.org.uk](http://www.chss.org.uk), call their Advice Line on ☎ 0808 801 0899 or email them at ✉ [advice@chss.org.uk](mailto:advice@chss.org.uk)

**British Heart Foundation:** information about keeping your heart healthy. Visit 🌐 [www.bhf.org.uk](http://www.bhf.org.uk)






# Weight Management

Extra weight, especially around the waist, can lead to a buildup of fat in the arteries, increasing your risk of diabetes, high blood pressure and high cholesterol. What we eat and drink, portion sizes and stress can all lead to obesity.

Try the free weight loss resources from the Weight Management Service: **Eat Well, Feel Great, Lose Weight practical guide** and the free **NHS Weight Loss app**.

Find out more here:

 [www.nhsggc.scot/your-health/manage-your-weight/self-management/](http://www.nhsggc.scot/your-health/manage-your-weight/self-management/)

If you are aged 18 or over, with a Body Mass Index (BMI) of 35 or over, or 30 or over if you also have a weight-related health condition like Type 2 Diabetes, high blood pressure, or cardiovascular disease, the **Greater Glasgow and Clyde Weight Management Service** can help. Ask a health professional for details, call  **0141 211 3379** or visit  [www.nhsggc.scot/your-health/manage-your-weight/community-weight-management-service/](http://www.nhsggc.scot/your-health/manage-your-weight/community-weight-management-service/)


# Diabetes (Type 2) Prevention

Diabetes occurs when the amount of sugar in your blood becomes too high. This can increase the risk of heart and circulatory conditions. You might feel more thirsty or tired than usual. Or you might need to pass urine more often.


You are more likely to have Type 2 diabetes if you are over 40, have a close relative with the condition, are of South Asian, Chinese, Afro-Caribbean or black African origin or are overweight.


Eating a healthy diet and staying active is the best way to stop diabetes.

Contact the **Type 2 Diabetes Hub** if you have any questions about our services:

 [www.nhsggc.scot/your-health/type-2-diabetes-hub/](http://www.nhsggc.scot/your-health/type-2-diabetes-hub/) or to self-refer, email

 [ggc.type2diabeteshub@nhs.scot](mailto:ggc.type2diabeteshub@nhs.scot)

or  **0141 531 8901** (Monday to Thursday, from 8.00am - 4.00pm and Friday 8.00am - 3.30pm).

Visit  [www.bhf.org.uk/information-support/support/taking-control-of-your-weight/](http://www.bhf.org.uk/information-support/support/taking-control-of-your-weight/) for information and resources.