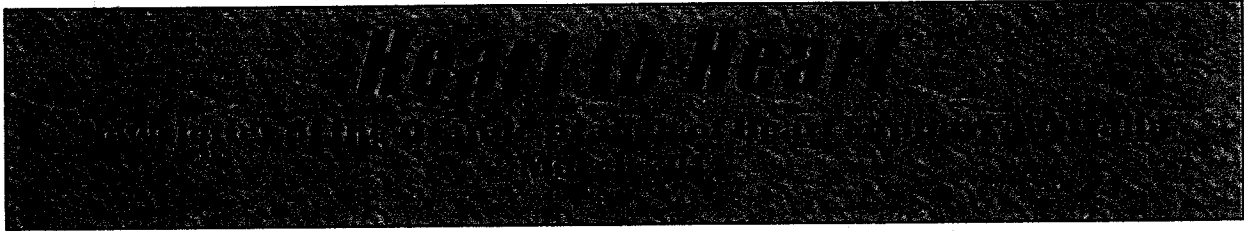


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Dear Heart Friends,

The move to the new Hospital site has begun! One of the consequences for us is that we have had to vacate our meeting room in Caldwell House. This month we will be meeting at the HACC Centre, on the corner of March St and Lord's Place. We look forward to a good roll up.

Last month was a sad time for another of our members. We offer our sympathy to Les Brown on Merle's passing. Together they have produced and distributed our Newsletter for quite some time. There was a large gathering of family and friends to celebrate her life in Holy Trinity Church, including quite a few of our members.

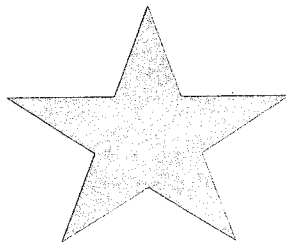
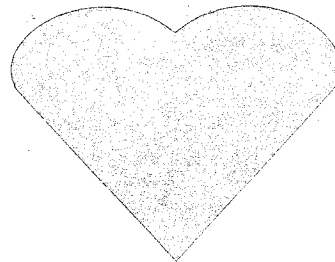
Amongst others who have had a few problems, Margaret Waddell has had a reasonable stint in hospital following a stroke. Darby has an excellent idea of what we may be able to do to support her.

It's all a reminder to us to do what we can while we can, both to enjoy ourselves, in our second chance at life, and also to continue doing what we can to help others. We had a "hiccup" with our newsletter last month. Our apologies to everyone.

Keep on keeping on (as the Berger paint ad used to say!)

Howard

Happy Birthday	
to:	
BRIAN BEVAN	17 th Jan
PAT FITZPATRICK	2 nd Feb
JIM NORMAN	12 th Feb
LES BROWN	1 st Mar



Start Planning Now!
COME FOR A CAFÉ/ PUB
CRAWL
FOR LUNCH
Every 5th Tuesday of the Month
First one: 29th March

Ramblings from the President...

Our next meeting will be in a new venue, the HACC (Home and Community Care) Centre in Lords Place adjacent to the Council car park on Thursday 17 March from 12.30p.m. The program will be planning for the rest of the year, though I can tell you that I have booked Fiona Ryan, from the OBH to speak on stroke diagnosis and treatment for the April meeting. Please come along with suggestions for the sorts of guest speakers or activities you would prefer.

The other bit of news is from the Heart Foundation which is sponsoring a comprehensive survey on health matters – good to see where our donations are used.

“The National Heart Foundation of Australia is pleased to be part of the most comprehensive health survey ever conducted in this country, launched today.

“National CEO, Dr Lyn Roberts said the move from using self-reported data to taking actual measurements of a large, representative sample of Australians would lead to much better information for health policy-makers.

“The Australian Bureau of Statistics (ABS) will commence the study in the next few days with financial support from the Heart Foundation and will include biomedical data, such as actual height, weight, blood pressure, blood cholesterol and glucose levels, for the first time

“The survey will allow us to see what impact the health reform agenda is making and where further investments are needed to improve, Dr Roberts said.

“For example, we don't really know how many Australians have high blood pressure or high blood cholesterol and whether these leading risk factors for disease are becoming more or less prevalent, she said.

“The first wave of the survey will be conducted over 2011-12 with results available in late 2012 and will be used by a wide range of health researchers, public health advocates, government, clinicians and community health organisations.

