

# HAUORA MANAWA HEART HEALTH

The Community Heart Study

May-June 2009

## CHRISTCHURCH

### Study Update – Suzanne Pitama

#### Kia Ora Koutou,

It's great to catch up with you again this month. Currently within the Christchurch cohort we are checking and re-checking all the information we have gathered from the clinics.

Some participants will have received a letter asking them to go back to their GP. If you are one of these participants, but are yet to go, we would like to strongly encourage you

to get to your GP. If there is a reason why you can't get there, or you want to change GPs, please ring Karen directly on 0800 HAUORA (0800 428672) to discuss any issues you may have.

A special thank you to Sue Thompson from the Wairoa (Hawkes Bay) branch of the study for sharing her wonderful story with us this month.

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### Healthy Heart

Stop  
Smoking

**Did you know...** Early analysis of the information collected at our Heart Clinics suggest that:

In **Wairoa** 81% of all our participants have smoked at some point in their lives. About 43% of our participants were still smoking at the time the clinics were held, with slightly more females than males telling us that they were current smokers.

In the **Christchurch Maori** cohort, 62% of our participants had smoked, while 29% were still smoking when they attended clinic. Again there were slightly more

female smokers than male.

In the **Christchurch Non-Maori** cohort 45% told us they had smoked at sometime in their lives. About 16% were smokers when they attended clinic, however this time there were slightly more male smokers than female.

If you have quit smoking since attending clinic, **WELL DONE!** If you are still smoking or you know someone who does then we hope you find this issue of the newsletter helpful.

You probably know that smoking is bad for your health, but did you know that smoking doubles the risk of heart attack and can shave up to 15 years off a person's life expectancy?

The good news is that after just one year of being smoke free the risk of heart attack decreases drastically. So when it comes to quitting smoking, sooner really is better!

For information and support on how to quit smoking, check out: [www.quit.org.nz](http://www.quit.org.nz) or you can call Quitline free on 0800 778 778. Their helpful phone advisors can offer personalised support and provide heavily subsidised, low cost nicotine patches or gum.

### In The News

Tobacco smoking is the chief cause of preventable death in New Zealand. It is estimated that, on average, 5000 people die each year from smoking related illnesses – the equivalent of losing a town almost the size of Kaiapoi!

In addition to the danger for smokers themselves, second-hand smoke contains poisons such as arsenic, hydrogen cyanide, ammonia and carbon monoxide. This means that if you don't smoke but live with some-



one who does, you may be at risk for developing smoking related health issues. Because cigarettes contain the highly addictive chemical nicotine, quitting can be tough. On average it takes 14 attempts for a person to finally quit, but research shows the sooner someone stops smoking, the

### By Vicky Cameron

greater the health gain. Within in two hours of "quitting", nicotine is out of your system and carbon monoxide will have cleared your system within 24 hours. After a year of not smoking your chances of dying suddenly from a heart attack are half that of a smoker's. If you are thinking of quitting smoking talk to your doctor or healthcare provider and they will assist you in finding the programmes and support you need to become smoke free.

## Heart to Heart

### with Sue Thomson of Wairoa

Sue Thomson, 47, thought herself fortunate when she was randomly selected to participate in the Hauora Manawa Study. She says that at first she was a little anxious and worried about what the tests might actually find, but she quickly decided that even if something was discovered “that in itself was a positive thing”. The fact that she has a family history of heart related health issues gave her extra incentive to participate.

Since attending the heart clinic, Sue has stopped smoking and now attends the gym on a regular basis. Sue has also been busy in other areas of her life. As a single parent raising her son, this remarkable woman has gained a Bachelor Degree in Social Work and now works as a health promoter in the Wairoa district where she assists anyone who wishes to stop smoking. Sadly, Sue has recently had to cope with the passing of her mother as a result of heart disease. Despite losing her beloved mother, Sue understands that the changes she has made to her own lifestyle will give her a better chance of maintaining a healthy heart. She is also aware that these



Sue Thomson, pictured with son Riley

changes will also benefit those close to her. Sue is particularly proud of her decision to quit smoking because of the example it sets for her son “so that he can experience how absolutely awesome it is to be Maori and smoke free.” Sue says that being involved in the study has been a positive experience and she is glad she accepted the invitation to participate because “opportunities like this don’t come along very often”.

## Kai Ora Heart Food



These **CHICKEN BURGERS** are delicious AND heart friendly! The recipe is quick, easy, and doesn’t require a lot of fussy ingredients, making it perfect for a weekend lunch or casual family meal.

### Ingredients to make 6 Burgers:

- 500g chicken mince
- 2-3 Tablespoons sweet chilli sauce
- 1 egg
- 2 Tablespoons water
- ½ onion, finely chopped
- 6 hamburger buns
- Salad ingredients like lettuce, tomato, carrot
- Combine mince, onion, chilli sauce, egg and water
- With wet hands, form mince mixture into 6 patties
- Flatten slightly and grill on a BBQ or cook in a pan until done
- Serve on toasted buns, with salad ingredients of your choice.
- Top with sweet chilli sauce

\*Tip for extra lean chicken mince, ask the butcher to mince boneless, skinless chicken breast for you - most are happy to do this while you wait. You could also use premium lean beef mince instead of chicken mince.

Congratulations to the following people who have won YMCA trial passes for themselves and a friend:

**Warren Baxter, Lesley McIntosh, Colin Mee, Jeremy O’Dowd, and Mona Wilson**

### WIN

This issue we have a **\$120 New grocery voucher** to give away. As always, anyone who submits a question, comment or updates their contact details goes in the draw. We will also give a **\$20 Voucher** for any recipe featured in Kai Ora.

You can send emails to:

[miriam.esteves@otago.ac.nz](mailto: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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The Community Heart Study  
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