



Ticker Talk

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

PRESIDENTS REPORT

At the annual Beach Walk in February, a small number enjoyed the beautiful weather, walk, and the good company over lunch. A most enjoyable outing!

On March 24th, 2011 - at Fregon Hall - we will have what may be the most important meeting concerning the Monash Branch of Heart Support - Australia. Initially, when the Branch was started, the attendances at Branch functions were around thirty for most of our activities. Over the past ten years a number of members have passed away, and many have suffered declining health. Also, many of us lead busy lives in this fast moving world. Sadly, it has now come to the stage where the numbers attending does not justify an event with a speaker - and indeed often leads to being an embarrassment.

A number of options for our Branch will be put to the March 24th meeting for the consideration of members. Therefore, for this very important meeting, we would encourage all members to attend.

Albert Phillips
President – Monash Branch.

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COMING DIARY DATES:

- Mar. 24th Shared BYO Lunch and Branch Review.
- April 14th C.tee. Meeting.
- April 28th Social Afternoon.
- May 6th MMC Hospital Walk

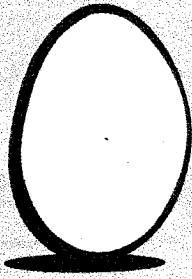
... COMING ACTIVITIES ...

24/3/2011 - Shared BYO Lunch and Branch Review.
(Separate Invitation enclosed)

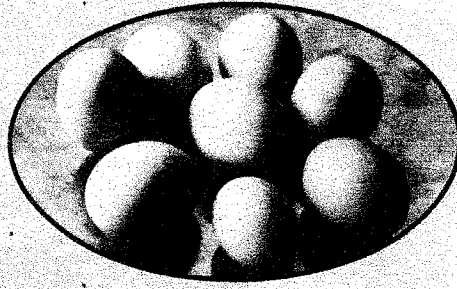
28/4/2011 - Easter Social Afternoon.

6/5/2011 - Monash Medical Centre 'Hospital Walk'.

BE SURE TO BOOK THESE DATES IN YOUR DIARY NOW!
... ALL MEMBERS & FRIENDS WELCOME ...



it all starts with an egg...



For many years health conscious people have been told to avoid eggs because they were high in cholesterol. But today research has shown that eggs fit easily into a healthy eating plan and what's more they are packed with good nutrition the whole family can benefit from. Eggs contain one of the highest sources of available protein and provide all the amino acids needed for growth and repair. They are relatively low in fat (5 grams per 50g egg) and most of this is poly and monounsaturated fat. Another benefit of eggs is that they are a source of iron, folate, phosphorus and Vitamin B12. So as part of a healthy daily eating plan eggs can play a role in providing the body with good nutrition.

But what about Eggs and Cholesterol?

Dietary cholesterol is found naturally in animal foods including meats, dairy foods, eggs, chicken and seafood. Plant foods on the other hand, are cholesterol free. Initially researchers thought that the cholesterol found in food played a role in raising cholesterol levels in the body thereby increasing the risk of heart disease. What we now know is that the effects of dietary cholesterol on blood

cholesterol levels appear to be small. In most people, the body's response to eating more cholesterol is a drop in the production of cholesterol by the liver. However, this is not always the case – some people may be more sensitive to the effects of cholesterol in food than others - people who are overweight, have diabetes or a genetic tendency towards high cholesterol levels, appear to be most at risk.

The amount of saturated fat in cholesterol rich foods also seems to be important in predicting the effects on blood cholesterol levels. Studies looking at foods such as eggs and shellfish have shown that they have little effect on the 'bad' LDL cholesterol, despite the fact that they're naturally cholesterol rich. This is thought to be because of their low saturated fat content. In fact, one recent study of over 100,000 people found that the consumption of up to one egg each day had little effect on heart disease risk in healthy adults. Limiting foods high in saturated fat is more likely to have the most significant benefits for lowering blood cholesterol levels than cutting out eggs in the diet.

Cholesterol - How much is too much?
The National Heart Foundation recommends that heart healthy diets should be low in saturated fat. They suggest that Australians at low risk of heart disease can eat reasonable quantities of cholesterol rich foods, while those at high risk (eg. total cholesterol >5 mmol/L) should restrict these foods. The American Heart Association on the other hand suggests that all adults should eat less than 300mg cholesterol each day and those with elevated LDL cholesterol, diabetes or existing heart disease keep their daily intake less than 200mg. The easiest way to keep blood cholesterol in check is to restrict foods high in saturated fat.

of cholesterol, there's no reason why they can't be part of a heart friendly daily eating plan.

Eggs – add them to your day

There are many ways you can add eggs to your diet. Great in sandwiches and salads, eggs can add a protein boost to breakfast, lunch or dinner. Eggs are one of the most versatile foods you can cook - they can be added to dishes such as rice, noodles or stir fries or can be mixed with other ingredients to make frittatas, omelettes and baked goods like cakes and muffins. You are only limited by your imagination with eggs. Eggs are still one of the cheapest sources of protein available.

