

## Things you can do:

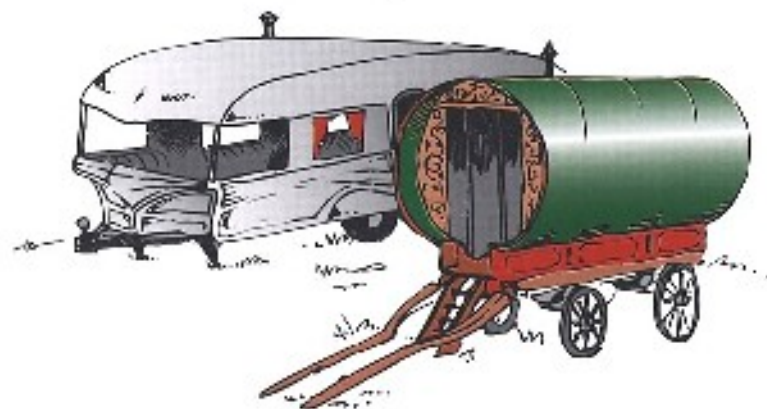
- ◆ Watch your weight
- ◆ Cut down on fried and fatty foods
- ◆ Stop smoking
- ◆ Eat more potatoes, fruit and beans
- ◆ Exercise
- ◆ Get involved in your community
- ◆ Have a voice - let the Health Services know your needs
- ◆ Make use of traditional herbal remedies

For more information call **Freephone 0845 46 47**

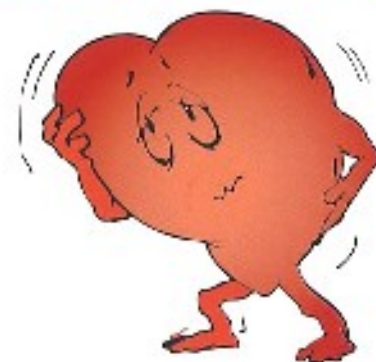
Produced with Derbyshire Gypsy Liaison Group (Reprint 2006)  
Funded by NHS Ethnic Health Unit and North Derbyshire Health Promotion Service.  
Illustrations by Bridie Page      Production & printing by N.E.D.D.C. (10184)

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# GYPSIES & TRAVELLERS



# HEART-DISEASE & STRESS...



B. Page

## Heart Disease

Like gorgers, Gypsy & Traveller men and women are at risk of heart disease.

### What goes wrong?

Blood is suddenly blocked from the heart and this can cause:

- ◆ Angina
- ◆ Heart Attack
- ◆ And sometimes Sudden Death

### What is Angina?

- ◆ A heavy cramp-like pain in the chest
- ◆ Pain usually goes away with rest
- ◆ Treated by tablets and spray

Angina is **not** the same as a heart attack.

## What is a Heart Attack?

- ◆ A heavy or crushing vice-like chest pain
- ◆ Lasts for more than 15 minutes
- ◆ Cold and clammy skin

### What to do

- ◆ **Go to hospital quickly**
- ◆ **Call 999** for an ambulance

### Stress

Travellers live with high levels of stress due to racism, evictions and not getting the services needed. All of this may be bad for the heart.

