

# Women's Healthy Heart Study



Scan the QR Code to take part or contact us on:  
Phone  
Email:

Are you a female aged 35–65 years and want to reduce your risk of heart disease?

## Qualifying Criteria

Can you tick ONE or more:

- Aboriginal or Torres Strait Islander? (35–65 years old)
- Diabetes during pregnancy
- High blood pressure or pre-eclampsia in pregnancy
- Early menopause (under 44 years)

If so, we'd love to hear from you!

The study is a large national trial of 6 months. Participants will receive free:

- Scan of your heart arteries
- Blood Pressure readings
  - Fasting bloods
- Body measurements
- Health & personal surveys



Western Sydney  
Local Health District



THE UNIVERSITY OF  
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Making change for healthy hearts in the community

# Women's Healthy Heart Study

Scan the QR Code to take part in the trial or  
Email:  
Phone:



Are you a female aged 40–65 years and want to reduce your risk of heart disease?

## Qualifying Criteria

Can you tick **ONE** or more:

- Diabetes during pregnancy
- High blood pressure or pre-eclampsia in pregnancy
- Early menopause (under the age of 44 years)
- Aboriginal or Torres Strait Islander? (35–65 years of age)

We'd love to hear from you!

The study is a large national trial of 6 months duration.

**Benefit to you:** Free scan of your heart arteries, blood pressure, bloods, body measurements, questionnaires. **CT scans looking at your heart arteries usually costs \$200, but are free of charge to participants.**

**Benefit to women:** Helping to improve care for other women in the community.



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