



# Ticker Talk

Volume 11, Issue 1

Feb. 2011

Heart Support-Australia, Monash Branch, P.O. Box 5030, Clayton, 3168

.... *A Happy & Healthy New Year to all!* ....

## FROM THE PRESIDENT .....

As this is the first "Ticker Talk" for 2011, we extend our best wishes to everyone for the new year, and hope that happy times and good health will be part of your year. We trust that no-one suffered from the recent rains which have caused such damage.

Our first 2011 activity is our annual "Beach Walk" at Mordialloc on February 24<sup>th</sup> - please see details in this issue. So far, we have never had unsuitable weather as, even on a hot day, there is a cool breeze. It is a great stroll along the beach front at your own pace and with plenty of friendly chit-chat.

Please note in your diary that there will be a special meeting for all members on Thurs., 24<sup>th</sup> March, 2011. We need to consider the best possibilities for our Branch - more details in the next "Ticker Talk".

A number of members have recently undergone medical procedures, and some have ongoing issues. Our thoughts are with you all. Unwanted health issues can be lurking around the corner, so we need to remind ourselves that healthy living & exercise are simple things we can do to help prevent or ease any future problems.

Albert Phillips -  
President - Monash Branch.

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## COMING DIARY DATES:

- Feb. 24<sup>th</sup> Beach Walk/Lunch.  
Mar. 3<sup>rd</sup> C'tee. Meeting. (to be confirmed)  
Mar. 24<sup>th</sup> Shared Lunch & Branch Review.
- .....

## ... COMING EVENTS ...

February 24<sup>th</sup>: Annual Beach Walk & BYO Picnic/BBQ Lunch  
(see p.3 for details)

March 24<sup>th</sup>: Shared Lunch & Branch Review - Fregon Hall.  
(watch for further details with March "Ticker Talk")

... ALL MEMBERS & FRIENDS WELCOME ...



## Health and Human Services Emergency Management

## Preventing heat-related illness

## What is heat-related illness?

Heat-related illness occurs when the body is unable to adequately cool itself. The body normally cools itself by sweating, but sometimes sweating isn't enough and the body temperature keeps rising.

Heat-related illness can range from mild conditions such as a rash or cramps to very serious conditions such as heat stroke, which can kill. Heat may worsen the condition of someone who already has a medical condition such as heart disease. Prevention is the best way to manage heat-related illness.

## Who is at risk of heat-related illness?

Anyone can suffer from heat-related illness, but those most at risk are:

- Older people (>65 years), particularly those living alone without air conditioning
- infants
- the overweight or obese
- pregnant and nursing mothers
- people with a chronic illness, such as heart disease or high blood pressure or diabetes, cancer or kidney disease
- people with health conditions that impair sweating such as scleroderma, cystic fibrosis and extensive scarring from burns
- people with limited or poor mobility
- people taking medications that may interfere with the body's ability to regulate temperature.

Because elderly people have a reduced ability to adapt to summer heat, they are more prone to heat stress. They are more likely to have a chronic medical condition and to be taking medication that may interfere with the body's ability to regulate temperature.

Once the weather is hot:

- Drink plenty of water and non-alcoholic fluids. (Note: If your doctor normally limits your fluids or you are on fluid tablets, you may need to check how much to drink while the weather is hot).
- Avoid alcohol because of its dehydrating effects.
- Stay indoors, if possible with air-conditioning, or in the shade.
- Take a cool shower or bath.
- Wear lightweight, loose-fitting clothing.
- Reduce physical activity.
- Check on older, sick and frail people who may need help coping with the heat.
- Never leave anyone in a closed parked car.
- Don't rely on fans to cool people unless they are well hydrated and there is adequate ventilation.
- Know the signs and symptoms of excessive heat exposure and know how to respond.

## Heat-related illness

## Heat cramps

Heat cramps are muscle pains or spasms, usually in the abdomen, arms or legs. They may occur after strenuous activity in a hot environment, when the body gets depleted of salt and water. They may be a symptom of heat exhaustion.

