

heart2heart

**A small conversation can go a long way.
Start a chat about your heart health today.**

Starting a conversation about your heart health with a loved one or healthcare professional can be difficult.

heart2heart is a simple game designed to facilitate conversations about heart valve disease and support players in setting goals to improve their heart health.

After downloading the game, just cut the game cards, fold, and play. It's that easy and can be played anywhere – at home, with friends, or with your GP.

By playing heart2heart, you can create a safe and supportive environment to kick start any conversation about heart valve health.

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How to Play

For all age groups. Requires 1+ players.

1. Start with level 1 'Trivia' cards.
2. Lay cards face-down on surface and jumble.
3. Pick a random card and answer the question truthfully.
4. Once 6 questions are completed, progress to level 2 'Conversations' cards.
5. Repeat steps 2-3.
6. Once 6 questions are completed, progress to level 3 'Taking Action' cards.
7. Draw a random card and complete your goals with the help of fellow players, family and friends, or your healthcare professional.

Folding Instructions



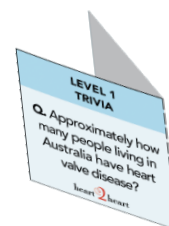
- (A)** Cut along the solid lines



- (B)** Fold along the dotted lines

Front

Back



**LEVEL 1
TRIVIA**

Q. Approximately how many people living in Australia have heart valve disease?

heart  heart

A. About half a million people living in Australia have heart valve disease, and this figure is projected to grow over the next three decades.

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**LEVEL 1
TRIVIA**

Q. What are three ways someone with heart valve disease can manage their condition?

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- 1) Take medication as prescribed.
- 2) Follow a healthy lifestyle.
- 3) Work closely with and communicate openly with your healthcare team

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**LEVEL 1
TRIVIA**

Q. What are some ways doctors can check for heart valve disease?

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A. A careful physical exam of the cardiovascular system, including listening with a stethoscope, can help doctors identify any abnormalities such as a heart 'murmur', which is often the first sign of a heart valve disorder.

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**LEVEL 1
TRIVIA**

Q. What are the signs and symptoms of heart valve disease?

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A. Shortness of breath, especially during physical activity; fatigue; heart palpitations, chest pain or discomfort; swelling of the ankles, feet, abdomen or chest; coughing; dizziness; fainting or near fainting; a heart murmur; unexplained weight loss

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**LEVEL 1
TRIVIA**

True or False:
Aging is the only cause of heart valve disease.

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False – Aging, infection and genetics are all causes of heart valve disease. Other factors that can increase your risk of HVD include smoking, sedentary lifestyle, dietary choices and conditions such as high blood pressure and diabetes.

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**LEVEL 1
TRIVIA**

True or False:
There are no treatment options for heart valve disease.

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False – If diagnosed early, heart valve disease can be treated with medication, lifestyle changes or surgery, and many people can live a full and happy life.

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<div>LEVEL 2 CONVERSATION</div> <div>A small conversation can go a long way. Flip this card to start your conversation about heart health .</div> <div></div>	<div>Deep down, is there anything about your heart health you are concerned about or are too afraid to ask your doctor?</div> <div></div>	<div>LEVEL 2 CONVERSATION</div> <div>A small conversation can go a long way. Flip this card to start your conversation about heart health .</div> <div></div>	<div>Have you set any goals for improving your heart health you haven't achieved? Share some barriers you feel got in the way of success.</div> <div></div>
<div>LEVEL 2 CONVERSATION</div> <div>A small conversation can go a long way. Flip this card to start your conversation about heart health .</div> <div></div>	<div>Take four minutes to share your experience with heart health issues in as much detail as possible.</div> <div></div>	<div>LEVEL 2 CONVERSATION</div> <div>A small conversation can go a long way. Flip this card to start your conversation about heart health .</div> <div></div>	<div>Have you noticed any changes in your body that may indicate changes in your heart?</div> <div></div>
<div>LEVEL 2 CONVERSATION</div> <div>A small conversation can go a long way. Flip this card to start your conversation about heart health .</div> <div></div>	<div>When was the last time you had a heart check, and did it include a stethoscope check? When are you due for another check?</div> <div></div>	<div>LEVEL 2 CONVERSATION</div> <div>A small conversation can go a long way. Flip this card to start your conversation about heart health .</div> <div></div>	<div>Describe your heart health in 5 words. Why did you give that answer?</div> <div></div>



LEVEL 3 TAKING ACTION

Don't put your heart health on hold.
Turn this card over to take the first step in your heart health journey.

heart  heart

Share a health concern with someone you trust (e.g. a loved one or doctor) and ask for their advice on how they might suggest you handle it.



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LEVEL 3 TAKING ACTION

Don't put your heart health on hold.
Turn this card over to take the first step in your heart health journey.

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Set a heart health goal for yourself and have your partner, friend or loved one hold you accountable.



heart  heart



LEVEL 3 TAKING ACTION

Don't put your heart health on hold.
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Write down something you learned from the Heart2Heart webinar or share it on your socials with the hashtag #heart2heart2023



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LEVEL 3 TAKING ACTION

Don't put your heart health on hold.
Turn this card over to take the first step in your heart health journey.

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Share the hearts4heart heart valve disease symptom tracker on your social with the hashtag #heart2heart2023.



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LEVEL 3 TAKING ACTION

Don't put your heart health on hold.
Turn this card over to take the first step in your heart health journey.

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Take a 10-minute walk with the player that handed you this card.



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LEVEL 3 TAKING ACTION

Don't put your heart health on hold.
Turn this card over to take the first step in your heart health journey.

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Plan for your next GP appointment and if you are experiencing symptoms or over age 65, ask for a heart health check that includes a stethoscope check.



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