

HAUORA MANAWA HEART HEALTH

The Community Heart Study

July 2013

Issue 19

Study Update – Suzanne Pitama

Kia ora Koutou

I hope this newsletter finds you all wrapped up nice and warm! (except of course on those randomly warm days that seem to pop up every now and again). As a research team we are very grateful to you for continuing to support this research project 5 years on! We appreciate that even amongst what has been trying times over the last couple of years, that you have kept in touch and allowed us to continue to investigate cardiovascular health. To date the research has highlighted that an enhanced cardiovascular screening programme in primary care and a more intensive management of high blood pressure, high cholesterol and high uric acid rates (one of the risk factors in gout) would help reduce rates of overall cardiovascular disease, and contribute to reduced inequalities between Maori and non-Maori in New Zealand.

We still have a lot more analysis to do on the data to help us understand more about heart health from the ECG and echocardiograms that were undertaken, from the information about the costs of health, from the genetic information, from the questions about health and nutrition. I will keep you updated about this further analysis in upcoming newsletters.

As you know this year is our final year of follow up with you (5 years on now). This is an especially important follow up because it will help us see if our 5 year predictions about your health in 2008 were correct. This allows us to critique the current cardiovascular guidelines that are in place and the algorithms that currently inform our clinical practice. Many of you have already responded to our call for you to contribute to this last part of the study, however we are still trying to track many others down. If you have not yet been part of this 5th year follow up please see the box below and let us know how we can help you to participate. These findings will assist us advocate to the Canterbury District Health Board about what further services are required to support our Christchurch community and improve cardiovascular outcomes.

We are keen to keep you involved.

Please also contact us to share your success stories...we are keen to keep in touch with you and to share those stories with others.

To complete the questionnaire on line please take note of the following:

- Please enter the website address beginning with **https (not http)** this will ensure that the information entered into this website will be secure and that it records all your information correctly. The full address is:
<https://www.surveymonkey.com/s/communityheartstudy>
- You will be asked to enter your study number, which is located above your name and address on the questionnaire.
- Enter your information and follow the prompts.
- Please give us a call if you have any problems or queries on 0800428672.

1

Study Update

2

In the News
Great Recipe

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:

Hauora Manawa
The Community Heart Study
Maori Indigenous Health Institute
University of Otago,
Christchurch
PO Box 4345
Christchurch

Free Phone:
0800 HAUORA
(0800 428672)

please email these to:
clara-ann.paul@otago.ac.nz
or
karen.tikaomason@otago.ac.nz





Vicky Cameron

In The News...

A 'Flu Shot' before Winter protects those with Heart Disease.



Allamanda Faatoese

While it's easy to understand that getting the 'flu vaccine' before winter arrives is a good idea if you are asthmatic or susceptible to chest or lung infections, but did you know it could be life-saving if you have a history of heart disease?

A study published in 2003 showed that in patients who had a heart attack, angioplasty or stents in a coronary artery, those patients who had got the flu shot were 20% less likely to be admitted to hospital with a heart problem and half as likely to die in the year following vaccination compared to unvaccinated heart patients. Getting sick with the flu is very dangerous for people with heart problems, and we are not quite sure why.

Part of the reason is that vaccination prevents 'flu-related lung infections that decrease oxygen intake and make the heart pump harder and can bring on heart attacks in people who have already weakened hearts. Also when your immune system is fighting off an infection like the 'flu, it releases chemicals that cause vulnerable blood vessels to become inflamed and affects blood clotting, and that can land heart patients in the hospital.

This year, a record number of New Zealanders have been vaccinated against the 'flu, with 1.2 million doses given in the lead up to winter. There is a significant benefit of vaccination against influenza in people with a range of health problems, and heart disease is one of these.

Flu shots are **free** if you:

- are pregnant
- regularly use an asthma preventer
- have diabetes
- have heart disease
- have kidney problems
- have cancer
- have a serious medical condition
- are aged 65 years or over
- or a child under the age of five years who has been hospitalised
- or has a history of respiratory illness.

The Government funded flu vaccinations are available to eligible people until July 31. If you do not have one of these eligible conditions, you still benefit from an influenza immunisation available, at a small cost.

Please phone your GP or visit <http://www.fightflu.co.nz/can-i-get-a-free-vaccine> for more information.

CHILLI BEEF – One of my favourite's – great with nachos, tortilla, or shepherd's pie.

Serves 6

Cooking spray

1tsp crushed garlic

1½ cups fresh tomatoes diced

1 cup frozen corn kernels

1 tsp beef stock powder

1½ tsp ground cumin

4 tablespoons tomato paste

1 cup water

500g very lean beef mince

1 small onion diced

1 cup capsicum diced

1 x 400g can Mexican chilli beans

1½ tsp ground paprika

¼ tsp chilli chopped (in jar) or to taste

1 x 420g can salt reduced tomato soup
pepper



Coat a non-stick fry pan with cooking spray and brown beef with garlic for 3 minutes. Add onion, tomatoes, capsicum and corn.

Cook until beef and vegetables are cooked through. Add chilli beans, stock powder, paprika, cumin, chilli, tomato paste and combine. Finally add canned soup and water and bring to boil. Add pepper to taste. Reduce heat and slow boil for 3 minutes then serve.

Suitable to be frozen.

(recipe from Symply too good to be true)