

# HAUORA MANAWA HEART HEALTH

The Community Heart Study

December 2011

Issue 14

## Study Update – Suzanne Pitama

**HO, HO, HO .... I love Christmas and the festive season!**

This time last year I was chatting to you about how we had lost our beautiful old art deco work building (where all the Christchurch clinics were held), however after February 22 2011, there are so many other buildings that have met with the same fate as our beloved St Elmo Courts.

I have been so impressed with the Christchurch community, their strength, their love, their ability to offer service over what has been a very difficult year. A woman in the USA who was corresponding with our team via email, was shocked to find out we lived in Christchurch. She wrote (with my paraphrasing) "I am a school teacher and we covered the Christchurch earthquakes as part of the curriculum this year, but I just presumed that no one lived there anymore. Why are people still there?" This Christmas season will mark, for many the first time to reflect on actually what everyone has been through this year, we hope that our new year brings with it less shaking and new hope – we are over being seismic experts (anyone in Christchurch can now tell you the magnitude of an aftershock, its epi-centre and its depth – I'm not sure that's as normal as we think it is!). I also note that Wairoa has recently had a number of quakes – trust us we have total empathy for you!

This edition of the newsletter hopes to bring some Christmas cheer into your homes, to keep you up-to-date with how our research is going – to give you tips on how to maintain/start a healthy festive season. Clara-Ann has compiled some 'skinny' Christmas recipes. Vicky and Allamanda cover the relationship between alcohol and your cardiovascular health – just some small tips to be mindful over the festive period and summer time.

In terms of next year, we look forward to catching up with all our participants in Wairoa and Christchurch. We are keen to see how you are going, and to continue to monitor your health. We will be in touch sometime in March to let you know what this will involve. Our research team is excited to see how you are going and/or offer further support to assist you to continue to work towards Heart Health.

Please continue to email Karen and Clara-Ann any inspirational stories you have to share with us, or your challenges. We are also keen to cover any other topics you would like to know more about, feel free to email your suggestions through at anytime.

I would also like to say a special Thank You, to Edward Norgate, for sharing with us your very personal story of your health journey. Your strength is an inspiration.

Whether you spend this summer in sunny Hawkes Bay or in Canterbury (or wherever your Christmas celebrations take you), on behalf of the Hauora Manawa research team, we want to wish you all a safe and happy festive season, and a productive New Year.

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**We would like to keep you all up to date with our findings from the study.**

**So if you need to update your details including email address please contact us.**

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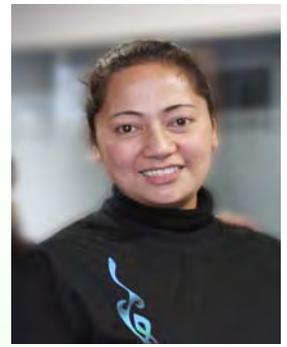


## In The News



Vicky Cameron

## A Few Too Many ? ... Nek Minnit



Allamanda Faatoese

As we approach another Christmas season with hot summer weather, we tend to over indulge in eating and drinking. This is a timely reminder of safe alcohol drinking as we come to the end of an 'interesting' year filled with major devastation and continued aftershocks in Christchurch, winning the Rugby World Cup ( about time too!) and other significant occasions that have occurred in your own lives.

We are aware of the binge drinking culture in NZ youth which has been major news headlines several times over the last year. But, did you know how binge drinking is defined? The Alcohol Advisory Council defines binge drinking as drinking 6 or more standard drinks on one drinking occasion.

The majority of participants in the Hauora Manawa Study (9 out of 10 people) were alcohol drinkers. Of these,  
1 in 3 people never drank 6 standard drinks in one session  
1 in 2 people reported binge drinking once a month  
And 1 in 5 would binge drink once a week.

You can read more helpful information, such as how big a standard drink is, or how to be a safer drinker, by going to the Alcohol Advisory Council of New Zealand (ALAC) website.  
<http://www.alac.org.nz>

Here are some tips for safe drinking from this web site:

### **Pace Yourself**

Know how much you have drunk  
Start drinking later  
Take small sips

### **Distract yourself**

Occupy yourself eg. Play pool, darts etc

### **Look after yourself**

Make sure you eat while you are drinking  
Say 'No' to another drink  
Be responsible and have a designated driver

Be sensible and Christmas will only have happy memories. Have a very happy, safe and prosperous Christmas and New Years.



## The Best Gift to Yourself this Christmas is the Gift of Good Health & Wellbeing.

Here's some helpful tips:

**Moderation** – try a little of everything, you don't have to deprive yourself but be aware of your portion size, stay in control, remember moderation is the key.

**Keep Active** – make some time for exercise (and not just the hand to mouth kind either..hehe) it's a great time to spend with family and friends, swimming, walking, playing with children, good old back yard cricket, make it enjoyable and have fun doing it.

**Perspective** - put some plans in place that will help you to 'not use Christmas as an excuse to overeat or drink excessively', make this festive season one that will only bring happy memories.

**Prioritise** – you and your health are what is most important, enjoy the moment in moderation and then quickly get back on track, don't wait for I will start on Monday, today is a good day and just do it. Make it happen, make the change, you'll love it. Remember ! The best gift to give yourself, family and friends this Christmas is the gift of good health and wellbeing.

