

# Prevention is better than cure

## *A recipe for surviving the cold winter months*

✓ ***Do you have a cardiac or respiratory disease?***

✓ ***Do you want to prevent being admitted to hospital this winter?***

If you have answered yes to ***either*** of these questions or if you know of anyone with these conditions then you need to read on.

Good preparation for this danger period will help keep you at home and enjoying life. Read on to discover how to prepare this tried and true recipe.

### Ingredients

- Make an appointment to visit to your local doctor to review your current condition and management.
- Whilst visiting your Doctor ask about updating your vaccinations for flu (yearly) and pneumonia every 5 years).
- Know your **warning signs** that alert you to a change in your condition, make sure you discuss these with your doctor.
  - **If you have a lung condition this could be things like**
    - You are feeling more tired than usual
    - You have lost your appetite
    - You have developed a cough
    - Or you normally have a cough -
      - but you are coughing more often
      - but you now cough up sputum
      - which produces sputum but it is increasing in volume and the colour has changed
  - **If you have a heart condition this could be things like**
    - You are feeling tired all the time or your daily activities are becoming more difficult, you get short of breath easily.
    - You have lost your appetite and feel like you may vomit.
    - You have noticed you've suddenly put on weight and your not eating more than normal
    - You can't get your shoes on because your feet are swollen
    - You noticed your pants are tight around the waist.
    - You've started coughing at night
    - You have been waking at night and your not sure why or waking up at night breathless

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- Warning signs tell you that your condition should be reviewed by a Doctor as soon as possible. Your Doctor may develop an “action plan” for you. An “Action plan” outlines instructions, which allow you to adjust your health management.
- Maintain a healthy diet
- Enjoy some regular exercise, perhaps join an exercise group.
- Make appointments for review by other health professionals that you have consulted in the past eg. Dietitians, diabetic educators, physiotherapists, occupational therapists.
- Do you have a lot of medications and sometimes forget to take your tablets? Discuss this with your Doctor who may request a Pharmacy review who can discuss alternatives for you.

## Method

Mix above ingredients until well combined and then enjoy in large quantities everyday. Should be kept fresh by displaying on the fridge. This recipe is best when shared with friends and family.

*If you have any further questions regarding our service and how it may benefit you,  
please do not hesitate to contact us on:*

*Bernadine Hamer - Program Manager 03 57 220 078  
Care Coordinators - Annalee and Julie on 03 57 220 268.*

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