

# HAUORA MANAWA HEART HEALTH

*The Community Heart Study*

February/March  
2013

Issue 18

## Study Update – Suzanne Pitama

Kia ora Koutou

I hope this newsletter finds you and your whanau well and enjoying the lovely summer. With the start of 2013 our challenge to you as participants in the Hauora Manawa study is to further commit to maintaining or improving your heart health. As in previous years each newsletter will provide specific information about heart health (including specific clinical information and healthy recipes).

Thank you to those who have completed your 5<sup>th</sup> year follow up. If you have yet to complete your 5<sup>th</sup> year follow up process with us please fill out the survey on line (or ring us on the 0800 HAUORA number). We will also assist you to have your final blood work completed. When all of your results are in, we will send you your own personal findings from your baseline screening, the 2<sup>nd</sup> year and 5<sup>th</sup> year follow up. This will assist you to see how things have gone over the last 5 years, but also act as a measurement tool for your heart health going forward. We will finish this 5<sup>th</sup> year follow up process in June 2013.

For those in Christchurch you can drop into our office at 45 Cambridge Terrace during the hours of 9.30-2.30 each week day to complete your 5<sup>th</sup> year follow up, if you would prefer to do it face to face (if you ring ahead we will ensure you get lots of positive attention!). For those in Wairoa we are planning on coming up mid-March. If you would like to come and see us, please ring 0800428672 or email us to arrange appointment.

Your results are important to us, and will help us further understand heart disease in New Zealand.

In this issue of our newsletter Vicky and Allamanda highlight three different terms that are used to describe three heart events namely; cardiac arrest, heart attack and heart failure. They define each of these terms and the likely symptoms attached to each of these events. Knowing this information can assist you and your whanau monitor your heart health, and know what information you need to report to a doctor/clinician if you ever are concerned about the symptoms of such an event.

Thank you to all those who completed their 5<sup>th</sup> year follow up and were entered into the draw to win \$50 petrol vouchers, congratulations to our winners Evelyn Grant from Wairoa and Ingrid Wahrlich from Christchurch.

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.

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Study Update

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In the News  
Great Recipe

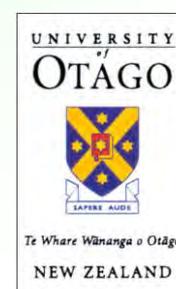
**We would like to keep you all up to date with our findings from the study.**

**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](mailto:clara-ann.paul@otago.ac.nz)  
or  
[karen.tikaomason@otago.ac.nz](mailto:karen.tikaomason@otago.ac.nz)

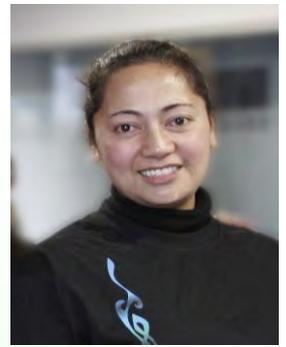




Vicky Cameron

## In The News...

### Know Your Heart ..Heart Disease Definitions..



Allamanda Faatoese

Have you seen TV headlines like “Cardiac arrest suspected in death of rugby player/ jogger/swimmer,” and wondered what was meant by “cardiac arrest”? TV and radio reporters often confuse the words “cardiac arrest” and “heart attack” in the case of someone collapsing unexpectedly, but they are not necessarily the same thing. In this newsletter we explain some of the common forms of heart disease conditions

#### 1. Cardiac Arrest

Cardiac Arrest means the heart has stopped beating and can be caused by a heart attack or heart failure, but can also be caused by a sudden disturbance of the heart rhythm.

Cardiac arrest occurs, because the heart is no longer pumping blood around the body, the lack of oxygen to the brain results in loss of consciousness. Brain damage can occur if there is no blood circulation for more than five minutes. Cardiac arrest requires immediate medical attention and can be treated by cardiopulmonary resuscitation (CPR) to help blood circulation, or by defibrillation if the cardiac arrest is caused by a disturbed heart rhythm.

#### 2. Heart Attack

A Heart Attack occurs when coronary arteries (blood vessels that supply blood to the muscular walls of the heart) are completely blocked, depriving an area of the heart muscle of blood and oxygen causing injury to the heart muscle. If blood flow to the heart is not resolved within 20-40 minutes, irreversible death of that region of heart muscle will occur.

Symptoms of heart attacks vary from chest pain that is sudden and intense to mild pain or discomfort. If chest pain lasts more than a few minutes, it may be a sign of a heart attack.

- The pain may initially come and go, be in one or both arms (more commonly the left) or go into your neck, back, jaw, stomach and abdomen.

- The pain may feel like squeezing, pressing, tightness, fullness or pain.
- You may have one or more of the following symptoms with or without chest pain/discomfort: sweating, feeling faint, feeling sick, vomiting, being short of breath.

#### 3. Heart Failure

Heart failure is a condition in which the heart muscle cannot pump blood effectively. In some cases the heart is unable to fill with enough blood, or the heart cannot pump blood to the rest of the body with enough force.

Heart failure is caused by other health conditions such as heart attack or angina, high blood pressure, cardiomyopathy, heart valve problems, drinking too much alcohol, virus infection in the heart or thyroid disease.

Symptoms of heart failure can vary, but include:

- Feeling tired, weak and short of breath after walking or climbing stairs
- Shortness of breath, especially when lying down flat, is caused by a build-up of fluid in the lungs (called pulmonary oedema), which makes it harder for the lungs to transfer oxygen to the blood.
- Fluid build-up (oedema) causing swelling of the feet, legs and abdomen and rapid weight gain due to less blood reaching the kidneys, which prevents them from disposing of salt and water as they would normally.
- Other symptoms include a dry, hacking cough (most often when lying down) and loss of appetite/nausea or a rapid pulse rate.

For more information about these conditions please see your GP, Practice Nurse or visit the Heart Foundation website: <http://www.heartfoundation.org.nz>

### Rippa Rissoles – Very tasty

Serves 6

½ cup raw brown rice  
 ¾ cup zucchini grated  
 500g very lean beef mince  
 2 tablespoons oyster sauce  
 1 egg white  
 Cooking spray

¾ cup carrots grated  
 1 small onion finely diced  
 1 teaspoon beef stock powder  
 1 sachet spring vegetable cup a soup (Continental)  
 pepper to taste

Follow the cooking instructions on the rice packet. Rinse and drain well. Place vegetables in a large mixing bowl. Add all remaining ingredients including cooked rice to bowl and combine well. Use your hands to achieve a good consistency with rissoles. Shape into 12 patties. If time permits refrigerate rissoles for a few hours before cooking. Generously coat a large non-stick frypan with cooking spray, fry rissoles 5 minutes on each side or until cooked through and browned on both sides.

(recipe from simply too good to be true)