“It's particularly important to have robust data around obesity, a growing threat to the burden of disease in Australia, Dr Roberts said.

“The last time Australia had a series of biomedical surveys to establish trend data over time was the Heart Foundation surveys in the 1980s.

“Biomedical surveys are expensive to conduct and the Heart Foundation found it impossible to continue to fund them into the 1990s.

“We have now committed \$4m to partner with the ABS to conduct the initial survey and are delighted that these surveys will continue.

“The surveys will allow Australia to better monitor disease risk patterns, assess trends, validate self-reported data, health status and behaviours.

“In doing so, we will help to reduce death and disability caused by Australia's leading killer, cardiovascular disease, Dr Roberts said.”

Sounds very interesting and worth supporting.

Jim Norman

A Healthy Weight and Healthy Shape

Throughout the world there are now more overweight than underfed women. Being overweight or obese, particularly if weight is carried around the abdomen, is a leading risk factor for heart disease and stroke, reducing the likely age of a first heart attack by between four and eight years. Maintaining a healthy weight and body shape dramatically reduces this risk, which is why World Heart Day, taking place on Sunday, 25th September 2005, will focus on the importance of maintaining a *Healthy Weight, Healthy Shape*.

Abdominal obesity, measured by waist circumference, is an easy marker of cardiovascular risk. "Your heart health is at risk not only by the amount of body fat but also where the fat is located. Excess abdominal fat is more resistant to the actions of insulin so body shape and specifically a large waist relative to hip size (apple shape) raises the risk of diabetes, high blood pressure and heart disease," said Dr Sidney Smith, Chairman Scientific Advisory Board, World Heart Federation.

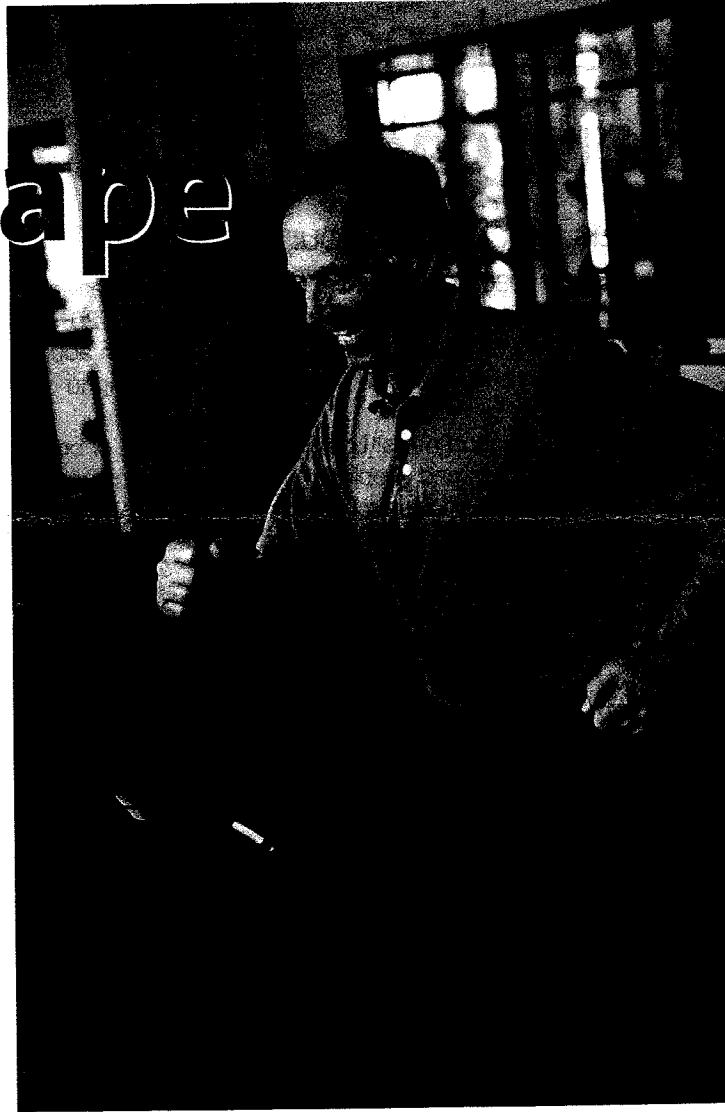
"It is important to be aware of your weight and the potential risk it can have on your heart health. Waist size is associated with increased levels of risk even in children, and worsens the outcome of patients already

with heart disease. Waist size is like blood pressure and cholesterol level, another one of those numbers that we should all know, understand and watch closely," added Dr Smith. Men with waist sizes above 94cm (37 inches) and women above 80 cm (32 inches) are considered at significant risk of developing heart disease and stroke.

