



♥ HEART HEALTH: KNOW YOUR NUMBERS

Most heart disease is preventable — and that's genuinely good news. The key is knowing your numbers before they become a problem.

Four numbers are worth knowing: your [blood pressure](#) (your GP can advise your personal target), your cholesterol, your fasting blood sugar, and your waist circumference. Each one tells a different part of the story, and most people find knowing their numbers reassuring.

Why? Because for anything that needs attention — the earlier you know, the easier it is to manage. Simple lifestyle changes like moving more, [eating well](#), and reducing salt make a measurable difference, and your GP can guide you every step of the way.

Talk to your doctor about it: A cardiovascular risk assessment takes one quick appointment and will make you feel better for years!

[Understand your blood pressure reading →](#)

🕒 HEART MONITORING TECH: WHAT YOUR WATCH CAN (AND CAN'T) DO

Smartwatches are becoming surprisingly useful heart health tools, with some important caveats.

Several smartwatches including the Apple Watch are now TGA-approved in Australia for recording a medical-grade ECG from your wrist. For detecting [atrial fibrillation](#) — an irregular heart rhythm that often goes unnoticed — they've helped thousands of people catch a problem they didn't know they had.

That said, a smartwatch ECG has limits. It uses a single sensor compared to the 12 leads used in a clinical ECG, which means it can miss certain conditions. The data is most useful when reviewed by a GP or cardiologist rather than acted on alone.

Think of your watch as an early warning system. Not a diagnosis.

[Discover the best personal heart monitoring technology →](#)

YOUR HEALTH

👉 ASTHMA & THE COLD AIR EFFECT

Cold, dry air is one of the most common asthma triggers — which means the next few months are worth paying attention to. If you need to reach for your reliever inhaler more than twice a week, that's a sign your asthma could be better managed.

A check-in with your GP is a good idea before winter sets in. Reviewing your written [asthma action plan](#) and confirming your preventer prescription is current can make a real difference to how you feel through the cooler months.

[Learn more about managing asthma →](#)

👉 KEEPING KIDS HEALTHY AS THE TEMPERATURE DROPS

Shorter days and less time outdoors can affect children's [vitamin D levels](#), so try to get outside during daylight hours when you can. Even short periods can make a difference. A diet rich in eggs, oily fish, and fortified foods also helps through the winter months.

As viruses circulate more heavily from May onwards, regular handwashing, plenty of sleep, and keeping [vaccinations up to date](#) all help reduce the chances of your child picking something up.

Most colds resolve at home within a week with rest and fluids. If symptoms aren't improving, your child has a fever above 38.5°C lasting more than 48 hours, or above 38°C in a baby under 3 months — or if you're ever unsure — you should contact a healthcare professional.

👉 HEART HEALTH TIPS

Small changes, big difference!

- 30-minute walk daily
- Swap one processed meal for home-cooked
- Check your blood pressure this month
- Book that GP appointment

👉 WHAT HAPPENS TO YOUR SLEEP WHEN THE SEASONS CHANGE?

The shift into cooler months can quietly disrupt your sleep. Shorter daylight hours affect your body's natural rhythm, making it harder to wind down at night and easier to feel sluggish in the morning.

A few simple habits make a real difference: keeping a consistent wake time even on weekends, limiting screens in the hour before bed, and making sure your room is cool and dark. Adults need 7–9 hours — and quality matters just as much as quantity.

Good sleep supports your heart, your immune system, and your mood.

[Sleep and your health →](#)