



British Heart
Foundation

Live with a healthy heart

A DVD and booklet about keeping your heart healthy
for people with learning disabilities



Coronary heart disease is the second biggest cause of premature death in people with learning disabilities.



Live with a healthy heart is a DVD and booklet for people with learning disabilities. It can be used by people with learning disabilities or by support workers and health professionals to educate individuals about their lifestyles and how to live with a healthy heart.



Jim, our presenter, explains what coronary heart disease is and what its risk factors are in the first chapter of our DVD. Using animation to illustrate the impact of risk factors on the heart, Jim shows the viewer what could happen to their heart if they do not take good care of it.



Each of the risk factors is further explored when Jim introduces six people with learning disabilities who tell their own stories about the changes they wanted to make to their lives to reduce their risk of developing coronary heart disease.

The booklet that accompanies the DVD reinforces the messages in the individual stories. It also provides further information about each risk factor and signposts you to other useful organisations for support.

To order the DVD and booklet call the BHF orderline on 0860 600 6566.

Whilst we do not charge for educational materials a donation will help others. This DVD and booklet is available for a suggested donation of £5.

The British Heart Foundation is the nation's heart charity dedicated to saving lives through pioneering research, patient care, campaigning for change and vital information. But we urgently need your help.

We rely on your donations of time and money to continue our life saving work. To make a donation call 0844 847 2787 or contact us through our website bhf.org.uk/contact.

For more information about keeping your heart healthy visit our website bhf.org.uk/keepingyourhearthealthy.