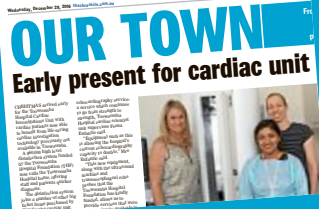


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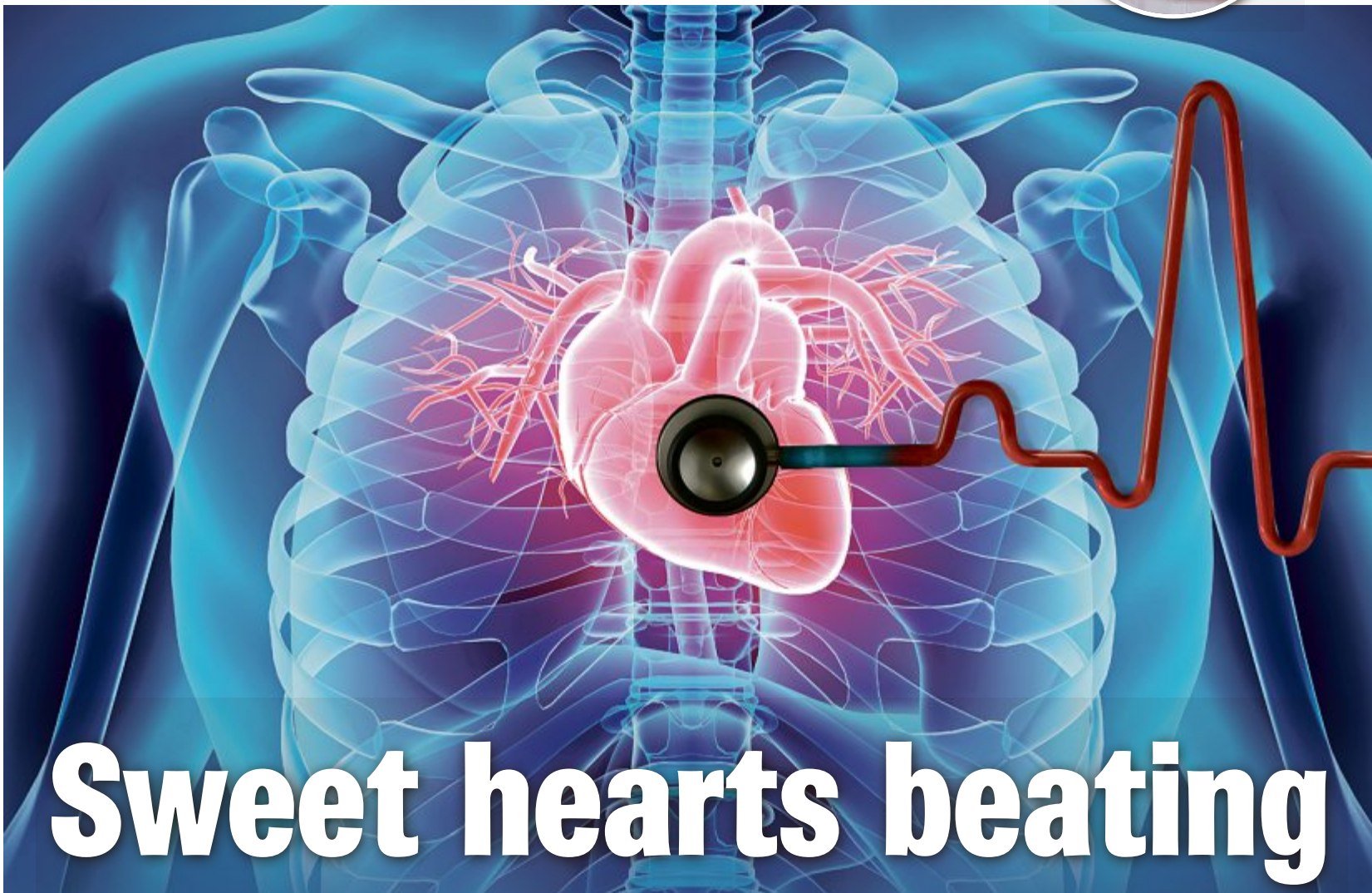
Wordy news

CARDIAC - relating to the heart. A cardiologist is a doctor with special training in diseases of the heart and blood vessels.



Did you know?

