



Speech By
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MEMBER FOR COOK

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PRIVATE MEMBERS' STATEMENT

Heart Health

 **Ms LUI** (Cook—ALP) (2.40 pm): I recently came across a social media post by the Heart Foundation about high cholesterol. The post highlighted that, if you are 45 and older or 30 and over for Aboriginal and Torres Strait Islander peoples, you should see a doctor for a cholesterol test as part of your heart health. Research clearly shows that high cholesterol is a precursor to cardiovascular problems. We all need cholesterol but too much cholesterol can cause serious heart problems. Narrowing or blockage in the arteries can prevent blood from reaching your heart, brain or other organs which could lead to a stroke, heart attack or even heart failure.

Although there is no single cause for high cholesterol, factors such as age or family history are taken into consideration. When high cholesterol is combined with other health disorders, such as diabetes or hypertension, the chance of heart problems in the future becomes very high. It is probably timely to raise awareness for heart health, as we could all benefit from the take-home message that preventive measures save lives. According to Queensland Health statistics, cardiovascular disease is a leading cause of disease and injury burden for Queenslanders, contributing to almost one in three deaths and one in 20 hospitalisations.

Cardiovascular disease continues to affect Aboriginal and Torres Strait Islander people at a rate of 2.4 times that of non-Indigenous Queenslanders. This is a story I know all too well, having lost many family members and friends over the years. Talking about preventive health is always a sad topic for me because the word 'preventive' means that we can change our health discourse. In a perfect world, it would be a dream to see all people achieve the best health outcomes. However, for some, this is not so. We know that social, economic, environmental, cultural and political factors surrounding a person's life are always going to have a huge impact on individual health outcomes. So today we should all make a commitment to ourselves to book an appointment to see our doctors and get our health check done. It will not take very much time but the long-term benefits are worth the small sacrifice. Stay heart healthy everyone, and remember that prevention is the key.