

Your Heart Matters!

1 November, 10:00-15:00

Peckham Square (SE15 5RS)

Cardiovascular disease is one of Britain's biggest killers, and there are **more than 1.5 million people aged over 65 in the UK with heart valve disease.**

Join us on the Valve for Life bus!

Receive a free heart and pulse check.

Learn about heart valve conditions.

Find ways to reduce your risk.



Did you know?

- Heart valve disease is when one or more of your heart valves don't work like they should. There are several types of heart valve disease.
- Heart valve disease is a common, yet serious, treatable condition.
- Symptoms may include: shortness of breath, feeling weak or dizzy, chest pain, being unusually tired, and palpitations (a fluttering or pounding feeling in your neck or chest).
- Not all patients may display symptoms. Some may mistake symptoms as signs of ageing.
- It is estimated there are up to 300,000 people with severe aortic stenosis who need to be treated or risk losing their lives.

Your Heart Matters is a year long project between Heart Valve Voice and Valve for Life UK which aims to raise awareness of heart valve disease and offer stethoscope and pulse checks to those aged over 55.

The **Your Heart Matters** Awareness Bus offers input from local hospital cardiac clinicians plus information about the symptoms of heart valve disease, the importance of regular stethoscope checks and other educational materials.