

HAUORA MANAWA HEART HEALTH

The Community Heart Study

August 2009

WAIROA

Issue 3

Study Update – Suzanne Pitama

Kia Ora Koutou,

It is with much excitement that we were able to send out the 2nd year follow up surveys to each of you. If you have not received this in the mail, please let us know and we will send out another! Thanks to those who have already booked in for their next clinic appointment – remember this one will only take 15 mins. If you'd like us to do the Body Composition (with our flash scales) on any of your whanau and friends you are more

than welcome to bring them along. Also a big thank you to those who have already completed their 2nd yr blood test. For those of you yet to go please remember that you need to be fasting so we can ensure the results are correct and compare them against the ones we did in 2007.

My team is very excited about coming up to Wairoa, their photo is included so you know who to look out for!

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Healthy Heart

Blood
Pressure

Did you know... Early analysis of information collected at our Heart Clinics suggests that:

In the Wairoa cohort 25% of participants had been previously diagnosed with hypertension, or high blood pressure. From the readings taken at clinic, we found that an extra 23% of participants had blood pressure readings that would suggest they were hypertensive.

In the Christchurch Maori cohort, 22% had been previously diagnosed with hypertension, with an extra 12% showing hypertensive readings on Clinic day.

In the Christchurch non-Maori cohort, 15% of participants had been previously diagnosed with hypertension, with an extra 5% returning high blood pressure readings at clinic.

This means that out of a group of 20 participants in Wairoa, about 4 may have been unaware that they had hypertension, compared to 2 participants in the Christchurch Maori, and 1 participant in the Christchurch non Maori cohorts.

A diagnosis of hypertension may come as a shock, but the good news is that in many cases it can be effectively controlled by some simple changes to lifestyle and diet.

Here are a few tips that can help you maintain a healthy blood pressure:

* **Get moving!** Add a little extra activity into your daily routine. Try walking the kids to school each day or park your car a little further away from where you need to go. Just 30 minutes extra walking each day can really make a big difference.

* **Reduce your salt intake** – try to cut out or restrict the amount of pre-packaged meals and snacks you eat.

* **Stop smoking**, don't over indulge in alcohol, and reduce your weight if you're overweight.

* **Relax!** Constant exposure to stress can increase your blood pressure. Practice ways to calm yourself down, and make sure you learn to take time out for yourself each day.

In The News by Vicky Cameron



Hypertension (high blood pressure) is a major risk factor for heart disease, the “number 1” cause of death in Aotearoa. It is estimated that approximately 25 % of the world population lives with hypertension.

Blood pressure is a measurement of the force exerted on arterial walls as blood is pumped from the heart. This is recorded as a ratio of two numbers: systolic blood pressure is the maximum pressure exerted when the heart is pumping, and diastolic blood pressure is the lowest pressure which occurs between each heart beat.

Blood pressure can be lowered and maintained at an acceptable level through a healthier lifestyle, diet and exercise, but in many cases medication may be

required.

Most people who develop hypertension do not have any symptoms at all but some symptoms of hypertension can include nose bleeds, dizziness, head-aches, blurry vision, and shortness of breath. However, although a person with hypertension may not feel sick, if left untreated, the condition could be causing major damage to their internal organs. This is why it is important to have your blood pressure tested regularly.



We'd like to introduce you to the team who will be travelling up to Wairoa and the surrounding areas to hold our 2nd year follow up clinics starting in August. You may recognise **Karen Tikao-Mason** (Study Co-ordinator), and **Allamanda Faatoese** (Research Technician) from previous visits and there are two new team members, **Naomi Tuipulotu** and **Miriam Esteves**, who are very excited to be visiting Wairoa for the first time.

Kai Ora Heart Food



While a small amount of salt is required in our daily diets, many of us are probably getting a lot more than we need. If you have high blood pressure, reducing your salt intake will be one of the first things your doctor recommends. Because salt is a flavour booster, getting used to eating low or no salt meals can be difficult. This month, we have found a great recipe for low salt food seasoning, that will help add flavour to your food while your taste buds adjust to having less salt. Use the seasoning when cooking meat, fish, veges, and stews, or leave it in a shaker on the table to be used individually. It's fantastic with mashed potatoes!

Low Salt Seasoning

*Combine all ingredients in a small jar with a shaker top. Start with the following amounts then adjust the ingredients to your own tastes.

- 1 Tablespoon Onion Powder
- 1 Tablespoon Garlic Powder
- 1 Tablespoon Paprika
- 1 Tablespoon Ground Mustard Powder
- 1 teaspoon dried Thyme (optional)
- ½ teaspoon black Pepper
- ½ teaspoon Salt, celery salt **or** onion salt*

*For a No salt seasoning, replace salt with celery seeds.

CONGRATULATIONS TO:

Rihimona McKenzie of Nuhaka, who has won this month's Prize Draw of \$120 worth of New World Vouchers.

WIN

This issue we have another **\$120 grocery voucher** to give away. Everyone who sends us back their completed follow up survey will automatically go in the draw. As always, anyone who submits a question, comment or updates their contact details goes in the draw as well. We will also give a **\$20 Voucher** for any heart healthy recipe featured in Kai Ora.

You can send emails about the newsletter to:

miriam.esteves@otago.ac.nz

Or you can post letters to the address listed under Contact Us.

Contact Us

Have you moved or changed your phone number recently? It is important that we have your current contact details so please let us know of any changes by calling or dropping us a line:

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