# Heart to Heart ..with Eddie Norgate

...this decision has more than likely saved my life...



Recently we received a phone call from one of our Heart Study participants, Eddie Norgate . We were impressed and inspired to hear his story and he agreed for us to share his personal journey with you all.

Eddie is a 34yr old, husband, father and School principal who enjoys spending time with family, rugby, cricket, golf and horse racing, who also considered himself to be a fit and healthy man...

*After receiving the initial letter to participate in the study I left the letter on the bench and eventually threw it in the bin. I was phoned, I think twice by Karen who bullied (forcefully encouraged me!) to complete the study. She worked hard on the phone as I did not want to miss work. The offer of breakfast and the first appointment at 7am were factors that sealed the deal for me. I was generally of good health, I thought at 31 being active through still playing a lot of sport that I didn't need to attend a heart study. Little did I know.....*

*I attended my first screening clinic on the 21 July 2008, this decision has more than likely saved my life, while the clinic has, the real lifesaver is Karen, the Community Heart study co-ordinator. She strongly encouraged me to attend. As I said earlier, I really didn't think I needed to attend.*

*I found the experience during the first consultation very welcoming. To be honest I was a little apprehensive about the consultation, I was probably anxious, possibly even arrogant, as I wanted to eat my breakfast and get to work. The medical team were supportive and caring, and really I could not have asked for anything more.*

*During my first consultation I can remember having the echo and the person carrying out the test asked me to wait while he consulted another colleague.*

*Two others entering the room and discussing what the various images on the screen followed this, it was discovered that I had an **enlarged aorta**. I was then taken directly to the hospital where a further test were carried out and then I began 6 monthly visits to the hospital for CT scans and consultations with a cardiologist. These consultations were always positive and in some ways I hadn't totally comprehended the extent of the operation. I gleaned some information from the internet that proved to be both informative and dangerous.*

*During each consultation it was discussed that I would need open heart surgery to replace my Aorta. It was a matter of when, not if, the operation would occur. During these consultations I still hadn't totally prepared myself for the operation.*

*At the end of September this year I had the operation to fix my Aorta. Six weeks on I am moving more freely and now have a different perspective on life, health clinics and everyone associated with the hospital.*

*The results of the Community Heart Study and the surgery have most definitely changed my perspective of life. I have a very supportive, loving wife and a two year old son, who are very thankful that I participated in the study.*

***I am a very lucky person.***



# Delicious Mango Trifle

Serves 8

## Sponge

1 egg white  
 1 whole egg  
 ¼ cup caster sugar  
 ¼ cup cornflour  
 ½ tsp bicarb soda  
 ½ tsp baking powder  
 1 Tbsp custard powder  
 Cooking spray

## Jelly

1 x 9g low joule mango/orange jelly sachet  
 1 cup boiling water  
 1 cup chilled water

## Custard

2 cups trim milk  
 3 Tbsp custard powder  
 2 Tbsp sugar  
 ½ tsp vanilla essence

## Fruit

2 cups fresh or frozen mango flesh diced  
 ½ cup mango or orange juice



**To make sponge:** pre heat oven 180°C fan forced. In a medium size mixing bowl beat 2 egg whites with an electric beater until stiff peaks form.

Gradually add sugar, beating constantly until sugar has dissolved. Beat in egg yolk on low speed. Using a dessert spoon, gently fold in the sifted cornflour, self-raising flour, bicarb soda, baking powder, and custard powder. When just combined, pour into a sponge tin (18cm) that has been generously coated with cooking spray. Bake for 15-20 mins, allow sponge to sit for 5min in pan before lifting out onto wire rack to cool.

**To make jelly:** follow instructions on the packet. Refrigerate until required.

**To make custard:** Place all the custard ingredients into a medium size saucepan, blend with a whisk, stirring constantly until custard boils. Don't have heat too high as it will scorch the bottom of the pot.

**Fruit:** De-flesh mango from skin and seed. Cut into dice, or if using frozen mango defrost before using.

**Assemble trifle:** cut sponge into slices and place on bottom of dish, sprinkle mango/orange juice, then mango, custard, using a fork, mash the jelly up and spread over the top of the custard. Refrigerate.



# Fruit Mince Pies

Makes 12

1½ cups self-raising flour  
 ¼ cup sugar  
 2 tablespoons (30g) Flora Light® margarine  
 ⅓ cup skim milk  
 1 egg white  
 flour to roll out pastry  
 12 tablespoons fruit mince (in jar)  
 1-2 teaspoons sugar



Preheat oven 180°C fan forced.

In a large mixing bowl combine flour and ¼ cup sugar together. Melt margarine and add to milk; using a fork beat one egg white into milk mixture. Pour into flour and fold together. Place pastry on a lightly floured surface, knead lightly. Divide in 2; roll out first ½ until big enough to cut out 12 bases (8cm cutter). Gently place into 12 muffin tins that have been coated with cooking spray. Spoon 1 tablespoon of fruit minces mixture into centre of each pastry case. Roll out remaining pastry as for base, then place pastry circles over top of fruit mix. Lightly brush tops with a little extra egg white then sprinkle lightly with 1-2 teaspoons sugar. Bake 20-25 minutes or until pies are golden brown.

Suitable to be frozen.

(recipes taken from Symply too good to be true)