World Heart Day aims to encourage the world's population to lead a healthier lifestyle by taking more physical exercise and reducing the risk of heart disease through smoke-free living, healthy nutrition and weight control. Adopting a healthy lifestyle will greatly reduce the risk of heart disease and stroke, with new studies showing that major health benefits come in as little as six weeks.

Maintaining a healthy weight consists of a balance of energy in (calories consumed) and energy out (calories burned). For adults at least 30 minutes of brisk walking a day will help reduce risk factors. Adopting a balanced diet including plenty of fruits and vegetables, whole grain products, low-fat and fat-free products, unsaturated soft margarines and oils such as sunflower, corn, rape-seed and olive oil, lean meat, fish and pulses is best.

"Parents are powerful role models for their children,"



said Janet Voûte, CEO, World Heart Federation. "Mothers who eat more fruits and vegetables have daughters who eat more fruits and vegetables," she added.

Under the slogan "A Heart for Life," World Heart Day is run by the World Heart Federation's member organizations in 100 countries. Activities on the day include health checks, walks, runs, jump rope, fitness sessions, public talks, stage shows, scientific forums, exhibitions, concerts and sports tournaments. To find out what activities will be taking place in your country on World Heart Day visit: www.worldheartday.com.

About the World Heart Federation

The World Heart Federation, a non governmental organization based in Geneva, Switzerland, is committed to helping the global population achieve a longer and better life through prevention and control of heart disease and stroke, with a particular focus on low and middle-income countries. It is comprised of 186 member societies of cardiology and heart foundations from over 100 countries covering the regions of Asia-Pacific, Europe, the Americas and Africa.

For further information visit: www.worldheart.org

Recipe of the Month Summer Pasta Salad

Ingredients

¾ cup wholemeal spiral pasta
1 large celery stalk
1 small carrot
¼ cup frozen corn kernels
½ cup cooked skinless chicken
4 sprigs curly parsley
¼ cup of 97% fat free mayonnaise (with a tick!)

Method

1. Cook pasta by packet directions. Be careful not to overcook. While the pasta is cooking, wash the vegetables.
2. Into a mixing bowl grate carrot, add diced celery, corn kernels, finely chopped parsley and the mayonnaise.
3. When pasta is just cooked, strain and rinse it in cold water until the pasta is cold. Then add pasta to the mix.
4. This quantity serves 2. To boost the fibre and make it more filling add ½ cup of bean sprouts.

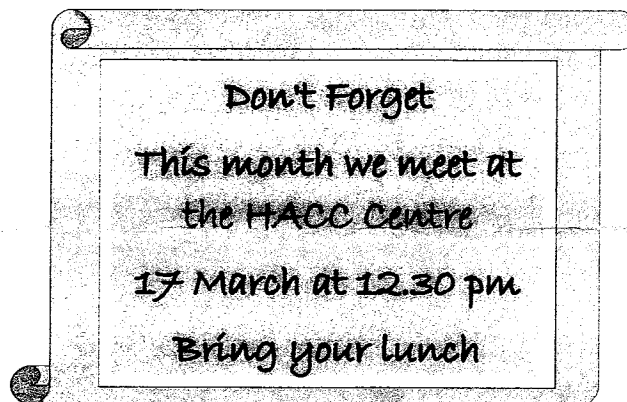
Nutrition information

Per serve: Energy 1267 kJ; protein 16.6g; total fat 7.1g; (saturated fat 1.6g); carbohydrates 42.5g; fibre 7.8g; sodium 185mg. GI (glycemic index) is low.

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Joke Corner:

Three sisters ages 92, 94 and 96 live in a house together. One night the 96 year old draws a bath. She puts her foot in and pauses. She yells to the other sisters, "Was I getting in or out of the bath?" The 94 year old yells back, "I don't know. I'll come up and see." She starts up the stairs and pauses "Was I going up the stairs or down?" The 92 year old is sitting at the kitchen table having tea listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful," she knocked on wood. She then yells, "I'll come up and help both of you as soon as I see who's at the door."



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