

The **Victor Chang Heart Health Check** is a mobile heart health testing service especially for organisations and their clients.



Heart checks in under 10 minutes

Fully mobile and portable

Fast, onsite consultations

Immediate test results

Checks conducted by qualified heart health check specialists

The Victor Chang Cardiac Research Institute is dedicated to finding cures for cardiovascular disease through world class medical research.

Renowned for the quality of our breakthroughs, the Victor Chang Institute strives to discover better ways to diagnose treat and ultimately prevent the onset of heart disease.

CONTACT

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**MOBILE
HEART
HEALTH
CHECK**



Victor Chang
Cardiac Research Institute

The Victor Chang Heart Health Check offers a comprehensive range of health checks that can be individually tailored to suit your needs and budget.

Our service ranges from the Express Health Check which assesses the three most easily identifiable risks of heart disease in less than 10 minutes; to the Lifestyle Health Check which is a comprehensive assessment of an individual's heart health.

Alternatively, you may wish to tailor your own package with a combination of services from both the Express and Lifestyle Health Check.



54,000 Australians suffer a heart attack every year

EXPRESS HEALTH CHECK

- ✓ Blood pressure
- ✓ Blood sugar
- ✓ Total cholesterol

LIFESTYLE HEALTH CHECK

- ✓ Blood pressure
- ✓ Blood sugar
- ✓ Total cholesterol
- +
- ✓ Full breakdown of good and bad cholesterol
- ✓ Heart rate
- ✓ Waist circumference
- ✓ BMI (Body Mass Index) incl. height and weight
- ✓ Flexibility
- ✓ Muscle strength
- ✓ Atrial fibrillation ECG

Discover your risk of heart disease

Test your blood pressure, blood sugar and cholesterol.

BLOOD PRESSURE

A blood pressure test measures the pressure in your arteries as your heart pumps. The higher your blood pressure, the higher your risk of health problems. If your blood pressure is high, it is placing extra strain on your heart, increasing your chance of heart attack and stroke.

BLOOD SUGAR

A blood sugar test measures the amount of glucose in your blood. Glucose, a type of simple sugar, is your body's main source of energy. Glucose testing is primarily done to check for type 1, type 2 and gestational diabetes.

CHOLESTEROL

A cholesterol test measures levels of fatty substances called lipids in the blood. High cholesterol levels can cause cholesterol to be deposited within the walls of arteries, making it difficult for blood to flow through. This build-up in the arteries, can increase the risk of heart disease and stroke.