February is International Child Heart Disease awareness month. February 14 is Sweetheart Day, raising awareness of CHD.



Sweet hearts beating

IN THE NEWS

Heart of fun
THEY all live with a childhood heart disease (CHD), but that did not stop more than 70 teenagers having the time of their lives at this year's HeartKids National Teen Camp on Western Australia's picturesque Rottnest Island from January 20 to 23.
The camp provided the teenagers aged 13 to 17 from all over Australia with the chance to meet others living with CHD and to have a fun weekend away from the stress of their conditions.
With activities such as snorkelling, swimming, Segway tours, team challenges, theatre sports and a cooking class, the teens developed lasting friendships with their peers who understand the limitations they may have, while challenging themselves to do things they wouldn't normally try.

SITTING behind your sternum, slightly on the left side of your chest, is a vital organ, pumping blood to every part of your body. It's about the size of your fist and keeps a steady beat as its valves open and close - lub-DUB, lub-DUB, lub-DUB.

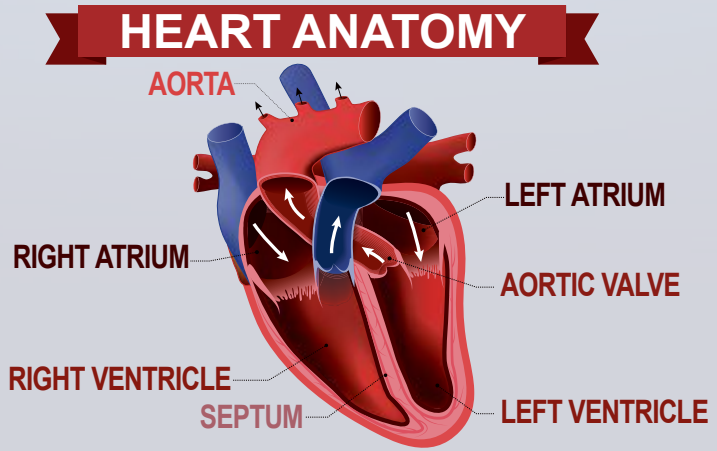
Your heart is an amazing machine. It has four parts with a wall of muscle separating each chamber. These muscles squeeze and relax to do its job. However an estimated 32,000 Australians under the age of 18 live with a childhood heart disease (CHD), meaning their heart has a defect which can affect their health. CHD covers a wide range of conditions.

Many of those with a CHD* are born with it - hearts that are abnormally structured, have incomplete or missing parts, have holes between chamber walls, have narrow or leaky valves or have narrow or enlarged vessels. Some children acquire heart conditions during childhood, e.g. cardiomyopathy, Kawasaki disease or as a result of rheumatic fever. Most heart defects can usually be treated with medicine, procedures

or surgery. Children with a heart condition can be independent, play competitive sports and do almost all of the things that other children do. * CHD is also referred to as Congenital heart disease.

Heart health
If your heart is healthy it will be able to work for a very long time. To help your ticker keep on ticking it is important to:
■ **Get plenty of exercise**
It's recommended that children (5-18 year olds) do at least 60 minutes of moderate to vigorous physical activity a day to keep the heart healthy and happy.
■ **Follow a good healthy diet**
To help reduce your risk of developing coronary heart disease, maintain a nutritionally balanced diet.
■ **Keep your heart clean and drug-free**
If you smoke, take drugs, or drink alcohol excessively, you are giving your heart extra work to do.

Fast Facts
■ Eight babies are born with a heart defect in Australia every day. That is almost 3,000 every year.
■ Approx half of children diagnosed with heart disease require surgery to correct the defect.
■ Childhood heart disease is the single biggest killer of Aussie kids under one.
■ HeartKids is an organisation that strives to increase awareness of childhood heart disease through various campaign and advocacy programs.
* Facts form HeartKids- www.heartkids.org.au



CHECK IT OUT

Improving heart health
THERE'S a charity dedicated to fighting heart disease - the single biggest killer of Australians - the Heart Foundation. Check out their website - heartfoundation.org.au - for information about your heart, healthy eating and active living. To help the Heart Foundation improve heart health across Australia, follow them on social media and join the conversation.
Look for the tick
To help consumers choose healthier food the Heart Foundation has developed a Tick that is found on the labels of more than 2000 foods across 80 food categories.

NEXT WEEK: Stormy weather - Five part special

Thanks to these **A+ Businesses,** NiE can go to school.



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