

# 10 October



## Wel hade en hart diziz

### Mental Health and coronary heart disease

De hart fowndashon for Australia jis du som risarch en kam out say den get trong lynk bitwin poil hart, way olman lef yu to yusef, way yu nor de get beteh surpot en hart diziz way fiba oda risk way wi olredy no lek way yu de smoke, way de fat na yu bodi de up en way yu blod de pump pasmak.

Waytin den min by ‘depression’ (poil hart), ‘social isolation’ (way olman lef yu) en ‘quality social support’ (way yu get beteh surpot from olman usai yu de)

Porsin kin get poil hart if den nor gladi for tu wiks, den oltem de don or nor no waytin de apun wit dem, los intrest pan tin way yu blant du en lek, en kin get three or pas three kayn sayn den pan den wan ya so

- **Bodi** – yu kin taya oltem, en nor de ebul slip
- **Ow yu de behave** – yu nor de komot, yu nor de du yu woke fayn na woke place, yu de ton to rum en take tin den for kip yu don
- **Waytin yu de memba** - yu de memba say natin gud nor de kam mi way, ah nor beteh
- **Ow yu de fil** – de fil gilty, nor gladi, tin nor de go ow yu wantam, nor beliv yusef

Social isolashon (dat na way olman lef yu) na way porsin de oltem to insef en de fil lonli. Don bak, if porsin de see insef as pat of som kayn grup way de gi am padi dem, de get luv en de fil say e de wit a grup, den kayn mortal man rilashonship kin get big pat for du pan den wel bodi wan insai en outsai. Somtem, Pipul way komot usai borku kulture en language de luk de expirense ‘isolation’ (way yu de by yusef) en ‘depression’ (poil hart) bicoz borku nor get udat for rubskin wit insai den new kontri.

Borku big pipul way komot na kontri way get plenti kulture en de tok borku oda kayn language kin komplain tuu much bot den de wan to densef en poil hart, en som pan de same kayn kominiti kin evin get hi hi numba of pipul dem way de take den yone life. Dis de apun bicoz yu de lef to yusef pasmak wan, nor get sai den for surpot yu, nor de tok english/beteh english, wel bodi en servise den for take kia of wi hat for go or nor rite for go, beteh respet en moni nor de, en de pasmak tin den way wi go thru for kam ya.

### De tru tin bot wel hade en hart diziz

- Poil hart, way yu de to yusef en way yu nor get oda pipul dem surpot na bib big tin den way kin lid to de hart in sik wan

- Insai de fus tweve (12) mont afta hart atak, tin den way kin de na yu hade lek poil hart kin tiklis oda hart atak way nor get natin for du wit de wan dem way kozam.
- Bot eight hundred touzin (800,000) Australian big pipul dem en hundred touzin pikin and yong wan dem de get poil hart insai evri yia
- Poil hart de anbug wan pan evri five porsin insai Australia sertin tem na yu life
- Poil hart komon bot yu kin see am en tritam saful

Oda tru bot wel hade en hart diziz insai kominiti way get for du wit pipul den way get borku kulture en language

Wen yu put de helt for pipul den way de kam na dis kontri togeda, den helt de anbug as den de tay na Australia ya so. De hart siknes numba de borku as den de tay na Australia bicoz of de kayn food way den de it en de tin den way den blant du don change. Hart diziz (sick) en way shuga de pasmak nay u blod na two big wel bodi problem way de mit pipul den way komot sai way get borku kulture en language na Australia ya so. Som pan de tin den na de rekod way show omos porsin de die from pas mak shuga na den blod na Australia ya so hi wit man en uman dem way bun na Egypt, India, Germany, Malta, Poland en oda sai den na yurope, uman den way komot Italy en man dem way bun na Greece.

If yu get lek for no more

Go na: [www.heartfoundation.com.au](http://www.heartfoundation.com.au), [www.mmha.org.au](http://www.mmha.org.au), [www.beyondblue.org.au](http://www.beyondblue.org.au)

- Tok to yu GP (dat na yu dokta)
- For tok to sai den way go lisin to yu wahala, kol laif layn pan 1300 13 11 14