## Heat exhaustion

Heat exhaustion is a serious condition that can develop into heat stroke.

Warning signs may include:

- pale complexion and sweating
- rapid heart rate
- muscle cramps, weakness
- dizziness, headache
- nausea, vomiting
- fainting

## Heat stroke

Heat stroke is a *life-threatening emergency*. It occurs when the body is unable to prevent the temperature rising rapidly. The symptoms may appear the same as for heat exhaustion, but the skin may be dry with no sweating, and the person's mental condition worsens. They may stagger, appear confused, have a seizure, appear to have a stroke or collapse and become unconscious.



**BEACH WALK & BYO PICNIC/BBQ LUNCH**

**THURSDAY, 24/2/2011 ... 10.30 a.m.**

at

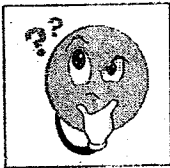
**MORDIALLOC FORESHORE ROTUNDA/PICNIC AREA**  
(enter from Beach Road - refer Melway 92 E1 - look for Rotunda)

# *Donation*: Not applicable for this activity. # *BBQ & Toilets* available.

*Parking fees* apply. **N.B.** The cost of meter parking is \$3.00 per hour or \$9.00 per day. It is recommended that you bring \$2.00 and \$1.00 coins for use in parking machine - and we suggest that members share transport & parking fees if possible.

Enquiries: Albert - 9885 7128 ... or ... Beau & Elaine - 5996 5001.

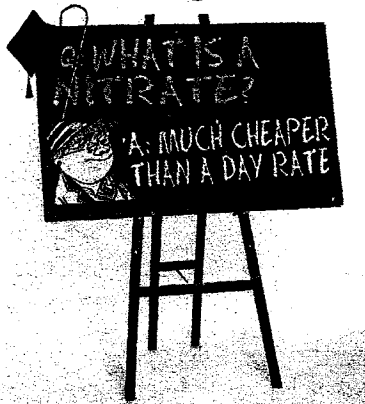
**ALL MEMBERS and FRIENDS MOST WELCOME!**



**\*\* Today, give a stranger one of your smiles. It might be the only sunshine he sees all day. (H. Jackson Brown Jnr.)**

**\*\* Grandmas are mums with lots of frosting. (Author Unknown)**

**Exam Q&A**



**BOOK THE DATE NOW**  
for  
**AN IMPORTANT EVENT!**

**A 'SHARED BYO LUNCH'**  
followed by a  
**'BRANCH REVIEW'**  
is planned for

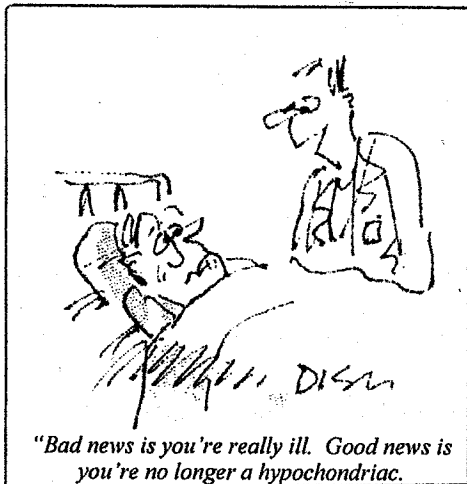
**12 noon on Thursday, 24/3/2011**  
at

**Fregon Hall, Fregon Road, Clayon.**

**ALL MEMBERS** are strongly encouraged to share in the social aspect of this day and the discussion re our Branch, its aims, & activities.