NUTRITIONAL PROFILE OF A 50G EGG

Nutrient	Amount
Energy	297kj
Protein	6.3g
Fat	5.0g
Carbohydrate	0.2g
Cholesterol	185mg
Sodium	66mg
Phosphorus	109mg
Iron	0.8mg
Folate	12.4mcg
Vitamin B12	0.5mcg
Vitamin A	144mcg

These foods include fatty and processed meats, full fat dairy foods, takeaway foods and high fat processed snack foods. With the average egg containing only 1.5g of saturated fat and 185mg

So make eggs part of your healthy eating plan! For more information on the goodness of eggs go to www.aecl.org

Remember it all starts with an egg – healthy, tasty and versatile!

Simplify your life

1. Walk slower
2. Do a constant reality check
3. Do I need the tension in my life
4. Bring calmness to neutralize my irritability and hostility
5. Do a belly laugh once a day
6. Turn off the TV
7. You may not live forever
8. Live each day happily
9. If its not working, stop doing it
10. Choose your new possibilities.



Some more Daffynitions:

Shellshock: What Humpty Dumpty died of.

Illegal: A sick bird.

Hippies: Things that hold your leggies on.

Minimum: A very small mother.

Bacteria: A rear entrance to a cafeteria.

IG: An Eskimo house without a loo.

Meatball: A dance at a meatworks.

Copper nitrate: Overtime for a policeman.

Coincide: What people do when it rains.

Buttress: A female goat.

Croquette: A romantic lady frog.

On a Plumber's truck:

"We repair what your husband fixed."

On another Plumber's truck:

"Don't sleep with a drip. Call your plumber."

Funny bones

A 65-year old lady made an appointment to see a doctor at the clinic where she was on holidays.

The name of the doctor was the same as a boy she went to school with. She wondered if it could be him.

On seeing him, she thought, NO, he was so old, very wrinkled, with grey hair, almost bald. Laughing she said, 'You didn't go to The Valley Public School by any chance? There was a boy in my class with the same name as yours.'

'Yes I did!' he said. 'What class did you teach?'

Submitted by Marianne Rafalski

A vet was feeling ill and went to see her doctor. The doctor asked all the usual questions about symptoms, how long she had been sick etc when she interrupted him.

'Hey look, I'm a vet. I don't need to ask my patients all these questions. I can tell what's wrong just by looking. Why can't you?'

The doctor nodded, looked her up and down, wrote a script and handed it to her. 'There you are. Of course, if that doesn't work, we'll have to have you put down.'

Wait after heart attack too long

AUSTRALIANS in the early phase of a heart attack wait too long to go to hospital, a study has shown.

A review of 140 patients who had a history of coronary artery disease, and who were suffering the early symptoms of heart attack, found just 12 per cent made it to hospital within an hour.

The average delay between the start of symptoms and arriving at hospital was 2½ hours, while for just over one in 10 patients, the wait was more than 12 hours.

Such delays gave doctors a much reduced

window in which to intervene with treatments that could prevent or reduce lasting damage to the heart muscle, said Sharon McKinley, Professor of Critical Care Nursing at Sydney's University of Technology and the Royal North Shore Hospital.

The average age of patients in the study was 67 years, and 64 per cent were men.

Prof McKinley said research had shown people suffering one common symptom of heart attack — chest pain — often felt they were not sick enough to justify calling an ambulance.

CRAB ROLLETTES

(Picture shown)

250g Australian Cottage Cheese (in block form, not in tub)

- 1 tablespoon low calorie mayonnaise
- 1 x 200g can crab meat, drained
- 1 x 225g can crushed pineapple
- 1 tablespoon chopped chives
- 4 silverbeet leaves
- 1/2 cup tomato sauce
- 2 teaspoons chilli sauce

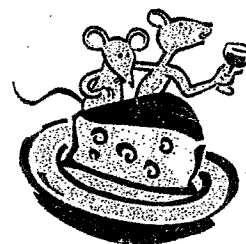
1. Beat cheese and mayonnaise together until smooth. Add crab meat and chives and mix thoroughly.

2. Drain pineapple reserving 1/4 cup juice. Add pineapple to cheese mixture and stir well.

3. Cook silverbeet leaves in boiling water in a large saucepan or frypan for a couple of minutes or until tender but still bright green. Quickly rinse under cold water. Dry leaves well.

SERVES 5

**Each serve provides:
402kJ, 1g Fat,
70mg Calcium**



4. Spoon mixture evenly between the 4 leaves over the wrong side. Roll up firmly. Cut into 2cm thick pieces.

5. Mix tomato and chilli sauces with reserved pineapple juice and serve as dipping sauce with crab rollettes.

Australian Dairy Corporation

Ponder some of life's little mysteries!

- * Why do we press harder on a remote control when we know the batteries are almost dead?
- * Why do banks charge a fee on 'insufficient funds' when they already know there is not enough money?
- * 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?
- * Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?
- * Why do Kamikaze pilots wear helmets?
- * Whose idea was it to put an 'S' in the word 'lisp'?
- * Why is it that no matter what colour bubble bath you use the bubbles are always white?
- * Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?

THOUGHT FOR THE MONTH

All mothers are physically handicapped, they only have two hands!

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Monthly Activities: 4th 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.