

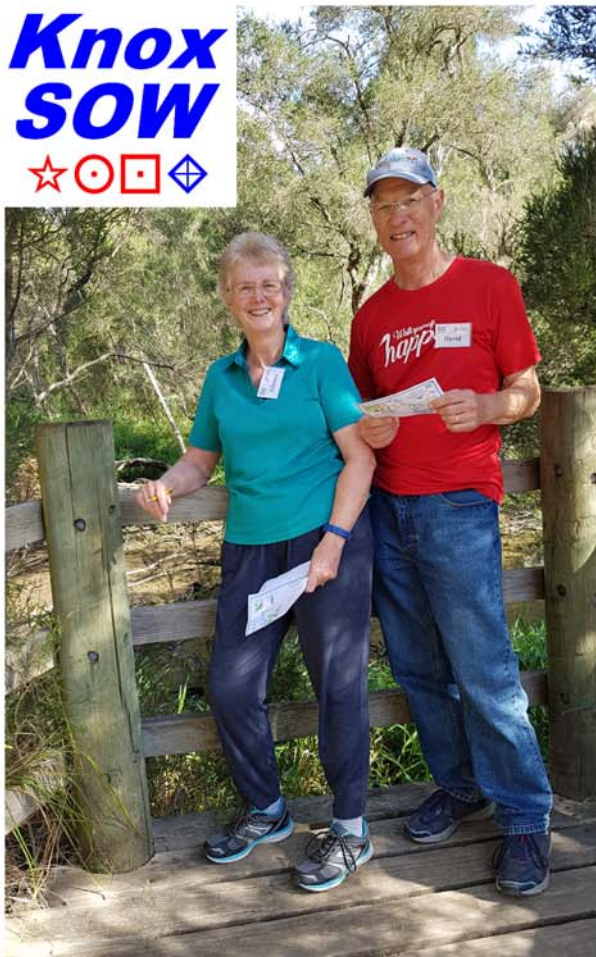
# Boronia & The Basin COMMUNITY NEWS



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**Knox  
SOW**  
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## Lucky Find by Knox Walker

David Mallen and his wife, Glenys, run the monthly Heart Foundation Walking Group, *Knox Street Orienteering Walkers*. David came across the 'The Widowmaker Movie' on YouTube at the beginning of 2019. He asked his doctor to organise a Calcium Score Xray that was recommended in the movie. The average score for a 70 year old male is 400. David's was "off the scale" at 1474 !! He has serious atherosclerosis. Next was an angiogram that discovered a 90% narrowing of his main LAD heart artery (the 'Widowmaker' artery). A stent was inserted a few weeks later. The frightening thing is that he had no symptoms before or after the operations. He is reasonably fit but there is no link between fitness and Calcium Score. David's Cardiologist said he was "a heart attack waiting to happen".

When David mentioned his heart surgery to the members of his walking group, not one had heard of the Calcium Score test. He has added a couple of pages to the walking group's website that summarise his research into heart disease and its prevention.

## What Is Your Coronary Calcium Score?

### A simple test can discover your heart health

Is your doctor still relying on family history, blood tests, blood pressure measurements and ECGs to assess your risk factors and estimate your heart health? There is a non-invasive test that finds out exactly how much calcium and plaque you have in and around your heart. It is a Coronary Calcium Score CT Xray and can be organised by your doctor. "It's the best predictive test for heart disease risk." You lie in a CT scanner for 10 minutes and hold your breath for a few seconds when told to. It costs about \$175 and Pensioners and Health Care Card holders get a 50% discount. There is no Medicare rebate.

Your test result is a number that is your 'Calcium Score'. It is a measure of the area and intensity of white calcium in the xray image. The score can range from 0 to more than 400. The higher your score, the greater your chance of having a heart attack. The build-up of plaque is called Atherosclerosis Disease. You may not have any symptoms!

If your score is above 100 you will be referred to a Cardiologist. They can organise a further test to check for narrowing of your coronary arteries. This is a Coronary Angiogram CT Xray. It is similar to the first test but this time you are injected with dye that shows an image of your heart and arteries and reveals if there is any narrowing of the blood vessels.

This test is recommended for men over 45 and women over 55. More details are available on the Knox Private Hospital and Monash Heart websites:

[www.knoxprivatehospital.com.au](http://www.knoxprivatehospital.com.au)

[www.monashheart.org.au](http://www.monashheart.org.au)

On average 50 people (30 male & 20 female) die from heart disease every day.

That is one person every 30 minutes. It is the leading cause of death in Australia.

## What is your Score?

### More Information:

Irish Heart Disease Awareness – [www.ihda.ie/](http://www.ihda.ie/)  
videos

What is a Calcium Score? – [www.ditchthecarbs.com/what-is-a-calcium-score](http://www.ditchthecarbs.com/what-is-a-calcium-score)

Heart Healthy Meal Plan – [www.knoxsow.org.au/HealthyFood.html](http://www.knoxsow.org.au/HealthyFood.html)

Calcium Score Scan – [www.knoxsow.org.au/CalciumScore.html](http://www.knoxsow.org.au/CalciumScore.html)

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## Get involved in Premier's Active April

Victorians of every age and ability are being encouraged to lace up their runners and commit to 30 minutes of physical activity a day for the month of April 2020. Registration for Premier's Active April is free and everyone who signs up will receive 10 free YMCA visitor passes and a host of freebies and incentives to help them "find their gold" in their local area.

## Give Street Orienteering a go!

The Knox Street Orienteering Walkers (Knox SOW) walking group is running two walks in Active April. They will be starting (and finishing) near the top of the hill in the carpark at Milpera Reserve on Friday 3 & 17 April 2020. The group walks around the streets finding answers to 20 clues on a map. Each clue is worth different points, so the challenge is to maximise your score and be back within one hour. Team registration is from 10am and the walk commences at 10.30 am. The cost is \$1 per person donation. After the walk they'll have a coffee and chat at Schokolade Café in the Studfield Shops on Stud Road.

Knox SOW is a registered Heart Foundation walking group. They walk on the first and third Friday of every month. Full details are on their website:

[knoxsow.org.au](http://knoxsow.org.au)

Street Orienteering is an excellent way to exercise your body and brain – and have fun. Bookings for the Active April walk are essential. Contact Walk Organiser, David, on 0419 337 311 or [david@knoxsow.org.au](mailto:david@knoxsow.org.au) to find out the exact Start/Finish Location. If you are coming along for the first time you will receive training and be put in a team with experienced orienteers.