**DO JOIN US** - your Committee needs your support and ideas as we look ahead!

**YOU WILL BE MOST WELCOME!**



*"Bad news is you're really ill. Good news is you're no longer a hypochondriac."*

# Raspberry and hazelnut muffins

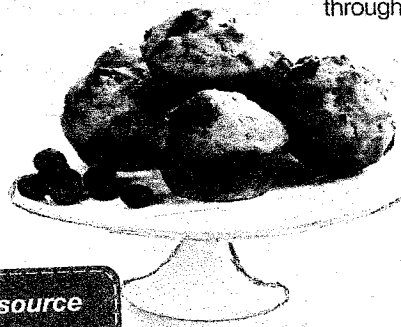
Serves: 15

### Ingredients

- 2½ cups self raising flour, sifted
- ¾ cup caster sugar
- ½ teaspoon ground cinnamon
- 1 cup skim milk
- 2 eggs, lightly whisked
- ½ cup canola oil
- 1 cup fresh or frozen raspberries
- 100g raw hazelnuts, roughly chopped

### Method

1. Preheat oven to 180C. Place the flour, sugar and cinnamon in a large bowl, making a well in the centre. Combine the milk, eggs, oil, raspberries and hazelnuts and add to the flour mixture, stirring until just combined.
2. Spoon the mixture into ½ cup capacity non stick muffin holes, filling ¾ full. Bake for 15-20 minutes or until cooked through and golden.



Note: If using frozen raspberries, thaw before use.

Recipe provided courtesy of Nuts for Life.

Serves 15 - per serve:

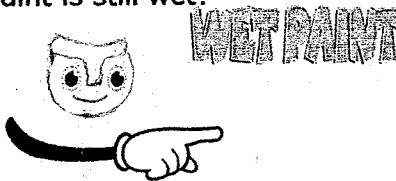
Nutrition information	(per serve)
Energy 11%	936kj
Fat	10g
Saturated fat	1g
Carbohydrate	29g
Fibre	2g
Sodium	179mg

**Tip: Hazelnuts are an excellent source of healthy monounsaturated fats.**

Healthy&heartWise gold star recipe

Healthy&heartWise

Why does someone believe you when you say there are four billion stars; but have to check when you say the paint is still wet?

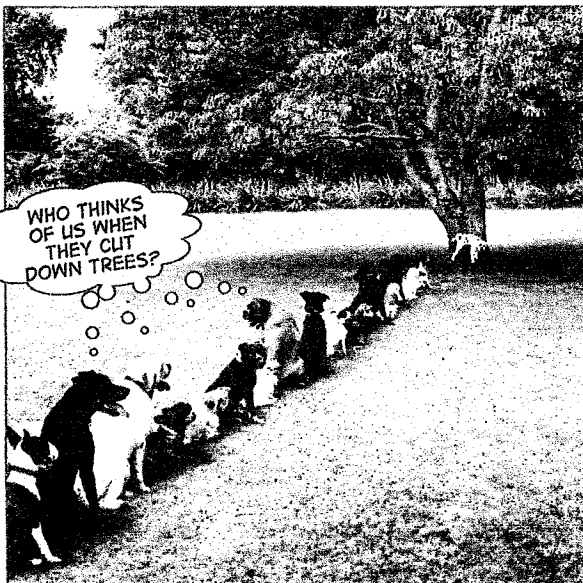


A bloke bought a new fridge. He put his old fridge, on the nature strip with a sign: 'Works well - Free'. It sat there for 3 days. No interest at all.

So he changed the sign to read: 'Fridge for sale - \$50.'

The next day it was stolen!

While working at a pizza parlour I observed a man ordering a small pizza to go. He appeared to be alone and the cook asked him if he would like it cut into 4 pieces or 6. He thought for a while. 'Just cut it into 4 pieces; I don't think I'm hungry enough to eat 6.'



## Contact Details - Monash Heart Support

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- "Ticker Talk" Editors: Beau & Elaine Cutting 5996 5001
- Lay Counsellor Manager: Beau Cutting 5996 5001

Mailing Address: P.O. 5030, Clayton. 3168.

Monthly Activities: 4<sup>th</sup> Thursday - Fregon Hall, Fregon Road, Clayton (Melway 79 D1) unless otherwise advised.

"Ticker Talk" is printed per the courtesy of the Office of Senator Helen Kroger.

Some of the articles appearing in "Ticker Talk" may not necessarily be the view of Heart Support Australia.