



**NDIS Quality  
and Safeguards  
Commission**

# Cardiovascular disease

What you need to know

Easy Read fact sheet

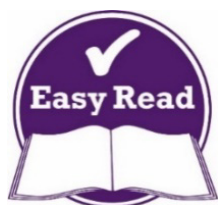


## How to use this fact sheet



The NDIS Quality and Safeguards Commission (NDIS Commission) wrote this fact sheet.

When you see the word 'we', it means the NDIS Commission.



We wrote this fact sheet in an easy to read way.

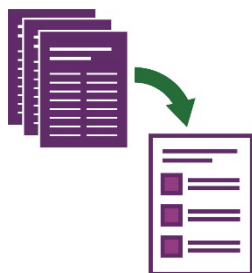
We use pictures to explain some ideas.

**Bold**  
Not bold

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.



This Easy Read fact sheet is a summary of some information in a video.

This means it only includes the most important information.



You can find the videos on our website.

[www.ndiscommission.gov.au/workerresources](http://www.ndiscommission.gov.au/workerresources)



You can ask for help to read this fact sheet.

A friend, family member or support person may be able to help you.

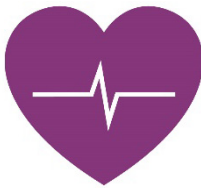
## What is cardiovascular disease?



**Cardiovascular disease** is a health problem that affects your:

- heart
- blood vessels – the parts of your body that help blood move around your body.

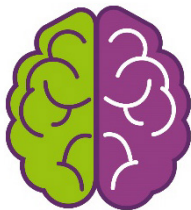
If you don't treat cardiovascular disease, it can cause:



- a heart attack



- blood clots – when your blood gets thick and doesn't move as quickly



- a stroke – when a blood clot stops blood getting to your brain.



People with disability are more at risk of having cardiovascular disease than other people.



This includes young people with disability.

## How can people who support you help stop cardiovascular disease?

People who support you can be:



- NDIS workers



- health care workers



- family members or friends



- other supports and services.



People who support you can help you stop cardiovascular disease from happening by helping you to:



- eat healthy food



- exercise



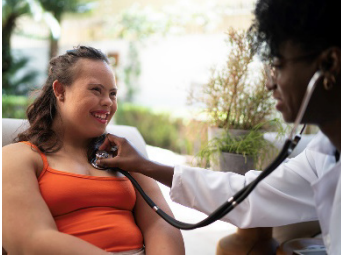
- drink less alcohol



- stop smoking.



People who support you can help you go to the doctor.

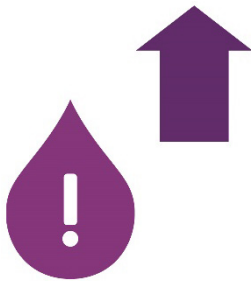


Your doctor can check for things that put you at risk of having cardiovascular disease.

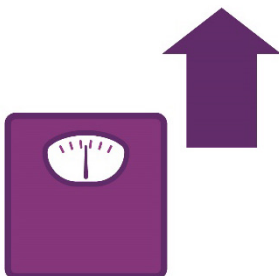
This includes:



- high blood pressure - when your blood pressure is high all the time



- high cholesterol – when you have too much fat in your blood



- gaining too much weight.

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## More information for you



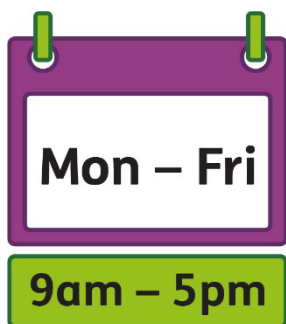
If you want more information about cardiovascular disease, you can go to our website.



[www.ndiscommission.gov.au/workerresources](http://www.ndiscommission.gov.au/workerresources)

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## Contact us



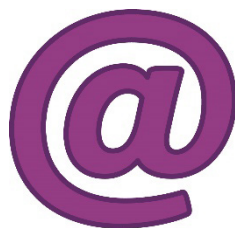
You can call us from 9am to 5pm,  
Monday to Friday.



If you live in the Northern Territory, you can  
call us from 9am to 4.30pm.



**1800 035 544**



You can send us an email.

[contactcentre@ndiscommission.gov.au](mailto:contactcentre@ndiscommission.gov.au)



You can write to us.

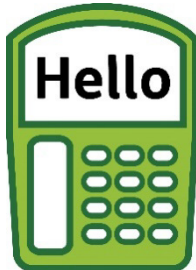
NDIS Quality and Safeguards Commission  
PO Box 210  
Penrith  
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You can go to our website.

[www.ndiscommission.gov.au](http://www.ndiscommission.gov.au)



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