



Group Update

Dear FH support group members, I am pleased to inform you that the FH Patient Support Group (PSG) have been developing steadily over the past few months. Some of the major achievements include the following:

- A donation pledge has been attracted from the Society of Ambulance Paramedic Students (SOAPS); the donation should take place towards the end of the year after the SOAPS have completed their fundraising activities.
- The FH PSG has assisted with the development of a nationally accepted model of care for the diagnosis and management of FH.
- I have met with Maurice Swanson (Chief Executive of the WA branch of the National Heart Foundation), and he has offered support to the FH PSG; namely by raising awareness through their channels, and offering office space, phone line, etc in

their building if desired at some point in the future.

- I have also met with Michael Livingston (Director of HeartUK) who is now affiliated with the group. Michael has been providing guidance on the development of a national association for FH; the PSG would form an integral part of such an association.

Despite these accomplishments, however, I will be resigning from my position as the chairperson for the support group. The primary reason for this is that I recently commenced studying medicine.

Best wishes,
Waleed Farid
(Former) Chairperson, FH Patient Support Group of Western Australia



Thank you Waleed!

Finding Reliable Health Information Online

As Internet users quickly discover, an enormous amount of health information is available online. Finding accurate and reliable information on genetic and rare diseases among the millions of online sources is a difficult task for almost everyone.

Evaluating Health Information

To help people find reliable and scientifically accurate health information, MEDLINEplus has posted a series of documents and links called

Evaluating Health Information, which provides news, information from NIH, information on research and specific conditions and links to organizations and directories.

Visit:
www.nlm.nih.gov/medlineplus/evaluatinghealthinformation.html

Source: <http://www.genome.gov/11008303>

Recipe

By Suzanne Gibbs

Serving size: Serves 4

Cuisine type: Italian

Cooking time: Less than 30 minutes

Special options: Diabetic, Egg free, Low cholesterol, Nut free

Course: Main

Favourite flavours: Chicken, Easy recipes, Pasta

INGREDIENTS

500g cherry tomatoes, stalks attached

375g linguine

1/3 cup (80ml) extra virgin olive oil

400g chicken breast fillet, thinly sliced

2 garlic cloves, finely chopped

1/3 cup basil leaves

grated parmesan, to serve

METHOD

Preheat oven to 180°C. Make a tiny slit in base of each tomato and place on a lightly oiled baking tray. Roast for 10 minutes.

Linguine with chicken and roasted tomatoes



Cook linguine in a large saucepan of boiling, salted water according to packet directions. Meanwhile, heat 2 tablespoons of oil in a large frying pan on high. Cook chicken slices for 2–3 minutes. Add garlic and roasted tomatoes. Heat for 1 minute and season to taste.

Drain linguine and toss with chicken mixture. Add remaining oil and basil leaves, and toss to combine. Serve with parmesan.

Source: ninemsn recipe finder
<http://recipefinder.ninemsn.com.au/tablet/recipes/campaign1/230763/linguine-with-chicken-and-roasted-tomatoes>

Events and Activities

Active Kids Holiday Calendar

Get active these school holidays

Visit: <http://holidaycalendar.dsr.wa.gov.au>

Walking Events

Rebel Sport City to Surf

Sunday 29th August 2010

http://www.citytosurf.activ.asn.au/1/3446/3377/contact_us.pm

Kings Park Festival

Wednesday 1st September 2010

Kings Park and Botanic Garden

Telephone 94803600

Trek the Trail

Sunday 19th September 2010

Walk, jog or cycle down the bridle trail leaving

from Mundaring Sculpture Park and arriving at Darlington Oval. Shire of Mundaring
 Telephone 9295 0202
www.trekthetrail.com.au

Support Group Meeting Dates for 2010

Mon 28th June 7pm

Mon 12th July 7pm

Mon 9th Aug 7pm

Mon 13th Sep 7pm

Mon 11th Oct 7pm

Mon 8th Nov 7pm

Mon 13th Dec 7pm

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