

Media Release

The Hon Mary-Anne Thomas MP

Leader of the House

Minister for Health

Minister for Ambulance Services



Monday, 29 September 2025

PROMOTING WOMEN'S HEART HEALTH THIS WORLD HEART DAY

To mark World Heart Day, the Labor Government is urging Victorians to check their risk of cardiovascular disease – and to know the warning signs of a heart attack and how to respond.

Minister for Health Mary-Anne Thomas visited the Victorian Heart Hospital in Clayton to highlight the Labor Government's focus on improving cardiovascular health for all Victorians – including raising the community's understanding of how heart diseases affects women differently compared to men.

Heart disease remains the leading cause of death in Australia, with more than one million Australians living with some form of cardiovascular disease. It is the leading cause of death for women globally and an average of 20 Australian women die of heart-related problems each day.

Women are too often dismissed or misdiagnosed when experiencing a heart attack, while men commonly report squeezing chest pain, pain radiating down the left arm, shortness of breath and nausea – women are more likely to experience dizziness, light-headedness, fatigue and nausea followed later by pain in the jaw or neck.

These early symptoms in women are frequently mistaken for anxiety or panic attacks, contributing to delays in diagnosis and treatment.

To ensure Victorians can access world-class cardiac care, the Labor Government delivered the \$577 million Victorian Heart Hospital – Australia's first specialist cardiac hospital, with the world-class facility further supported by almost \$135 million in ongoing annual funding.

Operated by Monash Health, the hospital has capacity for more than 200 beds, 2,000 cardiac surgeries, 28,000 emergency presentations and 108,000 consultations and outpatient appointments each and every year.

The hospital brings together cardiology, research and education, offering world-class care and innovation under one roof, including a dedicated Women's Heart Health Clinic led by experts in female-specific care.

The Labor Government has recently invested \$2.3 million to deliver the Women's Health Research Catalyst Grants, which support research initiatives for underfunded or under-researched health conditions that impact women.

Dr Esther Davis at the Victorian Heart Hospital and Monash University received funding to research how mammograms can be used for the early identification of cardiovascular risk.

Quotes attributable to Minister for Health Mary-Anne Thomas

"This World Heart Day, we're reminding Victorians to familiarise themselves with the warning signs and what to do in case of a heart attack."

"Women's heart health has been overlooked for far too long. This World Heart Day, we're proud to stand with the Victorian Heart Hospital to spotlight the unique risks women face and to ensure they get the care they deserve."